

NAFMA

GARDEN STATE GRAND CHAMPIONSHIPS

Rules & Regulations



Coaching

One coach per competitor will be allowed in the competition area, provided that they have obtained a coaching pass (\$10). Coaches will be seated outside the safety area, on their respective sides, and at the side of the respected competitor side. Under no circumstance is a coach to come on to the competition mat, other than assisting with their competitor in the event of an injury.

Competitor

It is the competitor's responsibility to know the rules and to be ready for competition when called to do so. He/she must be suitably attired and at the appropriate ring when competition begins. If the competitor is not at his/her ring to compete when competition begins, he/she may not be allowed to compete. If a competitor leaves a ring after the ring competition begins and is not present when his/her name is called to compete, his/her name will be called three (3) times at ringside. If he/she is still not present to compete on the third call, he/she will be disqualified.

Performance Errors and Restarts – An under belt (non jr. black belt or adult black belt) forgetting his/her performance or making an obvious performance mistake may continue, bow out, or ask the Center Referee to begin again without penalty only one time. The competitor may have (1) restart if the following conditions are met: A.) The competitor fumbles a movement in some way that causes them to mess up, B.) Unintentional or intentional interference by another competitor or another person, C.) Drops the weapon in the weapons division. A jr. black belt or adult black belt may not have a restart unless there is unintentional or intentional interference by another competitor or another person. If a jr. black belt or adult black belt drops his or her weapon, they will not have an opportunity to restart and will be placed in the last place. (*See also Scoring Penalties*)

Bowing Out – Bowing out to an opponent for any reason is allowed without penalty. The competitor must be in attendance to bow out. The competitor bowing out will be recorded as last place. If another competitor bows out then he/she will assume the very last place after the first person that bowed out, etc.

Poor Sportsmanship – A competitor, coach, or spectator is subject to disqualification and/or league suspension for exhibiting poor sportsmanship (i.e., yelling at Judges, swearing, cursing, profanity, refusing to continue after an unfavorable decision, etc.). A competitor can also be disqualified for the behavior of his/her coach(es), friend(s), teammate(s), etc. A competitor who exhibits poor sportsmanship will be disqualified for that division and further play by the Center Referee and receives no rating points. Any person exhibiting poor sportsmanship may be escorted out of the tournament and/or suspended from participating within the tournament league without refund.

Amount of Competitions – A competitor can compete only once in a division per entry excepting ties and acceptable restarts.

Required and Recommended Safety Equipment

Approved head gear, hand and foot pads, mouthpieces and groin cups (for male competitors only) are mandatory for all competitors in all sparring divisions. Because of the many brands and styles of martial arts equipment on the market today and more coming out each year, space prohibits listing all brands which are considered safe. Approved equipment means that each competitor's equipment will be checked to see if it is safe for use. If it is deemed unsafe, he/she will be asked to change the equipment before he/she can compete. The following is a list of important and required features of approved safety equipment.

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- **Hand Pads** - a soft padded, surface must cover the fingers, wrist and any striking surface of the hand. The striking areas such as the ridge of the hand (ridge hand) side of the hand (chop, hammer fist), back of the fist (back fist), and knuckles (punch) must be covered with a soft padded surface. No MMA or Kenpo gloves will be accepted.
- **Kicks** - A soft padded surface must cover the instep, sides, toes, ankle, and back of the heel of the foot.
- **Head Gear** - The forehead, sides, and back of the head must be covered by a soft padded surface. Face guard is optional.
- **Mouth guard** - A properly-fitted mouthpiece is required.
- **Chest protectors / Groin Protectors** - Are recommended, however, not mandatory.

Time keeper set timer

- Point Sparring – (1) 2-minute round
- Continuous Sparring (3) 2 min rounds. There is a minute recovery rest in-between each of the 3 rounds for continuous sparring.
- Kata (1) 5-minute round
- Demo Team (1) 7 minute round
- Capoeira Sparring (3) 1 min rounds
- Capoeira Solo (1) 1 min round

Penalty - Insufficiently-padded gloves, foot and head gear will not be allowed. Equipment must be in good condition and must be free of heavy taping, tears or any other repairs that may cause injury. Equipment with heavy or too many seams on the striking surfaces is also not allowed. The approval or denial of the equipment is ultimately determined by the tournament's head rules arbitrator. Shin, elbow, rib and knee pads are recommended but not required for additional safety to all sparring competitors.

