

NYAA National Tournament Events & Guidelines

Please read this document thoroughly to ensure you understand the guidelines for your athlete's belt rank group.

Updated May 21, 2019

BELT RANK GROUP: SHARKS & GRIZZLIES (see belt rank grouping grid)

Uniform Requirements: Gi pants, top and belt must be worn while competing.

POWER PUNCH

This event is for athletes to perform a hand technique into a bag with a sensor. The athlete will perform three striking techniques. All striking techniques will be the same. This event prepares our athletes for board breaking in the higher ranks. *The athlete must know which strike they will perform before entering the ring.*

Rules

- Three single strikes are permitted (no combinations).
- The same technique is to be used for all strikes.
- No running or jumping strikes are permitted.
- Good martial arts technique must be used.
- One step into each strike is permitted.
- All scores will be added, and the highest total score will place respectively. In the event of a tie, the highest individual strike score will break the tie.

Event Requirements/Process

- Proper etiquette throughout.
- Athletes may position the bag into the exact location/distance needed.
- 3 practice strikes are permitted without actual contact to the bag.
- This event is for athletes to perform a hand technique only.

POWER KICK

This event is for athletes to perform a foot technique into a bag with a sensor. The athlete will perform three kicking techniques. All kicking techniques will be the same. This event prepares our athletes for board breaking in the higher ranks. *The athlete must know which kick they will perform before entering the ring.*

Rules

- Three single kicks are permitted (no combinations).
- The same technique is to be used for all kicks.
- No running or jumping kicks are permitted.
- Good martial arts technique must be used.
- One step into each kick is permitted.
- All scores will be added, and the highest total score will place respectively. In the event of a tie, the highest individual kick score will break the tie.

Event Requirements/Process

- Proper etiquette throughout.
- Athletes may position the bag into the exact location/distance needed.
- 3 practice kicks are permitted without actual contact to the bag.
- This event is for athletes to perform a foot technique only.

THE GREAT ESCAPE (Modified from 2018)

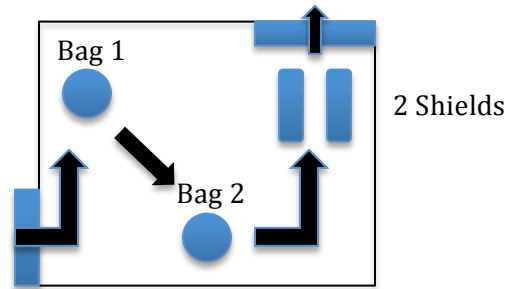
This event is designed for athletes to perform a combination of hand and foot techniques as fast as possible, and “escape” the ring.

Rules

- This is a timed event, and athletes will place based on the fastest time.
- 2 seconds will be added if the athlete misses 1 of the 5 required hand techniques.
- 2 seconds will be added if the athlete misses the high block required.
- 2 seconds will be added if the athlete misses 1 of the 5 required foot techniques.
- 2 seconds will be added if the athlete does not yell “stranger” at the 2 **REQUIRED** locations (see below).

Event Requirements/Process

- The athletes will run to the 1st bag, yell “Stranger!”, and strike the bag with a hand technique 5 times as fast as they are able. They will then perform a high block while running to the 2nd bag, yell “Stranger!”, and strike the bag with a foot technique 5 times as fast as they are able. And finally they will run through 2 shields, held side by side (much like a football drill). Making it through the bags will then stop the time.



MUSHIN (NO-MIND DEFENSE)

This event is designed to simulate how a martial artist would defend against an attacker.

Rules

The Judges will pick 2 of the following self-defense techniques for the athlete to defend against.

- Single straight hand grab (to wrist)
- Double straight hand grab (to wrists)
- Front choke (hands on shoulders)
- Back choke (hands on shoulders)
- Double one-arm (on forearm)
- Cross wrist grab (to wrist)

Any viable defense against the attacks will be permitted.

Event Requirements/Process

- Athletes will defend against 2 of the 6 attacks available.
- Athletes will be judged on the use of a preemptive technique (yelling: HELP, STRANGER, a kick to the shin, etc.).
- Self-defense techniques will be judged on the cumulative skill set observed throughout both techniques; however, after the first technique is performed, the athlete and attacker will be reset for the second attack.
- Judges will randomly draw from the 6 defenses listed above.
- There will be two Judges in each ring. **One Judge will apply the grabs/holds for the self-defense techniques and will be also judging. The other judge will be stationary, and will judge from their seat. Judges will judge on the cumulative of the self-defense techniques (one score for both self-defense techniques).**

FLAG SPARRING

Athletes will have an opportunity to spar using flags. Flag sparring is a progression to regular sparring.

