

2025 TCT 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.

TCT MEMBERSHIP

There will be a \$20 yearly membership fee for the TCT in order to be rated towards the yearly TCT Championships and Banquet to be held in November or December each year. TCT Memberships will be purchased online at tctmembership.myuventex.com or as you register for your first TCT tournament each year. Points may be tracked in real time at myuventex.com

COMPETITOR AGE

All competitors must compete at their age on January 1st of each competition year. Proof of age may be required at each TCT sanctioned tournament and will be required at the TCT Championships & Banquet. The exceptions to this rule are categorized as such:

- 1) Competitors who will be turning 18 during the TCT circuit season:
These competitors are allowed to compete in either 17- or 18+ divisions at each TCT tournament during that entire TCT circuit season (even before they turn 18). They are not permitted to go back on age change, nor to compete in two age divisions at the same tournament. Points will stay in the age group competed in at each tournament. Should a competitor choose to begin competing in the 18+ divisions during a given TCT circuit season, they are obliged to only compete in 18+ divisions at the TCT Championships that year.
- 2) Competitors who will be turning 35, 50, or 60 during the TCT circuit season:
These competitors may compete in as many divisions for which their age qualifies them at the same tournament, including at the TCT Championships. Points will be retained in all divisions competed in.

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: 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 TCT National Championships.

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.

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 a Uventex text message or 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. Scorekeepers must be at least eighteen (18) years old, or one (1) adult (18+) in combination with a minor who can be accounted for by the adult. The Scorekeeper/Timekeeper shall sit at a table just outside the ring and on the opposite side of the ring as the Center Judge.

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COMPETITOR'S HEALTH

A competitor who has been advised not to compete by medical personnel must not compete. Likewise, a competitor with an injury that has not fully healed before the day of the tournament must not compete. Competitors or their legal guardians/parents are responsible for their own medical insurance and for informing medical personnel and Center Judges of any prior injuries. Competitors wearing a cast compete at their own risk, except for Sparring divisions in which casts are not allowed. For any competitor that suffers or is diagnosed with a concussion there will be a mandatory 30-day minimum time for that athlete to return to competition. Please refer to TCT website for Concussion Recognition Tool.

RULES OF PLAY

READINESS - A competitor must be present and prepared to compete when "called up" to compete. A competitor who is not prepared will be given no more than two (2) minutes to prepare him/herself, after which he/she will be disqualified if not prepared. These two minutes may not be used by the competitor to do any kind of performance to influence the judgmental decision of the scoring.

INTRODUCTIONS - Weapons / Form / Self Defense / Breaking

- Upon entering the competition ring, competitors may, at their discretion, introduce themselves only by stating the style of martial arts and/or name of the form being performed. All other information, such as competitor name and school affiliation, is not allowed and will result in score deduction. No extraneous verbiage will be allowed, such as greeting Judges, etc.
- For 2025 there will be an automatic deduction of five one-hundredths (.05) of a point off of the competitor's total score for any infraction of this rule.

BOWING OUT - Bowing out to an opponent for any reason is allowed without penalty. The competitor who wishes to bow out must be in attendance at the ring to bow out. The competitor bowing out will be recorded as last place. If another competitor bows out, then he/she will assume the very last place after the first person who bowed out, etc.

POOR SPORTSMANSHIP - Competitors, coaches, and spectators are subject to disqualification and/or league suspension for exhibiting poor sportsmanship (i.e., yelling at Judges, swearing, cursing, using profanity, refusing to continue after an unfavorable decision, etc.). A competitor cannot, however, be disqualified for the behavior of his/her coach(es), friend(s), teammates(s), etc.

COACHING / MANAGING – Each school / team will receive one (1) complimentary Coach's pass (to be used for Sparring divisions) for up to eight (8) competitors pre-registered in UVENTEX seven (7) days prior to each tournament. Each school / team will receive one (1) complimentary Manager's pass for each additional eight (8) competitors beyond the initial eight (8) competitors pre-registered in UVENTEX seven (7) days prior to each tournament. A representative from each school / team must attend a Coach's / Manager's Clinic at each event and will be responsible for providing information to their designated Coaches / Managers. Coach's and/or Manager's passes will be handed out and returned at the beginning and end of each tournament. Coaches / Managers will be required to follow a professional dress code by dressing in either athletic attire featuring their school / team logo or business attire. Coach's passes will allow coaches to enter the floor for Sparring divisions only. Manager's passes will allow managers to enter the floor to manage their competitors in Weapons, Forms, Self-Defense, and Breaking Divisions.