POINT SPARRING

Timekeeper

The timekeeper is the appointed helper to keep time. He/she will start and stop time at the command of the center referee and will inform the center referee when the round ends. In sparring, the timekeeper does not start or stop a match unless otherwise asked by the center referee. His/her only duty is to keep time for the center referee.

Scorekeeper: Point Sparring

The scorekeeper is the appointed helper to keep score. He/she will write down the number from scores of each judge, and add the remaining scores to attain a total score. In the case of using 3 judges all scores will be included. The scorekeeper should check his/her addition a second time (calculators should be used). In sparring the scorekeeper will write down or flip score cards at the command of the center referee. The scorekeeper should inform the center referee when a fighter gets the appropriate number of points to automatically win. It is the scorekeeper's duty to listen very closely to the center referee and keep score as the referee commands. Any discrepancy or confusion of the score rests in the hands of the center referee, not the scorekeeper. The center referee will make the final score decision.

Point sparring

1 Point for legal hand to head contact, 1 Point for legal hand to body contact, 2 Point for legal kick to head contact. No points will be given to the inside of face, neck area, back of the head, arms, spinal area, or any technique below the belt.

Length of Match

An elimination match in point sparring shall last a total of two (2) minutes running time, unless a competitor earns enough points to be declared the winner before the two (2) minutes are up. Running time means that the clock continues to run during point calls, etc., unless the referee calls for a time out. During unusually long point calls, equipment adjustments, rule clarification, etc., the referee shall stop the time. If at the end of two minutes the match is tied, the match will continue into a sudden victory overtime period. The first competitor to score a point is declared the winner.

The winner is determined by the first person to score 7 points. If no one scores seven (7) points by the end of the two minutes, the competitor who is ahead wins.

Point Values and Winner Determination

All legal hand techniques that score will be awarded one (1) point. All legal kicking techniques that score will be awarded two (2) points. All penalty points awarded will be one (1) point value. In the Black Belt divisions, the competitor who earns seven (7) points automatically wins. If no one scores seven (7) points by the end of the two minutes, the competitor who is ahead wins. In the Under belt divisions, the competitor who earns seven (7) points automatically wins. If no one scores seven (7) points by the end of the two minutes, the competitor who is ahead wins.

How Points are Awarded

Scoring points are awarded by a majority vote of the judges. The majority of judges do not have to agree on the same technique being scored, only that a point was scored. The only agreement to be made is that the point that scored was either a kick or a hand technique. The judges acknowledge this by holding up two fingers if a kick is scored to the head and one finger if a legal hand or kick technique is scored anywhere else. A majority of the judges calling for a point must agree that a kick scored in order to award two (2) points. Otherwise only one point is awarded.

What a Point Is

A point is a controlled legal sport karate technique scored by a competitor in-bounds that strikes an opponent with the allowable amount of focused touch contact or focused control to legal target areas. Criteria that officials use when deciding if a point was scored are:

- Was it a legitimate and legal sport karate technique?
- Was it delivered with the required focused control or allowed focused touch contact to a legal target area?
- Was the competitor who scored in-bounds?
- Had the match been stopped by the referee?
- Was either competitor down illegally when the point was scored?
- Was the competitor who scored the point in control and well balanced?
- Was the technique delivered with an amount of "controlled force" that would have incapacitated the opponent, at least momentarily, if the technique had not been controlled? (For more information, see "Judging" section.)

Legal Target Areas: Entire head and face, ribs, chest, abdomen and kidneys.

Illegal Target Areas: Spine, back of neck, throat, sides of neck, groin, legs, knees and back are all illegal target areas. Any attacks to these areas could result in a warning and/or penalty points.

Non-Target Areas: Hips, shoulders, buttocks, arms, and feet are all non-target areas. Points cannot be scored to non-target area. No points are awarded for contact below the belt. If it is deemed that a competitor is actually attacking these areas, warning and/or penalty point may be awarded.

Legal Techniques: Legal techniques are all controlled sport karate techniques, except those listed as illegal. When determining the legality of a technique, the official considers if the technique is a legitimate, controlled sport karate technique that adheres to all other rules governing sport point karate.

Illegal Techniques: Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs on hard surface floors, ground fighting on hard surface floors, any stomps or kicks to the head of a downed opponent, slapping, grabbing for more than one second, uncontrolled blind techniques, any uncontrolled dangerous techniques that are deemed unsafe in sport karate. (For more information on legal and illegal techniques, see "Judging" section.)