Event Requirements/Process

- The event will consist of continuous sparring for one minute.
- The first athlete to obtain all three of their opponent's flags will be the winner.
- If time runs out, the athlete with the most flags will be named the winner.
- In the event of a tie, athletes will put all flags back on, and the first athlete to grab a flag wins.
- **Headgear is mandatory for this event. No exceptions.**
- We recommend each athlete bring their own, but headgear will be available for athletes to use at the event. Should the athlete choose to use the available equipment, NYAA will not be responsible for any issues resulting from the sharing of headgear.
- Each Athlete will wear a belt and a vest. Flags will be placed on the hips and midsection of each athlete.
- Blocking is permitted. Striking and kicking are not permitted.

Rules

Warnings:

- **Charging-** Athlete runs into opponent defenselessly.
- **Covering Up-** Athlete folds their arms around their flags, to avoid their opponent grabbing.
- **Excessive Power-** Athlete uses excessive force, wild, or blind techniques.
- **Fleeing-** Athlete turns their back to avoid being hit; athlete runs out of the ring.
- **Grabbing-** Holding or grabbing the body or limbs of the opponent.
- **Pushing**

***A warning may be issued by the referee for anything unsafe.**

***If 2 of the SAME Warnings are given to an athlete, this becomes a Violation.**

Violations:

- **Accidental strike/kick-** to any area.
- **Poor Sportsmanship-** By Athlete or parent (includes but is not limited to: faking an injury, vulgar language, disrespect to Judges and/or athletes) Extreme poor sportsmanship may result in removal from the event.
- 2 warnings during the match.

***If ANY 2 Violations are given to an athlete, this becomes a Disqualification.**

Disqualifications:

- **Intentional malicious strike or kick of any area.**
- 2 violations during the match.

***Consult floor coordinator before ANY DQs.**

**BELT RANK GROUP:
TIGERS, SCORPIONS, WOLVERINES, PANTHERS, DRAGONS, COBRAS & LIONS**

(see belt rank grouping grid)

Uniform Requirements: Gi pants, top and belt must be worn while competing.

KATA

This event is designed for athletes to work on memorization, balance, and technique.

Tigers, Scorpions, Wolverines, Panthers, Dragons, Cobras & Lions: The athlete must perform an open-hand kata. The kata must be a prearranged traditional form, within range of their rank.

Event Requirements/Process

- Proper etiquette throughout.
- Athletes will be scored on, but not limited to: etiquette, perfection of techniques, power, speed, fluidity, and fighting spirit.
- Athlete may ask permission to restart their kata one time, **BUT will be deducted .5 for doing so.**
- In the event of a tie, the athletes who are tied will be asked to perform their kata again, and will be judged on that kata.

WEAPONS KATA

This event is designed for athletes to work on memorization, balance, and technique with a weapon. The kata must be a prearranged traditional form, within range of their rank.

Rules

- No sharp-edged weapons are permitted (dull swords, sai, and kama are permitted).
- Practice weapons are permitted.

Event Requirements/Process

- Proper etiquette throughout.
- Present weapon for the **Head Judge** to inspect.
- Perform the weapons kata prepared.
- Athletes will be scored on but not limited to: etiquette, perfection of techniques, power, speed, fluidity, and fighting spirit.
- Athlete may ask permission to restart their kata one time, **BUT will be deducted .5 for doing so.**
- In the event of a tie, the athletes who are tied will be asked to perform their kata again, and will be judged on that kata.

MUSHIN (NO-MIND DEFENSE)

This event is designed for an athlete to defend against impromptu attackers showing multiple self-defense techniques. Instructors will prepare athletes with knowledge of the self-defense techniques available from the following list.

The Judges will pick 3 of the following self-defenses for the athlete to defend against.

- Bear hug pinned from behind
- Double one-arm (on forearm)
- Side headlock
- Straight lapel grab (one hand)

- Cross wrist grab
- Single straight hand grab (to wrist); athletes are expected to show an advanced self-defense technique

Rules

- At least three self-defense techniques must be used within the performance.
- Judges will randomly choose 3 self-defense techniques from the 6 self-defense techniques listed.
- Athletes should use a controlled finishing and/or counter technique.
- Self-defense techniques will be judged on the cumulative skill set observed throughout both techniques; however, after each technique is performed, the athlete and attacker will be reset for the next attack.
- In the event of a tie, the Head Judge will pick one self-defense technique, and the athletes who are tied will perform and be judged on that technique.

Event Requirements/Process

- Proper etiquette throughout.
- Athletes will be judged on the use of a preemptive and/or a finishing technique with each self-defense technique.
- There will be 2 Judges and an attacker in each ring.