ILLEGAL RING ENTRY - Spectators, non-competing competitors, and coaches may only enter the ring area as the rules permit. All other ring area entry is not permitted.

FAIRNESS RULE - If a question arises that is not completely covered by the rules, only the TCT Arbitrator may, at his/her discretion overrule, modify, or change a delineated rule if he/she believes that enforcing such a rule would result in an inherent unfair outcome to a competitor. However, the TCT Arbitrator should only overrule, modify, or change a delineated rule in extreme cases.

SINGULAR COMPETITORS - In the case that a division is composed of only one competitor, the competitor must perform in the division before being declared the winner.

PROTESTS -

WHO CAN PROTEST - A protest may only be brought forth by a competitor or a competitor's coach. A guardian/parent may not act as a competitor's coach unless the guardian/parent is listed as the competitor's instructor on the competitor's registration.

FILING A PROTEST - A competitor wishing to file a protest regarding rules violations should inform the Center Judge of the protest. If the Center Judge refuses to process and offer resolution on an arbitration, the competitor may leave the ring without penalty and has five (5) minutes to contact the TCT Arbitrator. Filing a protest with the TCT Arbitrator may be done only after the competitor's scores, points or penalties pertaining to the arbitration have been awarded, but before the winners have been declared. After the winners have been declared, the competitor has no right to arbitration, except in the case of scoring errors. All protests regarding proper rank for the division in which a competitor is competing or uniform / weapon violations must be done before any sequence of play has begun.

WEAPONS & FORMS

RINGS - The regulation sizes for rings are 18' X 18' (5 mats x 5 mats) for all Underbelts, and 20' X 20' (6 mats x 6 mats) for all Blackbelts. Larger ring sizes are permitted for Chinese forms divisions if requested by the competitor.

FINAL DECISIONS - These are made by the TCT Arbitrator or tournament designee.

NUMBER OF JUDGES - Every division must have three (3) Judges or five (5) Judges.

TCT Championships Only: Every division must have three (3) Judges, five (5) Judges, or seven (7) Judges.

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UNIFORM - All competitors must wear a traditional or sport martial arts uniform with no foul language on it, along with their appropriate belt or sash signifying their rank. T-shirts as part of a school uniform are only allowed in soft-style divisions. Jewelry of any kind may not be worn during competition. Competitors may wear a solid color t-shirt or sports bra under the uniform top which matches the color of the uniform. The uniform top may be removed during the performance if appropriate for the division. Any uniform displaying foul language automatically disqualifies the competitor. Any competitor wearing a uniform in violation of style criteria will be given five (5) minutes to correct the violation before the division starts.

CONTEMPORARY DIVISIONS -

DEFINITION: Any made-up form that is creative or musical, but not entirely traditional.

CREATIVE - Made-up forms and altered traditional forms only (no music). Gymnastics may be utilized but may not monopolize the form.

MUSICAL - Creative forms choreographed to music. The performance must have music played throughout at least 75% of the form.

HARD - Forms created from Japanese, Korean, and/or Okinawan origin utilizing only linear "hard" style movements.

SOFT - Forms created from Chinese or African origin including styles of Kenpo, Wu Shu, Kung Fu, and Tai Chi utilizing mostly circular "soft"-style movements.

LOCATION OF JUDGES - Judges will be seated and equally spaced at least two (2) feet apart along the front of the ring. Judges must maintain this equal spacing to avoid giving the impression of impropriety.

RESTARTS - No restarts are allowed in Blackbelt or Underbelt weapons or forms divisions. Competitors may restart if there is a malfunction of the music player. If a weapon breaks the competitor will be allowed three (3) minutes to get a replacement weapon and restart without penalty. **If a competitor drops their weapon there will be an automatic deduction of five one-hundredths (.05) of a point off of the competitor's total score for the first drop, and a set score of 9.80 / 9.90 for the second drop.**

WEAPONS - The weapon used must be authentic to martial arts and approved by the Judges and TCT Arbitrator. No live blades are allowed. The height of the Bo must be no more than six (6) inches below or six (6) inches above the competitor's height. Lightweight weapons are allowed.

