

# Midwest Champions Series Competition Rules 2025/2026 Season

## Form Competition Rules

Scoring Flip Cards will be used and scores shall range between 6-9 using 1/10<sup>th</sup> point increments

Judge on balance, power, timing, technique not on content or if form was done "correctly" as many schools teach forms differently.

Judges will use Scoring Flip Cards to determine competitor scores and to help prevent ties. The Center Referee will call for the judge's scores and they will show them to the competitor first and then turn them around to be shown to the score keeper to record their scores. The first (3) competitors will come up and do their form and immediately have a seat. After all three have completed their form they will be called back up and scored individually to "set the baseline" of scoring for that division. Each competitor after that will be called up individually and scored immediately after they complete their form. In the event of a tie, both competitors will be called back up and will perform their form individually for the judges and after completion the winner will be selected by a show of hands.

Colored belts will receive (2) opportunities to complete their form if needed. After the 2<sup>nd</sup> attempt the judges will score the form as they normally would, but the Score Keeper will deduct ½ point from each judge's score as penalty. **Black Belts receive (1) opportunity to complete their form.**

## Sparring Competition Rules

Light contact-controlled technique. The following equipment MUST be worn by all competitors: **Gloves (must be at least ½" thick at the knuckles), Feet Pads (must cover toes), Head Gear, Mouthpiece, and a cup for males. \*ALL COMPETITORS MUST WEAR HEAD GEAR FOR SPARRING**

Points shall be awarded for the following:

- (1) point for legal hand or foot technique to the body (1 Point bonus for jump kick)
- (2) points for legal controlled kick to the head (1 Point bonus for jump kick)
- \*To receive the bonus, point for a jumping technique the competitor MUST maintain control of their body and not fall to the floor as a result of the jumping technique\*

Head contact for Color Belts is controlled kick to any part of the head INCLUDING that NOT COVERED by the head gear. Head contact for Black Belts is controlled kick to any part of the head INCLUDING that NOT COVERED by the head gear. **If a color belt comes close to the head and the opponent makes no effort to avoid the kick (2) points shall be awarded. Black Belts must make controlled contact to the head for points to be awarded.**

A competitor may score points on an opponent that is NOT inside the ring as long as they still have (1) foot inside the ring themselves. An opponent outside of the ring CAN NOT score on an opponent inside of the ring. A match will not be stopped if one opponent is outside of the ring but as soon as BOTH opponents are outside of the ring the Center Referee will stop the match and reset the opponents back on their starting positions.

#### **Illegal/Prohibited Techniques:**

- Any hand techniques to or towards the head, face, neck, or throat.
- Kicks deliberately aimed at the back or below the belt.
- Elbows or Knees
- BLIND Spinning Hand techniques
- Running from or turning your back on an opponent or falling down to avoid fighting.
- Grabbing or Sweeping

Any of the above violations will result in a 1<sup>st</sup> offense warning, a 2<sup>nd</sup> offense warning, and after 3<sup>rd</sup> offense (1) Point will be awarded to other opponent after each additional infraction. Excessive contact that results in blood being drawn or an opponent being unable to continue shall result in disqualification of the person charged with the infraction unless this is determined to be accidental or unintentional for any of the following reasons:

- The opponent accidentally turns into a kick.
- The opponent knowingly turns their back.
- The opponent runs from or avoids the fight.

(\*The tournament Director must be notified if a possible disqualification is going to occur)

#### **Duration of Matches**

All sparring matches will be (2) minutes in length or the first competitor to reach (5) points. Time will continue to run unless asked to stop time by the Center Referee.

#### **Elimination Format**

A true Double Elimination format will be used for all MCS Affiliate events.

#### **Competition Area**

The competition area shall be reserved for only Referees/Judges, Time/Score Keepers, and competitors. All spectators and those not competing shall remain out of the competition area.

**The coaching of an athlete WILL NOT be allowed.**

## Judges/Judging Procedures

### Judges Calling for Points:

When a Center Referee or Corner Referee sees what they consider a legal point that has been scored on an opponent they shall YELL "POINT" and the following calls can be made: **(A simple majority must rule)**

### Judge Calls:

**Point**                    Center Referee motions with hands and Corners Point Flag (Red or White)

1 point (legal kick or punch to the body), 2 points (legal kick to the head), 2 points (legal JUMP kick to the body – must maintain control and not fall down), or 3 points (legal JUMP kick to the head – must maintain control and not fall down). Two contradictory point calls during an exchange shall cancel each other out.

**No – Point**            Center or Corner cross arms and hold below their belt.

The center or corner referee saw the exchange and feel the point was blocked, did not make contact with a legal target, or was not a legal technique. (A no point will cancel out a point call)

**No – See**              Center or Corner cross arms and cover eyes.

The center or corner referee saw nothing in the exchange that they feel was a point. (A no see call results in that referee no longer being part of what has to be the simple majority)

**Warning**              Center or Corner use arm or flags in a circular motion below the belt

A center or corner referee feels an illegal technique, or a rules infraction has occurred and the competitor will receive a warning or point deduction for this offense.

**Point – NO Point Call**

**If a Center Referee or a Corner Judge calls point and when the Center Referee calls for points they change their mind on their call to NO POINT the Referee or Judge changing their mind MUST provide a valid reason for doing so when points are called! (Example: Point was called but then they realize the competitor was OUT of BOUNDS so they retract their Point to a NO POINT call)**