BOARD BREAKING

This event is for athletes to perform a hand, elbow, knee, or kicking technique. *The athlete must know which technique(s) they will perform before entering the ring.*

Rules

- **Ages 11 and younger** – 1/2“ board. **Ages 12 and older** – 3/4” board.
- **Belt Rank Grouping Tigers, Scorpions & Wolverines:** The athlete will have one board and will perform one strike with either their hand or foot. Athletes will be allowed 3 attempts to break their board. Athletes may change their technique within those 3 attempts. **Athletes may choose to use cinderblocks to hold board.** If the athlete cannot break the board in 3 attempts, the athlete will bow out and will not be scored.
- **Belt Rank Grouping Panthers, Dragons, Cobras & Lions:** The athlete will have two boards and will perform a continuous, 2-strike combination using a hand/hand, hand/foot, or foot/foot combination. ONE board will be stationary, held on 2 cinderblocks, and THE OTHER board will be held by a board holder provided by NYAA. **It does not matter in which order the athletes breaks (cinder blocks or holder).** **The athlete should set up both boards, and be prepared to break one right after the other.** Athletes will be allowed 3 attempts to break their boards. Athletes may change their technique within those 3 attempts. If the athlete cannot break the board in 3 attempts, the athlete will bow out and will not be scored.
- Athletes will not be judged on which attempt the board breaks. (An athlete who breaks the board on the third attempt will be judged the same as an athlete who breaks the board on their first attempt. In other words there is no penalty or reward for which attempt the board breaks).

Event Requirements/Process

- Proper etiquette throughout.
- Athletes may position the board(s) into the exact location/distance needed.
- 3 Practice techniques are permitted without actual contact to the board(s).
- Knuckle strikes for black belts only.
- No head techniques or speed breaks.
- Jump Kicks are allowed.
- In the event of a tie, the athletes who are tied will each break one additional board using a different technique and will be judged on that break.

CONTINUOUS SPARRING

This event is for athletes to use their skills in a fight-simulated, controlled environment. This is controlled sparring; excessive contact will not be permitted.

Each athlete must provide their own sparring gear:

- Head gear, hand pads, foot pads, mouth guard, and groin protection.
- **Chest protectors will be provided in the ring and shin pads are optional.**

General Guidelines

- Athletes are to compete with proper sparring techniques.
- Each match will be 60 seconds for Tigers, Scorpions, and Wolverines.
- Each match will be 90 seconds for Panthers, Dragons, Cobras, and Lions.
- TARGET AREA for Tigers, Scorpions, and Wolverines is the TORSO (belt to shoulders).
- TARGET AREA for Panthers, Dragons, Cobras, and Lions is the TORSO AND HEAD.
 - Strike/Kick to head:
 - ONLY Panthers Dragons, Cobras, and Lions may strike/kick TOWARDS the head.
 - NO actual contact with the head can be made.
 - A 2-4" distance with good technique will be judged as a good strike.
- 3 Judges will score each match, 1 of which will act as a referee. Each Judge will take into account each athlete's technique, and the amount of legal hits to their opponent. At the end of the allotted time, the Judges will decide which athlete won the fight.
- Only hand and foot techniques are allowed. **Striking with knees, elbows, forearms, and shins is prohibited; this includes sweeping. NO spinning hand techniques allowed. Turning Kicks will be allowed.**
- Athletes will compete with proper sparring techniques.

Rules

Warnings:

- **Charging-** Athlete runs into opponent defenselessly.
- **Covering Up-** Athlete folds their arms around their torso and does not move them, to avoid contact from their opponent.
- **Excessive Power-** Athlete uses excessive force, wild, or blind techniques.
- **Fleeing-** Athlete turns their back to avoid being hit; athlete runs out of the ring.
- **Grabbing-** Holding or grabbing the body or limbs of the opponent.
- **Pushing**

***A warning may be issued by the referee for anything unsafe.**

***If 2 of the SAME Warnings are given to an athlete, this becomes a Violation.**

Violations:

- **Accidental strike/kick-** to a non-target area (face, groin, spine, kidneys, limbs and joints, back of head).
- **Accidental strike/kick-** that makes contact with the head.
- **Poor Sportsmanship-** By Athlete or parent (includes but is not limited to: faking an injury, vulgar language, disrespect to Judges and/or athletes). Extreme poor sportsmanship may result in removal from the event.
- 2 warnings during the match.

***If ANY 2 Violations are given to an athlete, this becomes a Disqualification.**

Disqualifications:

- **Intentional malicious strike or kick of a non-target area** (face, groin, spine, kidneys, limbs and joints, back of head).

- 2 violations during the match.

***Consult floor coordinator before ANY DQs.**

Etiquette for all events (except Sparring):

(For Tigers and up ONLY)

(Sharks & Grizzlies disregard)

- Athlete will sit quietly at ringside in Anza until called to the ring to compete.
- A .5 pt deduction will be taken if any of the following not correctly performed:
(Intermediate and Advanced Belt Ranks Only)
 - Athlete will proceed directly into the ring and bow to the Judges.
 - Athlete will address the Judges before competing , and state their name
 - Ask permission to perform
 - After competing, the athlete will bow to the Judges
 - (Athletes will then go back to their spot and sit in Anza)