



RULEBOOK

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GENERAL RULES OF THE COMPETITOR

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 according to their age as of January 1 of each competition year. Proof of age may be required at any TCT-sanctioned tournament and will be required at the TCT Championships & Banquet. The following are the only exceptions to this rule:

1) Competitors turning 18 during the TCT circuit season

Competitors who will turn 18 at any point during the season may choose to compete in either the 17-year-old division or the 18+ divisions at each TCT tournament for the entire season (including events before their birthday). They may not revert to their original age division once they move up, and they may not compete in both age groups at the same tournament. Points will remain in whichever age division is competed in at each event. If a competitor elects to compete in an 18+ division at any point during the season, they must compete only in 18+ divisions at that year's TCT Championships.

2) Competitors turning 35, 50, or 60 during the TCT circuit season

Competitors reaching these milestone ages within the season may compete in all divisions for which their age qualifies them at the same tournament, including at the TCT Championships. All points earned will be retained in each division competed in.

COMPETITOR RANK

All competitors must compete at the skill level (Novice, Intermediate, Advanced, Blackbelt) of their belt rank within their style as of January 1st of each competition year.

BELT COLOR

Competitors must compete in the proper division of the skill level that matches the color of their belt worn. 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 (Exception: this does not apply to Open Rank Sparring).

EXPLANATION OF RANK

Since the TCT is an open martial arts circuit, some belt ranks may be considered novice in one style, but intermediate in another. Any rank in question must be explained and accepted by the Center Judge/Arbitrator.

YEARS AT SKILL LEVEL

Competitors are allowed to compete at the rank they were January 1st. A competitor may only be at each skill level for no more than two (2) tournament seasons. A competitor may choose to move to the next skill level before the start of the season, and cannot move back down. Moving into another skill level mid season will erase any points earned in the other divisions.

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
- 2) They, or a team representative, have informed the second division's coordinator of their first division's ring number.

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. The coordinator will send a notification via text message and/or email that is associated with the competitor's Uventex account. If a competitor is not present during staging, then they may be summoned by a second Uventex message and/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.

COMPETITOR'S HEALTH

Any competitor who has been advised by medical personnel not to compete is prohibited from participating. Similarly, competitors with injuries that have not fully healed prior to the day of the tournament must not compete. Competitors, or their legal guardians/parents, are responsible for maintaining their own medical insurance and for informing both medical personnel and Center Judges of any pre-existing injuries. Competitors wearing a cast do so at their own risk; however, casts are **not permitted** in Sparring divisions. Any competitor who suffers or is diagnosed with a concussion must observe a **mandatory minimum 30-day recovery period** before returning to competition. Please refer to the TCT website for the Concussion Recognition Tool.

GENERAL RULES OF THE CIRCUIT

SCOREKEEPERS

As a minimum, each ring shall have one (1) Scorekeeper. 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 shall sit at a table just outside the ring and on the opposite side of the ring as the Center Judge.

COORDINATORS

Every tournament must have at minimum of one (1) Coordinator per two (2) rings. The coordinator will be responsible for notifying the competitors via Uventex using the phone number and/or email on the competitors' profile when they should report to the ring for staging their division.

NUMBER OF JUDGES

Every division must have three (3) or five (5) Judges. TCT Championships must have three (3), five (5), or seven (7) judges per ring. **Judges must be at least eighteen (18) years old and a blackbelt in martial arts. Judges must attend the judges meeting prior to the start of each tournament and have a general knowledge of the TCT Rules.**

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, and must maintain this equal spacing to avoid giving the impression of impropriety. Judges must keep their feet out of the ring to ensure the competitor has the full use of the ring. During Sparring divisions, Corner Judges should be standing at the outside corners of the ring and are allowed to move along the outside of the ring.

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.

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.

NUMBER OF COMPETITORS

Divisions with more than 12 competitors will be automatically split by Uventex. The winners of both divisions will receive 1st place points and may both compete in the grands division.

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.

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, 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 coaching pass (to be used for Sparring divisions) for up to **FIVE (5)** 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 **FIVE (5)** competitors beyond the initial **FIVE (5)** competitors **pre-registered** in UVENTEX seven (7) days prior to each tournament.