Sweeps, Takedowns, Grabs, and Ground Fighting: Sweeps not to take down an opponent, but only to obstruct the balance can only be executed to the back of the front leg at mid-calf or below. These described sweeps are legal on all types of fighting surfaces if the sweep is only to force the opponent off balance so as to execute a technique to an upright opponent. If the sweep is considered to have knocked down the opponent, then it would be illegal. It is important to note that sweeps do not make it legal to kick the legs. A sweep must be deemed proper sweep and not a kick, to be legal. A competitor may not grab the uniform top of his/her opponent in an attempt to score. Deliberately dropping to the floor to avoid or evade fighting is not legal. All dropping to the floor deliberately on a hard surface is not legal. A fighter is down when any part of the body, other than the feet is touching the floor.

Touch Contact Defined

Light Touch Contact means there is no penetration or visible movement of the opponent as a result of the technique. Light touch may be made to all legal target areas.

Moderate Touch Contact means slight penetration or slight target movement. Moderate touch may be made to all legal target areas except the head and face.

Excessive Contact means when an opponent strike with force in excess of what is necessary to score a point. Though it is largely a judgment call, indications that contact has been excessive may be accessed by the following reactions:

- Visible snapping back of a competitor's head from the force of a blow.
- A knockdown of an opponent (not recklessly charging into a technique or occurring in instances where the fallen party either fell, slipped, or was off balance).
- A knockout of an opponent.
- The appearance of severe swelling or bleeding. (Bleeding or other obvious external injury may in itself be grounds for excessive contact if it is considered the fault of a competitor) (Bleeding, however, does not necessarily imply excessive contact).
- The distortion or injury of the body from the force of a blow to the body.

Group Fairness

If two competitors are from the same school, they will not compete the first round as long as there are other schools to compete with. The tournament will do everything in its power to ensure everyone has a fair experience.

What if there's no one to compete with?

If there are no competitors in the division, the competitor can ask to move up to the next advanced bracket. The competitor gets and automatic 1st place for the current division as well. In order to advance, the group must be more

advanced than the group he/she is currently in. Permission must be granted by the Instructor and approved by the tournament official. In sparring instances, boys will be with boys and girls will be with girls. Same for men and women division of contact and forms.

CONTINUOUS SPARRING

Scorekeeper: Continuous Sparring

The scorekeeper is the appointed helper to keep score. He/she will write down the number from scores of each judge, and add the remaining scores to attain a total score for each fighter. All 3 judges' scores will be included. The scorekeeper should check his/her addition a second time (calculators should be used), and have it verified by the 3 judges.

Length of Match

Continuous sparring shall have 3 rounds and last a total of two (2) minutes per round, unless a competitor wins by knockout, (K.O.), TKO (Technical Knockout), the other fighter does not wish to continue the match at any time during the match, or during the 1-minute break he/she quits. Running time means that the clock continues to run unless the referee calls for a time out. The referee shall stop the time during the match for, equipment adjustments, rule clarification, etc.,. The referee can call the match at any time if he feels that one of the fighters is in distress.

The winner is determined by the first person to score 300 points or the closest to 300 points. If both fighters score the same overall score, the match then becomes a draw and they will fight for the 4th round. Both fighters will then do an about face and wait for the judges to score them. Judges will signal with an open hand which fighter will be declared the winner.

Point Values and Winner Determination

Each fighter will begin the round with 100 points. There is a minimum of 8 legal kicks per round. 2 Points are deducted for each kick not delivered within the 8 legal kick minimum. Fighters do not score more points for any legal landed kicks over 8. Kick verifiers will be at each side of the ring to count the landed legal kicks. Once the fighter's legal kicks are in, the verifier will shout "Blue kicks are in", or "Red kicks are in". The fighters can continue to kick if they wish, but do not have to. Again – fighters do not score more points for landing legal kicks over 8 times. Remember - kicks to the arms do not count as points. At the end of each round, the judges will go to the score cards to record and add up the legal kicks. In a perfect match, the fighter should have 100 points if all 8 legal kicks were placed.

Determining legal kicks under par

If a fighter in round 1 does 8 legal kicks, he/she will score 100 points. If they score 6 legal kicks in round 2 they will score 98 points. (Deduct 2 points for every legal kick missed.) Finally, in round 3 if they score 4 legal kicks, the score for round 3 would be 92 (-2,-2,-2-2 = -8 : 100 – 8 = 92). Their final score would be 288 points. Judges can also review the kick point chart on the bottom of the score card to get the correct math.