PERFORMANCE - A form in a contemporary division must include elements such as stances, punches, and kicks which preserve the integrity of martial arts. Contemporary forms must adhere to the following rules:

- A competitor's techniques must be comprised of 75% of blocking and striking techniques based on their style. The other 25% may be comprised of spins, manipulations, and tricks.

WEAPONS & FORMS - The degree of difficulty will be factored into the score for both weapons and forms divisions.

MUSIC - Forms must be performed to the music. Sound effects are allowed but cannot be the main source of choreography. The form and the music will be Judged together. Competitors may restart if there is a malfunction of the music player. In Musical Weapons divisions, competitors will not be limited on weapon releases, gymnastics, or inverted tricks.

TRADITIONAL DIVISIONS -

DEFINITION - Any form with traditional techniques of any commonly accepted art or style.

CHINESE - Forms with traditional Chinese techniques only.

HARD - Forms with traditional Japanese, Korean, and/or Okinawan origin utilizing only linear "hard" style techniques.

JAPANESE / OKINAWAN - Forms with traditional Japanese / Okinawan techniques only. Indicative of "hard" linear movements with an emphasis on hand techniques, low kicks, breathing techniques, and hip rotations; and having reasoning behind each technique (bunkai).

KENPO / KAJUKENBO - Forms with traditional Kenpo or Kajukenbo techniques only.

KOREAN - Forms with traditional Korean techniques only. Indicative of linear movements, high stances, with an emphasis on kicks.

SOFT - Forms with traditional Chinese or African techniques including styles of Kung Fu and Tai Chi utilizing mostly circular "soft" style techniques.

UNIFORM (BLACKBELT DIVISIONS) - In Japanese / Okinawan divisions, competitors must wear a solid white traditional uniform. In Korean divisions, competitors must wear a solid white traditional uniform with optional blue or black trim. In Kenpo divisions, competitors must wear a solid black traditional uniform. In Soft Style divisions, competitors must wear a traditional Chinese or African uniform.

UNIFORM (UNDERBELT DIVISIONS) - In all traditional divisions, competitors must wear either a solid white or black traditional uniform. In Soft Style divisions, competitors must wear a traditional Chinese or African uniform.

LOCATION OF JUDGES - Judges will be seated at the corners of the ring, with the Center Judge seated in the center of the front side of the ring.

KIA/KIHAP - A kia/kihap is defined as a short, loud yell coming from the diaphragm and distinguishable from loud breathing techniques. A maximum of five (5) kia/kihap are permitted for all Blackbelt traditional divisions. There is no limit on the number of kia/kihap allowed for Underbelt traditional divisions.

RESTARTS - No restarts are allowed in Blackbelt or Underbelt weapons or forms divisions.

WEAPONS - The weapon used must be authentic to martial arts and approved by the Center Judge and TCT Arbitrator. No live blades or lightweight weapons are allowed, at the discretion of the TCT Arbitrator or tournament designee.

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BO - The weapon must be non-tapered and made of hardwood. Balsa wood, graphite, or other lightweight materials are not allowed. The height of the weapon must be no more than six (6) inches below or six (6) inches above the competitor's height.

KAI (eku-bo/oar) - The weapon must be made of hardwood. The height of the weapon must be at least the height of the competitor's shoulders and the width of the blade must not exceed five (5) inches.

KAMA - The blade may not be sharpened nor vented (with holes). The handle must be at least the length of the distance between the competitor's elbow and wrist (forearm length) and the blade must be at least half that distance. The handle must be a natural wood construction and may not have any metal protrusions from the bottom of the handle.

NAGINATA - The weapon must be an unadorned hardwood pole with an unadorned steel blade. The length of the overall weapon (pole and blade combined) must be at least the height of the competitor, and the blade must compose at least 20% of the weapon's total length.

NUNCHAKU - The handles must be a natural wood construction and may only be connected using a cord or chain.

SAI - The weapon must be a solid metal construction but may not be made of aluminum or other lightweight material. The weapon must extend to or beyond the competitor's elbow when held by a side tang of the Sai (in the "V" part of the hand between the thumb and the index finger with the wrist kept straight).

SWORD - The blade must be unsharpened and made of steel or alloy metal. The weapon must be unadorned. The total length of the sword must be at least twenty-four (24) inches for competitors who are seventeen (17) years old and younger, and at least thirty-six (36) inches in length for competitors who are eighteen (18) years old and older.

