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# BATTLE FOR THE TROOPS COMPETITION RULES

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For the use of Judges, Competitors and Coaches to quickly reference rules of  
for Battle for the Troops competition



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BATTLE FOR THE TROOPS  
3590 Gatewood Lane Aurora, IL 60504  
[jeremy@battle4thetroops.com](mailto:jeremy@battle4thetroops.com)  
[www.battle4thetroops.com](http://www.battle4thetroops.com)

## Article I. SPARRING

### Section 1.01 REQUIRED AND RECOMMENDED SAFETY EQUIPMENT

**Required Safety Gear:** Hand pads, foot pads, mouthpiece, groin cup (men only) – **NO ACCEPTIONS!**

**Optional Safety Gear:** Chest guard, face shield, elbow pads, shin pads

**RINGSTAR shoes are no longer acceptable sparring gear.**

### Section 1.02 GENERAL RULES

- a) Intentional falling, going out of bounds or excessive running around the ring is not allowed.
- b) No kicks to the groin
- c) No ground fighting.
- d) No excessive contact
- e) If a person steps out of bounds, he/she can be scored on prior to the official stopping the match, but he/she will not be allowed to score on the other competitor, when out of bounds
- f) Grabbing the uniform is allowed for one second, for the purpose of scoring a point.
- g) Sweeps may occur only to off balance the opponent and can only be performed on the back of the front leg, mid-calf or below.
- h) Coaching is allowed, but only one coach per competitor.
- i) No face contact **(UNDER BELTS ONLY)**
- j) One 10 second time out is allowed per competitor per match. **(BLACK BELTS ONLY)**

### Section 1.03 TIME OF MATCH, POINT VALUES, AND TARGET AREAS

- a) Time of match is 2 minutes or:
  - a. First to 5 points – Under Belts
  - b. First to 7 points – Black Belts
  - c. Black Belt Sparring Grands are 2 minutes, but winner must win by 2 points.
- b) Hand techniques to legal target areas = 1 point
- c) Kicking techniques to legal target areas = 2 points
- d) Legal target areas: Entire head (face is legal for black belts), ribs, chest, abdomen, and collarbone.
- e) Illegal target areas: Face is illegal for under belts, spine, back of the neck, sides of the neck, legs, groin and back.

### Section 1.04 SPARRING WARNINGS AND PENALTIES

- a) **NO WARNINGS are issued in AKA Black Belt Sparring.** Penalty points are issued immediately for breaking the rules.
- b) In **Under Black Belts** one (1) warning is issued. After that, a penalty point is issued.
- c) Once a competitor receives 3 penalty points for the same offense, they are disqualified.
- d) Delay of time: If a competitor is not ready when they are called to fight, they will have one minute to get ready. After one minute their opponent will be awarded a penalty point, and again after 2 minutes. After three minutes, the competitor is disqualified.



## Article II. FORMS AND WEAPONS

### Section 2.01 GENERAL RULES

- a) Traditional Forms
  - a. Must be a form handed down within the school.
  - b. No inverted moves or rotation of the body past 360 degrees.
  - c. Shoulder rolls and butterfly kicks are legal for traditional forms.
- b) Creative Forms
  - a. Must be a form that has been created up by the competitor or the coach.
  - b. No inverted moves or rotation of the body past 360 degrees.
  - c. Judging will be based on overall creativity along with the usual criteria of judging a form.
- c) Extreme forms/weapons
  - a. Must have at least on inverted move or body rotation past 360 degrees in either forms or weapons.
  - b. Only manipulating the weapon without doing any inverted moves or body rotation, will not count as extreme.
- d) Musical forms/weapons
  - a. Competitor should attempt to synchronize their form to the major beats of the music throughout the whole form, not just in the introduction.
  - b. Any type of form style; traditional, creative, or extreme, is allowed so long as it has music.

### Section 2.02 PENALTIES

- a) Dropping of the weapon
  - a. Under belts: If an under belts drops, they may continue but cannot score receive a score higher than 9.95 from the judges.
  - b. Black belts: If a black belt drops, they are automatically disqualified, but are encouraged to continue their form.
  - c. If a weapon breaks during a performance, it is considered a drop.
  - d. Competitors must place a weapon (or part of the weapon) down in a controlled manner for it to not be considered a drop.
- b) Restarts
  - a. Under belts: Novice 7-Under & 8-9 years old divisions may have one (1) restart with no penalty. All other divisions will receive a .05-point deduction.
  - b. Black belts: Automatic disqualification

### Section 2.03 SCORING

- a) If three (3) judges: Scoring range is 9.90 to 9.99 for all divisions regardless of under belt or black belt.
  - a. .02-point deviation from middle score, not the center judge score
  - b. Tie breakers – The scoring system will break the tie by comparing which competitor had the majority of the judges' favor. If the tie is due to a judge giving the same score to both competitors, then that judge must decide the who they liked best. Else, there will be a show of hands to decide the winner.
- b) If Five (5) judges: Highest and lowest score will be thrown out.



## Article III. SELF-DEFENSE

### Section 3.01 GENERAL RULES

- a) Competitor must provide their own partner.
  - a. Both competitors and their partner must be ready when it is their time to demonstrate.
- b) Competitor must provide their own weapons for defense against a weapon.
  - a. Any bladed weapons must be wooden, rubber, or have rounded edges. No sharpen blades will be allowed.
  - b. Any firearm weapon must be wooden or rubber. No pellet guns, air guns or any live weapons will be allowed.
- c) Competitor must demonstrate 3 - 5 different scenarios within the 3-minute time limit. Defense against a weapon may not exceed more than 2 of those scenarios.

### Section 3.02 PENALTIES

- a) Delay of time: If competitor or their partner are not ready at the time, they are to start their demonstration, they have 1 minute to get ready. After 1 minute .02 will be deducted from their score. After 2 minutes, they are disqualified.
- b) If competitor fails to meet the required minimum number of scenarios, .03 will be deducted from their score.
- c) If competitor goes over the 3-minute time limit, .05 will be deducted from their score.

## Article IV. PADDED SWORD SPARRING

### Section 4.01 GENERAL RULES

- a. **ALL COMPETITORS** must have a sparring helmet with a face mask to compete in this division - **NO EXCEPTIONS!**
- b. All matches are 2 minutes or first to 5 points.
- c. The whole upper body, waist and higher, is a legal target area. Straight thrusts to stomach, chest or neck are considered a legal scoring technique.
- d. All scoring techniques are worth 1 point.
- e. Competitor must have both hands on the sword when scoring a point.
- f. Competitors must always have control of their sword.
  - a. First drop - Warning
  - b. Second drop - point to opponent
- g. Out of bounds - 1 foot out is out.
- h. Scoring out of bounds - person out cannot score, person in can score until stop is called.
- i. No purposely running out of bounds.
  - a. First incident- Warning
  - b. Second incident - Point awarded to opponent.
  - c. Disqualification