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	Final Kick Count	FIGHTER BLUE		Final Kick Count	FIGHTER RED		
ROUND 1	8 / 8	100 / 100		4 / 8	92 / 100		
ROUND 2	6 / 8	96 / 100		7 / 8	98 / 100		
ROUND 3	4 / 8	92 / 100		3 / 8	90 / 100		
TOTAL POINTS	18 / 24	288 / 300		14 / 24	280 / 300		
FINAL SCORE	18	288		14	280		
Legal Kick Ledger							
8 = 100	7 = 98	6 = 96	5 = 94	4 = 92	3 = 90	2 = 88	1 = 86

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How Points are Awarded

The winner is determined by the first person to score 300 points or the closest to 300 points. Kick deduction points are taken into consideration for each of the rounds. If both fighters score the same overall score, the match then becomes a draw and they will fight for the 4th round. Both fighters will then do an about face and wait for the judges to score them. Judges will signal with an open hand which fighter will be declared the winner.

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- A knockout of an opponent.
- The appearance of severe swelling or bleeding. (Bleeding or other obvious external injury may in itself be grounds for excessive contact if it is considered the fault of a competitor) (Bleeding, however, does not necessarily imply excessive contact).
- The distortion or injury of the body from the force of a blow to the body.

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Continuous Sparring Weight Class

Each fighter must have a minimum of 8 kicks per 2-minute round. If a fighter does not have 8 kicks per round, they will lose 2 points for each kick. (I.e., if fighter kicks 5 times in one round, he will lose 6 points). Fighters compete by weight class, and are allowed a 5lbs. spread for fighters 108lbs to 142lbs., and a 7lbs spread for anyone over 142.1lbs and up. They are loaned 16oz boxing gloves and a boxing head gear supplied by NAFMA.

WEIGHT CLASS	WEIGHT in lbs.	MAXIMUM WEIGHT SPREAD
Strawweight	108.1 lbs. and *Below	5 lbs. - 2.27 kg.
Atomweight	108.1 lbs. - 112 lbs.	5 lbs. - 2.27 kg.
Flyweight	112.1 lbs. - 117 lbs.	5 lbs. - 2.27 kg.
Bantamweight	117.1 lbs. - 122 lbs.	5 lbs. - 2.27 kg.
Featherweight	122.1 lbs. - 127 lbs.	5 lbs. - 2.27 kg.
Lightweight	127.1 lbs. - 132 lbs.	5 lbs. - 2.27 kg.
Super Lightweight	132.1 lbs. - 137 lbs.	5 lbs. - 2.27 kg.
Light Welterweight	137.1 lbs. - 142 lbs.	5 lbs. - 2.27 kg.
Welterweight	142.1 lbs. - 147 lbs.	7 lbs. - 3.2 kg.
Super Welterweight	147.1 lbs. - 153 lbs.	7 lbs. - 3.2 kg.
Light Middleweight	153.1 lbs. - 159 lbs.	7 lbs. - 3.2 kg.
Middleweight	159.1 lbs. - 165 lbs.	7 lbs. - 3.2 kg.
Super Middleweight	165.1 lbs. - 172 lbs.	7 lbs. - 3.2 kg.
Light Heavyweight	172.1 lbs. - 179 lbs.	7 lbs. - 3.2 kg.
Light Cruiserweight	179.1 lbs. - 186 lbs.	7 lbs. - 3.2 kg.
Cruiserweight	186.1 lbs. - 195 lbs.	12 lbs. - 5.5 kg.
Super Cruiserweight	195.1 lbs. - 215 lbs.	20 lbs. 9.1 kg.
Heavyweight	215.1 lbs. - 235 lbs.	20 lbs. 9.1 kg.
Super Heavyweight	235.1 lbs. and UP	No Limit

Scoring Kata / Musical Forms / Weapons

Procedure – The first three (3) competitors of each division will be scored only after all three (3) have performed. For the remainder of the division, scores will be given immediately after the competitor performs and while he/she waits at attention in front of the Judges. Each of the Judges scores must be visible to the competitor and each score must be announced.

Performance Errors and Restarts – An under belt (non jr. black belt or adult black belt) forgetting his/her performance or making an obvious performance mistake may continue, bow out, or ask the Center Referee to begin again without penalty only one time. The competitor may have (1) restart if the following conditions are met:

- The competitor fumbles a movement in some way that causes them to mess up.
- B.) Unintentional or intentional interference by another competitor or another person.
- C.) Drops the weapon in the weapons division. A jr. black belt or adult black belt may not have a restart unless there is unintentional or intentional interference by another competitor or another person.

