
BATTLE FOR THE TROOPS COMPETITION RULES

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



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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
 - a. Definition of 'out of bounds' is having at least one foot out of the ring with no foot in the ring
- 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.
- f) Blind techniques will not be counted as a point. Spinning back fists are not allowed.

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.
- g) Scoring out of bounds - person out cannot score, person in can score until stop is called.
- h) No purposely running out of bounds.

Section 4.02 PENALTIES

- a) Delay of time: If 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.
- b) First offense a warning is issued. After that, a penalty point will be given to the opponent.
- c) Once a competitor receives 3 penalty points for the same offense, they are disqualified.



Article V. Traditional Korean Forms (Black Belts Only)

Section 5.01 GENERAL RULES

This division will follow the same set of rules as regular traditional forms with following additions:

- 1) This division will showcase the patterns of recognized traditional Korean systems, where the definition of traditional is any Korean based system that has been around more than 30 years. These systems are recognized systems from Korean (KKW Taekwondo, ITF Taekwondo, Tangsoodo, Kuksoolwon, Hwarangdo) and the United States (American Taekwondo Association (ATA), National Karate (NK), Farang Mu Sul).
- 2) Competitors MUST perform a recognized unaltered/unmodified poomse/hyung from one of the above systems and no additions or deletions of movements are allowed. School variations are permitted provided the movements maintain the structural integrity of the original kata.
- 3) Competitors must wear a clean traditional uniform from that system and not a modification of said uniform. (Example: KKW Taekwondo uniform, must be a V-neck uniform not a sport karate uniform).
- 4) Competitors must wear a rank belt that signifies that they are a black belt.
- 5) No more than 3 kiap/kiai will be allowed.
- 6) Kick must be a minimum of waist height unless the form calls specifically for a low kick.
- 7) Form must be from one of the 8 systems below and cannot be altered. School variations are permitted, but alterations and modifications including, but not limited, to adding or deleting movement or altering the structure of the classical form are not permitted.
 - i) **KKW Taekwondo** – Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Cheonkwon, Hansoo, llyeo
 - ii) **ITF Taekwondo** – Kwang-gae, Po-eun, Ge-baek, Eui-am, Chong-jung, Juche, Sam-il, Yoo-sin, Choi-young, Yon-gae, Ui-ji, Moon-moo, So-san, Tong-il
 - iii) **Tangsoodo** – Bassai, Naihanchi Cho Dan, Naihanchi Ee Dan, Naihanchi Sam Dan, Sip Soo, Jin Do, Kong Sang Koon, Lo Hai
 - iv) **Kuksulwon** – Gum Mo, Bae Pal Gi, Kyuk Pah, Sam Bang Cho, Woon Hak
 - v) **Hwarangdo** – Muin Dok Lip, Chun Kae, Kum Gye, Kum Kang-yang, Hyun Ki-um, Ho Su
 - vi) **American Taekwondo Association (ATA)** – Shim Jun, Jung Yul, Chung San, Sok Bong, Chung Hae, Jhang Soo, Chul Joon, Jeon Seung, Dong Seung
 - vii) **National Karate (NK)** – Kato San, Makato, Zhang Do Moon, Fudoshin, Gae-baek
 - viii) **Farang Mu Sul** – Mu Duk, Mu Chung, Mu Young, Chung Ji, Sul Sa, Do Sa, Su Nim

VI. Traditional Japanese Forms (Black Belts Only)

Section 6.01 GENERAL RULES

This division will follow the same set of rules as regular traditional forms with following additions:

- 1) This division will showcase the patterns of recognized traditional Japanese/Okinawa systems, where the definition of traditional is any Japanese/Okinawa based system that has been around more than 30 years. These systems are recognized systems from Japan Shotokan, Shito-Ryu, Goju-Ryu, Wado-Ryu, Chito-Ryu) and Okinawa (Shorin-Ryu, Isshin-Ryu, Goju-Ryu, Uechi-Ryu, Shuri/Shorei-Ryu).



- 2) Competitors MUST perform a recognized unaltered/unmodified kata from one of the above systems and no additions or deletions of movements are allowed. School variations are permitted provided the movements maintain the structural integrity of the original kata.
- 3) Competitors must wear a clean traditional white uniform; sport karate uniforms will not be permitted.
- 4) Competitors must wear a black belt.
- 5) No more than 3 kiap/kiai will be allowed.
- 6) Kicks must not go above the competitor's shoulder.
- 7) Kata must be from one from the list below. School variations are permitted, but alterations and modifications including, but not limited, to adding or deleting movement or altering the structure of the classical form are not permitted.
 - i) Annan
 - ii) Annanko
 - iii) Aoyagi
 - iv) Bassai/Passai – Matsumura
 - v) Bassai/Passai – Tomari
 - vi) Bassai/Passai Dai
 - vii) Bassai/Passai Sho
 - viii) Chinte
 - ix) Chinto – Tomari (Shotokan: Gankaku Sho)
 - x) Chinto (Shotokan: Gankaku)
 - xi) Fukyu (all versions)
 - xii) Gekisai 1 and 2
 - xiii) Gojushiho Dai
 - xiv) Gojushiho Sho
 - xv) Go Pai Sho
 - xvi) Hakutsuru/Hakucho
 - xvii) Hangetsu
 - xviii) Heiku
 - xix) Jiin
 - xx) Jion
 - xxi) Jitte
 - xxii) Juroku
 - xxiii) Kanchin
 - xxiv) Kanku Dai (Shorin-Ryu Kusanku Dai or Shito-Ryu Kosokun Dai)
 - xxv) Kanku Sho (Shorin-Ryu Kusanku Sho or Shito-Ryu Kosokun Sho)
 - xxvi) Kanshiwa
 - xxvii) Kanshu
 - xxviii) Kosokunshiho (Shito-Ryu)
 - xxix) Kururunfa
 - xxx) Kusanku – Chatanyara
 - xxxii) Meikyo
 - xxxiii) Nipaipo (Standard Shito Ryu version only) / Nijuhachiho (Shotokan)
 - xxxiiii) Niseishi (Shotokan : Nijushiho)
 - xxxv) Paiku
 - xxxvi) PaipurenRohai



- xxxvi) Saifa
- xxxvii) Sanchin
- xxxviii) Sanseiru
- xxxix) Sanseiru (Uechi-Ryu version)
- xl) Seichin
- xli) Seipai
- xlii) Seirui
- xliii) Seisan (all versions)
- xliv) Seiunchin
- xliv) Shinpa
- xlvi) Shishochin
- xlvii) Sochin (Shotokan and Shito-Ryu versions)
- xlviii) Sunsū (Isshin Ryu)
- xlix) Suparinpei/Peichurrin
- l) Tekki 1 – 3 (Okinawan: Naihanchi)
- li) Tensho
- lii) Unshu (Shito Ryu)
- liii) Unsu (Shotokan)
- liv) Wankan (Shotokan)
- lv) Wankan (Shito Ryu: Matsukaze)
- lvi) Wansu (Shotokan : Empi)