TONFA - The construction must be hardwood and unadorned. The weapon must extend beyond the competitor's elbow when held by the handle with the wrist kept straight.

WEAPON BREAKS - If a weapon breaks, competitor will be allowed three (3) minutes to get a replacement and restart without penalty.

WEAPONS & FORMS - The degree of difficulty will be factored into the score for both weapons and forms divisions.

SEQUENCE - Luck of the draw will be carried out by Uventex prior to the start of each division. All competitors will compete before being scored.

TIME LIMIT - Up to three (3) minutes per performance are allowed from the time the competitor enters the ring or when the competitor's music is started. Any performance beyond the time limit will result in a deduction of five one-hundredths (.05) of a point off the total score for every ten (10) seconds (or portion thereof) overtime.

MUSICAL COMPETITOR - The competitor must provide their own music player and someone to run it, unless provided by the tournament promoter.

A competitor must be present and prepared to compete when "called up" to compete. A competitor whose music is not prepared will be given no more than two (2) minutes to prepare him/herself, after which he/she may be disqualified if not prepared. The competitor must use discretion as to the language used in their music choice for their form. Any competitor exhibiting profanity in their music may, at the discretion of the TCT Arbitrator, be disqualified from the division.

SCORING RANGE - Blackbelts will be scored on a scale of 9.90 - 10.00 and Underbelts on a scale of 9.80 - 9.90 with the top four competitors receiving a Judge's top four scores. All competitors compete before any scores are given. In divisions comprised of two competitors, the winner is chosen by the Judges' show of hands.

Ties - Ties for the top four (4) places and for eighth place will be broken by a Judges' show of hands to the competitor to which they each gave the higher score. If a Judge gave both competitors the same score then they must point to both competitors and rerun the competitors' performances. For ties between 3 or more competitors, a second (or more) show of hands may be required for a process of elimination. If, in the end, any competitors are still tied, then they must run their forms again with a new show of hands by the Judges. The TCT Arbitrator or tournament designee will be summoned for all ties between 3 or more competitors.

POINT SPARRING

LOCATION OF JUDGES - Judges should be standing at the outside corners of the ring and are allowed to move along the outside of the ring.

UNIFORM - A competitor must wear a traditional or sport martial arts uniform with no foul language on it, along with their appropriate belt or sash signifying their rank. T-shirts are only allowed by recognized soft style competitors. Jewelry of any kind may not be worn during competition.

SAFETY EQUIPMENT -

17- COMPETITORS

- **MANDATORY** - Mouthpiece, head gear with face shield, chest protector, hand pads, foot pads, and groin cup (males). Cups may not be worn outside the uniform. Equipment must cover the respective areas and must be free of repair.
- **RECOMENDED, BUT NOT REQUIRED** - elbow pads, shin guards.
- The competitor's safety equipment will be checked and if it is incomplete or unsafe, he/she will not be permitted to compete.

18+ COMPETITORS

- **MANDATORY** - Mouthpiece, head gear, hand pads, foot pads, and groin cup (males). Cups may not be worn outside the uniform. Equipment must cover the respective areas and must be free of repair.
- **RECOMENDED, BUT NOT REQUIRED** - Face shield, chest protectors, elbow pads, shin guards.
- The competitor's safety equipment will be checked and if it is incomplete or unsafe, he/she will not be permitted to compete.

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TIME LIMIT -

BLACKBELT DIVISIONS - Two (2) minutes running time, or a 10-point spread.

UNDERBELT DIVISIONS - Two (2) minutes running time, or a 7-point spread.

SELECTION - All byes and bracketing are automatically done by Uventex during staging.

COACHING - Coaching is allowed from the coaches' box and designated areas. Coaches will sit in chair within the coach's box and may not physically or verbally signal points for their competitor after a call for scoring to confuse Judges' call for points. **MUST HAVE A COACHES' PASS.**

TIME OUT - A competitor or coach may call one (1) time out per match for up to ten (10) seconds when play is already stopped.

SCORING AREAS - The legal scoring areas are the head, face, ribs, chest, abdomen.

TECHNIQUES - All kicks, punches, back fists, knife hands, ridge hands, spins, and aerials are legal. All other techniques are illegal.

CONTACT - All ranks must use light contact to score to the head and face, and light to moderate contact to score to the body.

OUT OF BOUNDS - When both of a competitor's feet are outside the boundary line, the competitor is out of bounds.

FORCED OUT VS. RUNNING OUT - A competitor is not penalized for fighting or being forced out of the ring but may be penalized one (1) point for running out to avoid fighting.

DOWNED OPPONENT - A match will be stopped immediately when one competitor is down.

PENALTIES - The following cases are subject to penalty points, as decided by a majority vote of the Judges: illegal contact (1), illegal techniques (1), contact to non-scoring areas (1), hitting after call to stop (1), running out of bounds (1), dropping to the floor to avoid fighting (1). Foul language and unsportsmanlike conduct (DQ) are subject to penalty points or disqualification, as decided by the Center Judge. Three of the same penalty infraction will result in a disqualification.

COACHING PENALTIES - The following cases are subject to penalty points or disqualification, as decided by the Center Judge: more than one coach in the coach's box (1), telling Judges what to call (1), taunting Judges or competitors (1), coaches leaving their seats (1), coaching during a medical timeout (1), and foul language / unsportsmanlike conduct (DQ) by the Center Judge.

SCORING - The point values for legal techniques are: One (1) point for hand and kicking techniques, two (2) points for head kicking techniques and spinning kicks to the body, three (3) points for spinning kicks to the head, any aerial spinning kicks from the standing position, cartwheel kicks, capoeira kicks, and gyroscope kicks.

POINT AND PENALTY - A point may be given to one competitor and a penalty point to the other competitor at one calling by majority vote by the Judges, thus giving a competitor two scores when points are called at a break. However, a point and penalty may not be given to the same competitor by any single Judge.

NUMBER OF POINTS TO WIN - The competitor with the most points after two (2) minutes, or the first competitor to reach a ten (10) point spread (for Blackbelts) or a seven (7) point spread (for Underbelts), is the winner of the match.

TIES - In the event of a tie, the match proceeds into sudden death overtime.

INJURY - The Center Judge or medical personnel may prohibit a competitor from continuing due to injury. If a competitor executes a technique which awards him/her a disqualification and his/her opponent is unable to continue based on a medical decision by the Center Judge or medical personnel, the injured competitor shall be declared the winner.

TIME BETWEEN MATCHES - A competitor will be given a break time of no less than one (1) minute between consecutive matches in which he/she competes, when requested by the competitor.

OPEN RANK SPARRING

PROCEDURE - Open Rank Sparring utilizes the same rules and procedures as Point Sparring, with the following exceptions:

DIVISIONS - There are no rank divisions, only age divisions.

UNIFORM - Underbelt competitors will not wear any belt or sash identifying rank while competing in Open Rank Sparring. While Blackbelts are encouraged not to wear their belts in such divisions, a Blackbelt is not prohibited from wearing his/her belt.

MANDATORY SAFETY EQUIPMENT - Mouthpiece, head gear with face shield, chest protector, hand pads, foot pads, and groin cup (males) are required for both Underbelts and Blackbelts. Cups may not be worn outside the uniform. Equipment must cover the respective areas and must be free of repair.

OPEN WEIGHT SPARRING (BLACKBELTS ONLY)

PROCEDURE - Open Weight Sparring utilizes the same rules and procedures as Point Sparring, with the following exception:

DIVISIONS - There are no weight divisions, only age divisions.

TEAM SPARRING

PROCEDURE - Team Sparring utilizes the same rules as Point Sparring, with the following exceptions:

SEQUENCE OF TEAMS - Youngest to oldest in junior divisions. Lightest to heaviest in adult divisions.

NUMBER OF POINTS TO WIN - The team with the highest total number of points across all matches is the winner.

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TIES - In the event of a tie at the end of the final match, the match proceeds into sudden death overtime.

DISQUALIFICATION - A team may not be disqualified due to the disqualification of one of its competitors (unless the competitor's disqualification is due to foul language / unsportsmanlike conduct). If a member is disqualified, the match ends with the non-offending competitor receiving two (2) points or a score of two (2) points above that of his/her offending opponent's score (whichever is greater) for the match. If a disqualification in the final match allows the disqualified member's team to win, then the opposing team may opt to reject the disqualification, receive five (5) points, and continue the final match. If either competitor is unable to continue, the disqualified competitor's team loses.

BREAKING

PROCEDURE - Breaking utilizes the same rules as Weapons and Forms, with the following exceptions:

UNIFORM - A competitor must wear a traditional or sport martial arts uniform with no foul language on it. T-shirts as part of a school uniform are only allowed in soft style divisions. Jewelry of any kind may not be worn during competition. No shirts under the uniform top are allowed, except for females who may wear a solid-color t-shirt or sports bra underneath the uniform top. The uniform top may be removed during the performance if appropriate for the division. The uniform requirements also apply to any person participating as a "prop".

MATERIALS - All competitors must provide their own breaking material, including a protective tarp for each individual competitor. All support materials & each end side of all blocks, bricks, boards & other materials to be broken must have the initials of the competitor or their team printed (by hand, spray can, etc.) on them in the same color. An exact duplicate sample of each type of breaking material must be presented to the panel of Judges, should it be requested. Any Judge may replace any or all materials in a competitor's set-up with the competitor-provided samples of the same material. Any Judge may then examine that competitor's set-up material for safety, material type, weight, and strength. Any Judge may test any replaced material for breakability. **All competitors must remove all breaking remnants within four (4) minutes and provide their own containers for such removal.**

SAFETY - Competitors must angle their routines so as not to endanger the Judges, spectators, or people used as props. Any breaking routine that might possibly be harmful to Judges or spectators may be adjusted by the Center Judge. Any competitor using or attempting to use audience volunteers for participation or as props will be disqualified.

REQUIRED BREAKS - Competitors must attempt at least five (5) breaks. At least one (1) break must be made with a kick. A competitor will be allowed two (2) attempts for any single break. A competitor may not make a third attempt at the same break. Making a third attempt at any single break will result in disqualification.

ILLEGAL ROUTINES - Dialogue (other than to explain the routine), use of props, skits, and music are not allowed.

READINESS - A competitor must be prepared to compete when "called up" by having all breaking materials, props, and protective floor covering ready.

TIME LIMIT - The competitor will have a maximum of six (6) minutes to set up. Up to three (3) minutes per performance is allowed from the time the competitor enters the ring. Removal of all breaking materials and floor covering must be accomplished in four (4) minutes or less time after the competitor has completed his/her performance. Any competitor that is not able to set up or remove all breaking material within the time allocation will be disqualified at the discretion of the Center Judge. Any setup, performance, or teardown beyond the time limit will result in a deduction of five one-hundredths (.05) of a point off the total score for every ten (10) seconds (or portion thereof) overtime.

COMPETITOR DEMONSTRATION - The competitor is responsible for asking the Center Judge to evaluate any portion of their routine which the competitor feels may be in violation of the rules, to determine whether the routine (or portion thereof) will be allowed before the division begins.

SELF DEFENSE

PROCEDURE - Self Defense utilizes the same rules as Weapons and Forms.

TIME LIMIT - Self Defense utilizes the same rules as Weapons and Forms.

UNIFORM - A competitor must wear a traditional or sport martial arts uniform with no foul language on it. T-shirts as part of a school uniform are only allowed in soft style divisions. Jewelry of any kind is not allowed to be worn during competition. No shirts under the uniform top are allowed, except for females who may wear a solid-color t-shirt or sports bra underneath the uniform top. The uniform top may be removed during the performance if appropriate for the division. Any person being used as a prop has no specific uniform requirement; however, the uniform worn may not contain any offensive material or foul language.

PROPS - Only the following props are allowed: people, unsharpened weapons, chairs, and tables.

STYLE CRITERIA - Self Defense is considered an "Open" division and competitors may choose to provide a contemporary (choreographed fight) or a traditional demonstration.

DEMONSTRATION TEAM

PROCEDURE - Demonstration Team Division allows teams to demonstrate skills from one or a combination of martial arts styles. Synchronization may or may not be a part of team demonstration. Music is allowed, but not mandatory. Any questions about a team's demonstration should be directed to the Center Judge and the TCT Arbitrator before the division starts.

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TEAM COMPOSITION - Teams are comprised of four (4) to sixteen (16) members. Fifty (50%) percent of the original team members must be present for the team to earn points toward seeding at the TCT Championships. You may substitute, add, or remove original team members as long as at least 50% of the original team is present.

TIME LIMIT - Four (4) minute maximum time limit. The time starts when the first team member bows into the ring and ends when all team members have exited, and all props have been cleared out of the competition area.

SCORING DEFINITION - All technical martial arts skills are graded for execution, presentation, and difficulty.

PROPS - Props are allowed, including board breaking.