If a jr. black belt or adult black belt drops his or her weapon, they will not have an opportunity to restart and will be placed in the last place. (*See also Performance Errors and Restarts*)

Scoring Range – The scoring range for divisions with three (3) Judges in them will be:

- 9.80 to 10.00 for black belts (and divisions with black belts in them)
- 8.80 to 9.00 for advance divisions
- 7.80 to 8.00 for intermediate divisions
- 6.80 to 7.00 for novice.

Determining an Average Score– The average score for the divisions will be determined by the scorekeeper.

Determining the Final Score – A competitor's score will be determined by adding the competitor's 3 scores from the judges and totaling the three (3) remaining scores to get the final sum. The competitor with the highest sum will be the winner, followed by 2nd , 3rd, etc.

The Winning Score - The competitor with the highest score will be declared the winner.

Scoring Placement / Error – If the scores or sequential placement of winners is protested before the performance of the first competitor of the next division and if any error is found to be correct, then the scores or placement shall be corrected and all competitors shall be given the proper ratings points. Competitors must exchange awards to coincide with the proper scores.

Admitted Judging Error - A Judge that has admittedly given an incorrect score has until the start of the next division to change his/her score.

Leaving Before Scoring - A competitor must be available and willing to receive his/her scores without leaving the ring before their scores are completely announced.

Penalty – A competitor leaving the ring or turning his/her back before receiving his/her score will be disqualified. (Unless it is one of the first three (3) competitors that will be called back up for scoring.)

Ties

- First Time - A first round tie for any of the top four (4) places must be broken by having all tying competitors compete again, with the same or a different form. The order of performance shall be by luck of the draw.
- Second Time – [between two (2) or more tied competitors] – Second time ties between two competitors will be broken by having each of the Judges point to his/her choice at one call. The competitors are required not to be turned with their backs to the Judges when the Judges point. The odd number of Judges [either five (5) or three (3)] will result in a majority vote for one competitor. For three (3) tied competitors this same method will chose a winner (example: three (3) Judges vote for one competitor, one Judge for the second competitor and one (1) other Judge for the third competitor) or it will eliminate one competitor so that a second vote by the Judges will chose a winner from the remaining two (2) competitors (example: two (2) Judges vote for one competitor, two (2) vote for the second competitor and one (1) Judge for the third competitor. Now just two (2) competitors are left for the Judges to decide between in a second vote). This same continued method can be used for more than three (3) tied competitors.

Sharing a Win

Competitors are not allowed to share a tied position nor shall an Arbitrator assign a dual win for any placement. Only one person (or team) can hold any position in first through third place.

Music Playing

If music is allowed, the competitor must provide his/her own music player (machine) and person to run the music player (machine) unless it is the finals, where the promoter provides both. When the music player (machine) is provided by the promoter, the music from the competitor (contestant) must be in the form of a cd or an mp3 player/format. The mp3 or cd must be cued and marked as to which side is to be played if there is a promoter supplied music player (machine). If the cd is required to be turned in upon registration, then it must be cued with the competitor's name and division and division number clearly printed on the front side. To ensure less chance of error, the music should be recorded at the beginning of the cd or mp3 player of competitor. The tournament promoter or referees are not responsible for returning music back to the competitor.

Penalty – The failure of the person running the music player will not immediately disqualify the competitor. In the case of any music or equipment failure, the competitor can re-start their form without any penalty, but must ask for the restart within one (1) minute after the failure.

Music Loudness– If music is allowed and if the music player (machine) is promoter provided, then it must be loud enough for all the judges in the ring and the competing competitor to adequately hear. Once a volume level is set it cannot be lowered or raised during any performance. The loudness of a promoter provided player (machine) shall be regulated by the Center Referee for the first performance and adjusted for the same loudness for all successive performances. For competitor provided players (machines) the Center Referee shall motion the person playing the music to raise or lower the volume at the beginning of each form so as to make each competitor's performance as equal as possible with the same loudness and within the parameters of who must be able to hear the music.

Profanity of Music – A competitor must use discretion as to the language used in their music for their form. Under no circumstances is there to be even the slightest use of profanity.

Penalty – Any competitor exhibiting severe profanity in their music may, at the discretion of the Arbitrator, be disqualified from the division. It is advisable for the competitor to have the Arbitrator review the words before using the music in competition.

Capoeira Game and Solo

Competition Categories

- Beginners – No Belt up to 2nd Belt
- