

Isshinryu Tournament Rules

Forms and Weapons

- All weapons must be traditional in design.
 - No lightweight (peanut) Bo's
 - Wood grain in appearance
 - No bamboo Bo's
 - No glitter, colored tape, or flashy material on any weapon.
- Katas must be Issinryu approved.
- Time limit: 3:00 minutes
- Must not step out of the ring.

Point Sparring

- Fighters must wear the following safety equipment when point sparring:
 - Mouthpiece
 - Headgear
 - hand pads
 - foot pads
 - Males must also wear groin protection
- Face Shields and Chest Protectors are optional for all competitors
- Double elimination with a 1:30 minute running time
- Total score or 10 point spread
- All techniques are 1 point
- Points include:
 - Entire helmet
 - Body above the belt
 - Hand strikes or kicks.
 - No strikes or kicks to the back.
 - No sweeps.
- Warnings are an automatic 1 point to the opposing competitor
- Warnings include:
 - Running out of the ring
 - Falling to avoid a point
 - Excessive contact
 - Disrespect to a judge or your competitor.

Unsportsmanlike Behavior:

- Defined as any act considered to be a physical display of disrespect to an official, competitor, or spectator.
- This includes but is not limited to:
 - Profanity
 - Vulgarity
 - Throwing of equipment
 - speaking in a loud or disrespectful manner
- This results in one or all of the following;
 - warning to the competitor
 - points awarded to the opponent
 - disqualification of the competitor from the match and/or disqualification from the tournament.
- This includes the coaches. A coach's actions can get their fighter penalized or disqualified.

Arbitration:

- If a coach calls an arbitration and loses that arbitration, 1 Point will be awarded to the opposing fighter.
- Only specific rules may be arbitrated, not judges' judgment calls.