Number of Competitors	Number of Coach's Passes	Number of Manager Passes
1-5	1	
6-10		2
11-15		3
16-20		4
21-25		5
26-30		6

COACHES' MEETING

A representative from each school/team must attend a Coach's/Manager's meeting at each event and will be responsible for providing information to their designated Coaches/Managers. Coaches' and/or Managers' 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.

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 next division has started. 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. Sparring protests must be done at the time of violation or before the start of the next match.**

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 competitor. However, the TCT Arbitrator should only overrule, modify, or change a delineated rule in **extreme cases**.

JUDGE REPLACEMENT

If a competitor believes judge should be replaced for good reason, a protest can be made. The Arbitrator has the final decision, and the protest to remove a judge must be prior to the start of the division. A judge that will be replaced, will occur after the current division is closed.

FINAL DECISIONS

These are made by the TCT Arbitrator or tournament designee.

FORMS & WEAPONS GENERAL RULES**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 3 minutes is allowed from the time the player enters the ring. Overtime is 0.05 deduction from the total score per every 10 seconds.

INTRODUCTIONS

(Weapons / Forms / Self Defense / Breaking) Upon entering the competition ring, competitors may, at their discretion, may state the style of martial arts and/or name of the form being performed. No extraneous verbiage will be allowed, such as greeting Judges, competitor name, school, or affiliation and will result in an automatic deduction of five one-hundredths (.05) of a point off of the competitor's total score for any infraction of this rule.

RESTARTS

No restarts allowed. The only exceptions are when there is a malfunction in the music player during musical divisions, a weapon breaks, or uncontrollable interference that causes the competitor to be able to perform their routine. A competitor will be given five (5) minutes to replace a broken weapon and may restart without any penalization.

SCORING**SEQUENCE**

All competitors compete before any scores are given. In divisions comprised of two competitors, the winner is chosen by the Judges' show of hands. Judges will watch the entire division and take notes on the performances. After watching all the competitors, the judges will then score the competitors in order they competed in.

SCORING RANGE

The scoring range for Underbelts will be from 9.80 to 9.90 with 9.80 being the lowest possible score and 9.90 being the highest possible score. The scoring range for Blackbelts will be from 9.90 to 10 with 9.90 being the lowest possible score and 10 being the highest possible score. Judges are to only award one competitor with the top four (4) scores while 5th-8th places maybe awarded the same score.

Place	Underbelt	Blackbelt
1st	9.90 or 9.89	10 or 9.99
2nd	9.89 or 9.88	9.99 or 9.98
3rd	9.88 or 9.87	9.98 or 9.97
4th	9.87 or 9.86	9.97 or 9.96

OFFICIAL SCORE

The official score shall first be considered the score that is exhibited to the public (on the TV screen), but may be adjusted with any errors discovered by the Scorekeeper, Center Judge or Arbitrator.

TIES

Mathematical ties will be automatically broken by Uventex, if possible, by awarding the competitor who received the majority high score from the two (2) of the three (3) judges. If a judge gave the same score to both competitors and they mathematically tie, then the competitors must rerun their form in the order they competed in. The judges will then select a winner by a show of hands. A judge may only point to one competitor during the tie breaker vote. The scorekeeper will then click the trophy icon on Uventex to determine the winner.

Tiebreaker Example

Name	Judge1	Judge 2	Judge 3	Total Score	Place
Chuck Noris	✓ 9.99	9.98	✓ 10	29.97	1st Place
Bruce Lee	9.98	✓ 10	9.99	29.97	2nd Place
Steven Segal	9.97	9.97	9.98	29.92	3rd Place

Ties for the top four (4) places and for eighth place MUST be broken. The TCT Arbitrator or tournament designee will be summoned for all ties between 3 or more competitors.

CONTEMPORARY FORMS / WEAPONS RULES

DEFINITION

Made up or altered traditional forms utilizing martial arts stances, strikes, blocks, and kicks blended with trick kicks, gymnastic skills, weapon manipulations, and weapon releases.

CREATIVE - Made-up forms and altered traditional forms only. Gymnastics may be utilized but may not monopolize 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.

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

WEAPONS - Weapon used must be authentic to martial arts. No live blades are allowed. The height of a Bo must be no more than six (6) inches below or six (6) inches above the competitor's height. Lightweight weapons are allowed in contemporary divisions.

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.

PERFORMANCE

TECHNIQUES

A form in a contemporary division must include elements such as stances, punches, and kicks which preserve the integrity of martial arts. 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 weapon spins/manipulations, gymnastic techniques, and tricks. The degree of difficulty will be factored into the score.

CONTROL OF TECHNIQUE

A competitor should land into a martial arts stance under full control after completing a spin, trick, or gymnastics move. Just as the degree of difficulty will be factored into the score, so will controlling the technique the competitor throws. Stumbling after completing a spin, trick, or gymnastics move will negatively affect the competitor's score. So will stepping out of bounds, or bobbling their weapon during the competitor's performance.

WEAPON DROPS

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.

MUSICAL FORMS / WEAPONS

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.

CHOREOGRAPHY

Musical weapons and forms must contain a level of choreography. Sound effects can be used, but cannot be the main source of choreography. Deductions in score will be made at the judges discretion for performing a form not choreographed to their song. Songs can not contain foul language.

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 speaker must be placed by the scorekeeper's table facing toward the judges and not toward another ring. The volume must be at a level where the judges and performer can hear the song. Excessive volume levels will be monitored and controlled by the judges, coordinators, scorekeepers, and the arbitrator.

TRADITIONAL FORMS / WEAPONS RULES

DEFINITION

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

JAPANESE / OKINAWAN - Forms with traditional Japanese/Okinawan techniques only. "Hard" linear movements with an emphasis on hand techniques, low kicks, and breathing techniques.

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 high kicks.

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

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

CHINESE - Forms with traditional Chinese techniques only.

UNIFORM CRITERIA

All competitors must wear an uniform and belt the is acceptable for their style and division. T-shirts are allowed only in soft style divisions as an uniform top. Sport/Sparring uniforms may be worn in contemporary divisions, but **NOT** in traditional divisions. Solid white or black undershirts/sport bars may be worn underneath the uniform top.

Specific criteria for uniforms in Traditional divisions:

Underbelts

Must wear a solid black or solid white traditional style uniform.

Blackbelts:

Korean - must wear a solid white uniform that may have colored trim.

Japanese - must wear a solid white, crossover, traditional uniform.

Kenpo / Kajukenbo - must wear a solid black crossover/traditional uniform.

Chinese/Soft Traditional - must wear traditional attire.

Hard Traditional Weapons - must wear traditional style uniform. Competitor may wear a solid color hakama in hard traditional weapons divisions.

A competitor wearing an uniform in violation will be given five (5) minutes to correct it **before** the division starts.

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 traditional weapons or traditional forms divisions.

DESCRIPTION OF TRADITIONAL WEAPONS

TRADITIONAL WEAPONS - All traditional weapons must be "true" to competitor/division's style. Weapons may not be taped, altered, or "shiny."

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.

WEAPON DROPS

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 & FORMS

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

POINT SPARRING RULES

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.

SELECTION

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

TIME LIMIT

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

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

NUMBER OF POINTS TO WIN

The competitor with the most points after two (2) minutes running time, or if a points spread occurs, will be declared the winner of the match.

TIES

In the event of a tie, the match proceeds into overtime. The winner will be the competitor that scores the next point.

WEIGH-IN

All blackbelt competitors must weigh-in at registration for all point sparring divisions. Competitors not making weight for their registered division, must adjust their weight on their Uventex profile to be eligible to compete that matches their current weight.

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.

RECOMMENDED, BUT NOT REQUIRED - elbow pads, shin guards.

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.

RECOMMENDED, 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.

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 a competitor is down.

FALLING TO AVOID FIGHTING

A competitor cannot fall to the floor to avoid fighting, and will, at the discretion of the Center Judge, have one (1) penalty point awarded to his opponent for each and every infraction.

STALLING

Stalling would be considered but not limited to:

Removing or "unstrapping" gear intentionally to waste time off the match

Not responding quickly to the Center Judge's orders to get back to the line

Faking an injury to get time to rest

Standing "inactive" near the coach's chair to avoid engaging in between calls

Stalling can result in an automatic penalty point awarded by the Center Judge.

EVADING CONTACT

Evading contact is considered running around the ring during the last thirty (30) seconds to avoid engaging in the fight. Evading can result in an automatic penalty point awarded by the Center Judge.

SCORING AREAS

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

CONTACT

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

TECHNIQUES

Kicks, punches, back fists, knife hands, ridge hands, spin kicks, and aerials to a legal scoring target are legal techniques. All other techniques are illegal.

POINT VALUES

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.

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)

“Stalling” (1)

“Evading Contact” by running around the ring to avoid the fight during the last thirty (30) seconds (1)

Foul language and unsportsmanlike conduct are subject to penalty points (1) or DQ, as decided by the Center Judge.

Three (3) of the same penalty infraction will result in a disqualification.

The Center Judge may award a penalty point WITHOUT calling for a vote. If Center Judge calls for a vote, they forfeit the right to award a penalty point without majority vote.

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.

INJURY

An injury is declared when a medic is needed to report to the ring. After being examined the medic and cleared to continue, the injured competitor has two (2) minutes to return to action. The injured competitor does not have to use the entire two (2) minutes. The Center Judge or medical personnel may prohibit a competitor from continuing due to injury. If a competitor executes a technique which results in a disqualification and the injured competitor is unable to continue based on a medical decision by the Center Judge or medical personnel, the injured competitor shall be declared the winner. There is no coaching allowed during medical time out. Corner Judges are to step in-between competitor and coach to monitor coaching.

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.

COACHING

COACH

MUST HAVE A COACH/MANAGER PASS. The Center Judge does NOT have to wait for a coach to be seated in the coach's chair to start the match. The Center Judge may choose to start the match if there is a delay due to a coach not being available. A coach may sit down after the match is already in progress. One coach swap may occur during the match and must be during a break in action. Coaches can NOT swap back and forth during the match. Competitors and other Coaches may NOT be on the same side of the ring as the coaches during the match.

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.

COACHING PENALTIES

More than one coach on the same side of the ring (1)

Telling Judges what to call (1)

Taunting Judges or competitors (1)

Coaches leaving their seats (1)

Coaching during a medical timeout (1)

Foul language / unsportsmanlike conduct (1) or (DQ)

OPEN RANK SPARRING

PROCEDURE

Open Rank Sparring utilizes the same rules and procedures as Point Sparring.

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 their belt.

NUMBER OF POINTS TO WIN

The competitor with the most points after two (2) minutes running time, or ten (10) point spread will be declared the winner.

OPEN WEIGHT SPARRING (BLACKBELTS ONLY)

PROCEDURE

Open Weight Sparring utilizes the same rules and procedures as Point Sparring.

There are no weight divisions, only age divisions.

TEAM SPARRING

PROCEDURE

Team Sparring utilizes the same rules and procedures 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.

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.

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 - Same as Contemporary Forms

PROPS - Only the following props are allowed: people and "prop," unsharpened, weapons.

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.

GENERAL BREAKING RULES

IMPORTANT

In order to keep the breaking divisions running smoothly, competitors will be required to adhere to the time limits outlined. This is very important, and deductions will be enforced.

COMPETITOR READINESS

A competitor must be ready to compete, as determined by Uventex, as soon as that competitor's name is called in the ring.

MATERIALS

All the material to be broken and stands must be supplied by the competitors. The tarp will be provided by TCT.

LEGAL MATERIALS

Wood Boards, Concrete, Bricks, Wooden Dowels, Wooden Posts, Wooden Bats, etc. All materials are subject to inspection and may be rejected by the Center Judge. Props and creativity of techniques will increase a competitor's score.

PROPS

Props are ANYTHING that the competitors do not provide a sample of. Holding Blocks, Premade Stands, and People are the only props allowed. People being used as material holders must be in uniform.

ILEGAL MATERIALS

Ice, Glass, Tile, Doors, Ladders, and any other material that the Center Judge or Arbitrator deems to be unsafe. No materials shall be set on fire.

MATERIAL SAMPLES

An exact duplicate of each and every type of breaking material must be presented to the panel of Judges. The Judges may replace any of the materials in the players set-up with the sample of same material that was presented and then test that player's set-up material for safety, material type, weight and strength. A Judge may test the breakability as well.

TECHNIQUES

All techniques are allowed. Competitor may use any strike to break the material. People being used to hold material may not strike the competitor to break the material.

NUMBER OF BREAKS

4 Breaks Required, 8 Breaks Max

Simultaneous breaks (all breaks executed in one moment in time) will be considered one break. If competitor leaves the ground all breaks executed before he/she returns to the ground will be considered one break. Breaking material may be free standing, set on stands, or held by assistants. One break must be executed with a foot or leg technique.

TWO ATTEMPTS TO BREAK

A competitor will be allowed two (2) attempts for any single break. A competitor cannot make a third attempt at the same break. Making a third attempt at any single break will result in a disqualification by the Center Judge.

SET-UP / EXECUTION SAFETY

All breaking material set-ups and executions must be angled so as to prevent injury to all spectators, officials and people being used as props. Execution safety is the competitor's responsibility and take all responsibility for liability of any and all injuries due to their breaking routine. Audience volunteers for participation or as props is not allowed.

CLEAN-UP / REMOVAL

The competitor must clean-up / remove all broken material and stands from the competition area immediately after routine is finished. Competitors must dispose of all broken material in designated receptacles.

TIME LIMITS**3 Minute Routine**

After the order of competition is determined by Uventex, then the first two (2) competitors must begin their set up. Each competitor will have a three (3) minute time limit to do their routine. Time begins after attempt of the first break. After the first competitor completes their routine, they must begin clean up. While the second competitor breaks, competitor three (3) may begin their set up as the first competitor finishes their clean up. Any competitor that the Center Judge believes is hindering the speed of competition including Set Up, Breaking, or Clean up may be penalize by a .05 deduction, or disqualified.

JUDGING

Competitor will be judged on areas including difficulty, creativity, focus, intensity, materials and completion of breaks. Judges will watch all competitors in the division before scoring.

SCORING RANGE

9.90-10.00

TIES

In the event of a tie, the winner will be decided by a show of hands by the Judges.

GRANDS RULES**GRANDS DIVISIONS**

All TCT tournaments have the option of running Grands for Forms & Weapons Grands for all ranks, and Sparring Grands for adult blackbelts. Additional grands may be ran by the promoter. Grands divisions do not earn points for the end of year championships.

AWARDS

Promoters will determine prizes and awards for these divisions.

PROCEDURE

A notification will be sent out through uventex and/or announced with a microphone when the grands divisions will be staged. It is the competitor's responsibility to report in a timely manner to check-in for the grands divisions. The only tie that has to be broken is for first place.

WINNER OF MULTIPLE DIVISIONS

If a competitor won first place in multiple divisions that qualify for the same grands division, then the competitor MUST choose the division they want to compete with in grands BEFORE the sequence is decided. This will be decided and chosen at check-in.

FORMS & WEAPONS GRANDS

Same Procedures as Forms & Weapons Divisions with the added rule that a competitor may NOT add music to their form if they did NOT win the musical division.

WEAPON DROP IN GRANDS

A drop during grands will result in an automatic score of 9.80 for underbelts and 9.90 for blackbelts.

SPARRING GRANDS

Same Rules and Procedures as Point Sparring.

CODE OF CONDUCT**GENERAL CONDUCT OF INTEGRITY**

All participants, coaches, promoters, and judges should act as professionals and demonstrate the highest standards of ethical behavior. This includes fairness, respect, integrity, and dedication to the sport.

COMPETITORS CODE OF CONDUCT

- Always display a high level of sportsmanship. Respect all competitors whether from your team or another, and shake hands with, and thank, the other competitors and judges after the division — win or lose.
- Participate for your own enjoyment and benefit.
- Always respect the Judges' decision.
- Never become involved in acts of foul sportsmanship.
- Honor both the spirit of the competition rules and live up to the highest ideals of ethics and sportsmanship.
- Never engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to other competitors, judges or supporters.
- Care for and respect the facilities and equipment made available to you during competition.
- Recognize that many Judges, Coaches and Staff are Volunteers who give up their time to provide their services. Treat them with the utmost respect.
- The use of performance-enhancing drugs (PEDs) is strictly forbidden. Any competitor found using or in possession of PEDs will face immediate disqualification and may face possible bans from future TCT sanctioned events.

SPECTATORS CODE OF CONDUCT

- Condemn all violent or illegal acts, whether they are by competitors, coaches, scorekeepers, coordinators, parents or spectators.
- Respect the Judge's decisions – don't complain or argue about decisions during or after a division. Request the arbitrator to file a protest in a timely manner.
- Behave! Unsportsmanlike language, harassment or aggressive behavior will not be tolerated.
- Encourage competitors to compete by the rules and to respect all other competitors.
- Never ridicule or scorn a competitor for making a mistake – respect their efforts. Understand that sport is part of a total life experience, and the benefits of involvement go far beyond the final placement of a division.
- Participate in positive cheering that encourages the competitors that you are supporting; do not engage in any cheering that taunts or intimidates other competitors.
- Follow the directions of the Arbitrator, Judges, Security, Promoter, and event staff.

- Never arrive at a TCT Tournament under the influence of alcohol or bring alcohol to a TCT Tournament. Only drink alcohol, if it is available, in a responsible manner, and in the designated licensed area, not in the competition area.

JUDGES CODE OF CONDUCT

- Place the safety and welfare of the players above all else.
- Be alert to minimize dangerous contact, fair or foul, especially in underbelt divisions.
- Accept responsibility for all actions taken.
- Do not leave your ring unless a coordinator gives you a break, your ring is finished, or no other division is being moved to your ring.
- Avoid any form of verbal altercation with coaches, competitors, and spectators during competition. Call for the arbitrator to handle these issues.
- Be impartial! Also, be consistent, objective and courteous.
- Avoid any situation which may lead to a conflict of interest, both on and off the mat.
- Condemn all and every instance of unsportsmanlike, foul or unfair play.
- Set a good example by the way you dress, speak and act towards competitors, coaches, other judges, parents and spectators.
- Show concern and caution towards sick and injured competitors.
- Officiate to the age and/or experience level of the competitors.

COACHES CODE OF CONDUCT

- Please remain out of the competition area unless you are coaching your students during sparring. No coach should be in the competition area during forms and weapons unless there is an injury, or you have a managers pass.
- Please remain in the coach's chair during the sparring match.
- Do not argue with the judges about a call. Ask for the arbitrator if there is a dispute.
- Actively discourage foul play and / or unsportsmanlike behavior by competitors.
- Show concern and caution towards all sick and injured players.
- Follow the advice of the medic and/or Center Judge when determining when an injured player is ready to compete or bow out.
- Maintain appropriate, professional relationships with competitors at all times.
- Maintain a thorough knowledge of the TCT RULES AT A GLANCE.
- Always consider the health, safety, and welfare of the players.
- As coach, conduct yourself at all times in a manner, and in all situations, that shows leadership, respect for Sport Martial Arts and for all those that are involved in the sport.
- Remember that junior competitors participate for fun and fellowship. Your coaching should create a positive environment that is fun, safe, and inclusive.

CODE OF CONDUCT AND PENALTIES

NOTE – Coaches are responsible for the conduct of their competitors, parents/carers of competitors, coaches, officials and spectators.

No one attending a tournament, function, or other TCT related events shall:

- Use offensive or obscene language to any competitor.
- Enter the competition area during the course of a tournament without the prior approval of the Security, Coordinator, or other appointed staff.
- Excessively dispute the decision of a Judge either during or after a match.
- Assault, or act with aggression, to any person(s).
- Behave in a way contrary to the Code of Conduct and/or the spirit of the sport.
- Act in such a way as to exhibit racial intolerance, by language or other conduct.
- No person(s) may make comment or take actions that bring discredit to any competitor, team or judge through any social media outlet.

PENALITIES

- Disqualification of a division and/or
- All earned points may be striped and/or
- Banned from reentering the tournament and/or
- Monetary fines and/or
- Suspension of a competitor on a temporary or permanent basis and/or
- Suspension of a Coach, Team, or School on a temporary or permanent basis.

These immediate penalties may be imposed by the hosting promoter. The Board of TCT Promoters and Executive Staff will deliberate and vote on penalties that would apply for multiple tournaments, season, or permanently.