

# 2026 THE DOJO & AKANA TOURNAMENT CIRCUIT (RULES AT A GLANCE)

Please read the following rules carefully and be familiar with them. There will be no refund for disqualification due to rules infractions.

## DOJO & AKANA MEMBERSHIP

There will be a \$60(Dojo) & \$50 (AKANA) yearly membership fee for the DOJO & AKANA in order to be rated towards the yearly Championships and Banquet to be held in November or December each year. ALL Memberships will be purchased FROM THE PROMOTER OR INSTRUCTOR as you register for your first tournament each year. Points may be tracked.

## COMPETITOR AGE:

All competitors must compete at their age on January 1st of each competition year. Proof of age may be required at each sanctioned tournament and will be required at the Championships & Banquet.

## COMPETITOR RANK:

All competitors must compete at the skill level (Novice, Intermediate, Advanced, Blackbelt) of their current belt rank within their style. Competitors must compete in the proper division of the belt color worn during staging at the division in which they are competing (Exception: this does not apply to Open Rank Sparring). Competitors must compete at the same belt rank in all events and divisions at the same tournament. Competitors are not allowed to compete at two different ranks (belt colors) at the same tournament, even if they have trained longer in one event or division than another. Competitors have a two (2) year maximum to be at each Underbelt skill level. That is to say: **(time in little dragons or tiny tigers or below 5 will not apply to time in grade-only ku rank applies)** Two (2) years at Novice, two (2) years at Intermediate, and two (2) years at Advanced. Competitor may compete for the entire season at the rank that they started the season, even if they have achieved higher rank within their school or system throughout the course of the year. If the competitor chooses to change skill level (Novice, Intermediate, Advanced, Blackbelt) through the course of the year, they will lose all points accumulated in previous division and only be allowed to compete in the higher division at the National Championships. **If you are the only person in your division-you will be paired to compete in a FUN fight or kata.**

## NUMBER OF DIVISIONS

All competitors may compete in any number of divisions for which they qualify by age or rank. If a competitor is competing in one division when their other division is called, they cannot be disqualified so long as [1] they are on deck or up competing and [2] they have informed the second division's scorekeeper or coordinator of their first division's ring number. **PAGE 1**

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## COMPETITOR RESPONSIBILITY

Competitors must have all appropriate material (uniforms, weapons, etc.) for their divisions, be present, and be ready to begin when their division is called. A competitor may be summoned by having their name called out on a microphone. In this event, a two (2) minute time limit will be allowed for the competitor to report to the ring. After two (2) minutes, the competitor will be disqualified, unless the competitor is competing in another ring and has sent a representative for staging. It is the responsibility of the competitor to know the rules and to be ready for competition when called.

## SCOREKEEPERS/TIMEKEEPERS

As a minimum, each ring shall have one (1) Scorekeeper/Timekeeper. However, if possible, it is recommended that each ring have a separate Scorekeeper and Timekeeper.

## FORMS:

**Ring Size:** Rings should be least 15 X 15 extra considerations can be given when more space is needed by request FOR KATA. The **Tri-Pinnacle Arena** must be an equal 12x12x12 triangle

**Final decisions:** Made by the tournament rules arbitrator & Promoter.

**Number of Judges:** (3) Judges required in under black belt divisions, (3 )or (5) Judges required in all black belt divisions.

**Location of Judges:** Option A: Judges are placed on same side for open forms. Option B: Judges placed at the corners of the ring for traditional forms. Options C: Judges are placed on one side for both open and traditional forms divisions.

**Uniform:** The contestant must wear a traditional or sport karate uniform that is absent of any language that is foul or unbecoming. **NO TEE SHIRTS OR HOODIES**

**Number of Divisions:** Contestant can compete in any amount of divisions that he or she qualifies to compete in. However, the contestant may risk disqualification if not present when called to compete.

**Belt Rank:** Contestant must compete at the highest level earned as a martial artist. The contestant must wear the proper color belt in reference to that division.

**Style:** Contestant must perform in the proper style division that is offered. (Example: - a Korean style form should not be performed in Japanese-Okinawa forms division. **PAGE 2**

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## SPECIFIC FORMS CRITERIA

**Japanese-Okinawa Forms:** Traditional Pure white or Black or combo wrap around uniform, unaltered, no kicks above the chest. Multiple kicks are not allowed. No elevated and/or spinning kicks. No gymnastics, 4 Kias max.

**Korean Forms:** Traditional Pure white V-neck or wrap-around with or without black or blue trim, 5 kihap max, no gymnastics, no splits, etc.

**Chinese Forms:** Contestant must wear traditional Chinese attire in traditional divisions.

**Kenpo/Kajukenbo:** Contestant must wear Traditional black uniform.

**Open/American Forms/Contemporary:** (no music): Contestant must wear sport karate or traditional uniforms (no t-shirts allowed), hard and soft style techniques allowed, no max. kias or kihaps.

**Musical Forms:** Contestant is expected to execute techniques to a recognizable beat of the music. Performance to background music is not recognized. No weapons allowed. All other criteria are the same as open forms divisions. Time Limit: Up to 3 minutes time limit from start to finish. Clock begins the moment the contestant begins his or her presentation or when the music starts in musical divisions.

**Restarts: In under black belt forms,** 1 (one) restart is allowed without penalties of any type as long as the contestant requests to repeat his or her form before finishing the performance. **Restarts for Black Belts divisions are not allowed.**

**Music Player:** Contestant must provide the music player and someone to operate it for their performance, unless arrangements have been made with the promoter prior to the event. **YOU WILL HAVE 2 MINUTES TO GET SETUP-NO RESTARTS**

**Scoring Ranges: Black belt** will be scored **from 9.00 to 10.00** **Under Black Belts will be scored from 7.00 to 8.00** the Chief official will set the scoring range per division within these limits based on the number of contestants in the division. (Scoring range sheets per number of contestants) should be available at ringside or at the control table. Note: When there are only 2 contestants in a division, the winner will be determined by the judge's show of hands. No score cards are needed.

**Ties:** Both contestants will perform again with the same or different form. Only 2 competitors-Tie: Judges will use the show hands to determine the winner. **PAGE 3**

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**Finals/Grand Championships: The contestant must follow the division criteria that he or she has won.**

## WEAPONS

Procedure: same as forms/ Time Limit: same as forms.

**Specification:** Must be an authentic martial arts weapons/unsharpened or protected from sharpness.

**Dropping Weapon:** If the contestant drops his or her weapon, the contestant will be disqualified. ALL RANKS

**Weapons Breaks:** If the contestant breaks his or her weapon, the contestant will be disqualified. It is the contestant's responsibility not to exceed the boundaries of the weapons state of use. (Example): **Breaking a bo OR ANY weapon during a performance will result in disqualification).**

**Weapons Inspection:** Weapons must meet the allowable standards, Weapons must be approved by referee or assigned tournament official before division starts.

## SELF-DEFENSE

**Procedure:** Same as forms

**Props:** Only people and weapons may be used as props.

**Time Limit:** Same as forms.

**Contemporary/Skits:** Must show a minimum of 8 self-defense concepts with in the **2 MINUTE time limit.**

**Music:** The use of music can be used only if the contestant is performing a skit as his or her self-defense demonstration.

## SPARRING:

Ring Size: 18 x 18 square or **18x18x18 Tri-Pinnacle Arena**. Final Decisions: Same as forms.

Number of Judges: Same as forms.

Location of Judges: Judges may stand or sit in corners. The Referee will stand and move inside the ring.

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**Uniform:** Same as Forms (with the following) No t-shirts or sweatshirts, or pants above the knees, sleeves should reach middle of forearm. No extended jewelry or anything worn that the referee deems unsafe or unbecoming.

**Safety Equipment:** Mouth piece, Groin Cup (male), hand, foot and Headgear are required. (Facemask & shin-guards recommended-but not required) All gear must be clean and in a good state of repair. No Tape, or tears on the striking surface.

**Age:** Same as Forms. **Belt Rank:** Same as Forms. **Amount of Divisions:** Same as forms

**Time Limit:** .2 minutes running time. **Time Outs:** A contestant or coach can call one time out (10) seconds per match only when play is stopped.

**Continuous Sparring:** (will be held in the **TRI-PINNACLE ARENA** will be 3 -1 minute rds and a 30 second rest. Must be a controlled techniques and not excessive---(Facemask are a REQUIRED along with shin guards with cup & mouth pieces )

**Scoring Areas:** Entire head, face, ribs, chest, abdomen and kidneys. Face contact is an option in children's division only (but will be light). All other areas such as neck, eyes, throat, back of head, etc are not allowed. Incidental contact may occur. **However to target non-scoring areas will result in penalties or disqualification.**

**Number of points to win:** Option A: (BLACK BELT) The contestant with the most points after two (2) minutes or a 10 point spread, Black Belts must win by 2. Option B: (UNDER BLACK BELTS must win by 2 ) The first contestant to score eight (8) points or the contestant who accumulates the most points after two (2) minutes playing time or a 5-point spread, whichever is first (MUST WIN BY 2) **IN EITHER DIVISION!.**

**JUDGING ERROR:** A Judge making an admitted error may immediately change the error before the next play is started. **SCORING ERROR:** This will be handled by the referee with assistance from other tournament officials if needed.

**Out of Bounds:** When both feet are outside and are not touching the boundary lines.

**Fighting/Forced Out of Bounds:** A contestant will not be penalized for fighting out of bounds. However, the contestant will be penalized if he or she is found guilty of running out of bounds to avoid contact from his or her opponent. Dropping to the floor to avoid contact is illegal. (1 point penalty). It is judged the same way as running out of bounds.

**Downed Opponent:** Striking to the head or motion to strike to the head of a downed opponent is illegal. (minimum 1 point penalty) A kick or punch to the body is illegal (2 point Penalty). **PAGE 5**

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**Ties:** : Sudden Victory Overtime: **The contestant that scores the FIRST point WINS**

**Techniques:** Allowable techniques include all kicks, punches, back fists, knife hands, ridge hands, and **NO sweeps to the back or side of the lower front leg are illegal**, grabs up to three (3) seconds, spins and aerials. All these techniques are illegal.

**Scoring Points: (specifications):** One (1) point for hand and kicking techniques, two (2) points for head kicks and spin kick to the body. Three (3) points for spinning head kicks and spinning aerial kicks. **(Kicks are only illegal when either contestant is downed).**

**Penalties:** Excessive contact, illegal contact, illegal techniques and contact to non-scoring areas are subject to penalty points or disqualification by a majority vote to the Judges. However, the **center referee** may make this call without a vote. All other penalties including hitting after the call to stop, out of bounds, dropping to the floor to avoid fighting, unsportsmanlike conduct and **coaches calling points and/or signaling points so as to confuse the Judges during competition, will result in immediate disqualification of the contestant.**

**Point and Penalty:** A point can be given to one contestant and a penalty point to the other contestant at one calling by a majority vote. This could allow a contestant to receive two or more points. However, the verification of a point and penalty can not be awarded to the same contestant. **THE CENTER JUDGE MAY AWARD A PENALTY POINT AT ANY TIME!**

**Injury:** The Referee or medical personal may prohibit a player from continuing due to injury.

## CONTACT DEFINITIONS

**Controlled Targeting:** A legitimate martial arts technique that has adequate speed and power but comes short of contact (4) inches is a maximum reference for distance. Fully extended techniques are not considered controlled. Techniques that come close as a result of the opponent avoiding its contact are not considered controlled targeting and no point will be awarded.

**Light Contact:** A touch, no penetration or blood. **Moderate Contact:** Slight penetration of the opponents body (no blood) **Heavy Contact:** Some penetration to the body shifting blows, (no blood). Moderate or heavy contact to the head is not allowed.

**Excessive Contact:** Extreme penetration, body shifting blow, possible swelling, immediate redness or bleeding. EXCESSIVE CONTACT BY BOTH AND IF ONE IS KNOCK DOWN OR KNOCK OUT ARE ILLEGAL AND **BOTH ARE DISQUALIFIED.** 01-21-2026 RULES-PAGE-6

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