

# **AMAA Nationals - Saturday, August 10, 2024**

**\*\*\$60 for 3 events: Kata (Forms), Weapons, Kumite (Sparring)**

**\*\*No refunds will be made under any circumstances**

## **KATAS (FORMS)**

**\*\*All Kata (Form) Competitors will be Judged 6-8 with two decimals points.**

**\*\*Competitors will perform one Kata (Form) to the best of their ability.**

**\*\*The Competitor may restart their Kata (Form) one time. This is for Underbelts only.**

**\*\* If a Kata (Form) is forgotten, then the lowest score available will be used.**

## **WEAPONS**

**\*\*All Weapons must be maintained and controlled at all times.**

**\*\* Dropping of weapons is grounds for disqualification.**

## **KUMITE (SPARRING)**

**\*\*Underbelts – will Spar to 3 points \*\*The Face is NOT a legal target area. \*\***

**\*\*Black Belts – will Spar to 5 points. \*\* The Face is NOT a legal target area\*\***

**\*\*All techniques are counted as 1 point.**

**\*\*One Warning for Low Kicks, Excessive Contact.**

**\*\*Second Warning results in other person awarded the point.**

**\*\*Has to be more than one Judge to call a penalty.**

**\*\*Legal Target Areas: Chest, Abdomen, Solar Plexus, Stomach, Head Gear (NO NECK OR THROAT) Target areas must be punched or kicked.**

**\*\*No GOUGES, KNEE-STRIKES, ELBOWS OR FOREARM STRIKES. Ridge-Hand is accepted.**

**\*\*Must have Foam Dipped Sparring Gear, Mouth Guard, & Groin Protector.**

**\*\* No Arguing with the Referees. No Flagrant Fouls Allowed....which is Fighting after Break is called, Pushing, Shoving, Following to the ground, or Intentionally trying to cause bodily harm to the other person.**

**\*\*Any Flagrant Fouls is an automatic disqualification – To be decided by the Arbitrator.**

**\*\*These include Parents and Instructors.**

**\*\*No Coaching is allowed.**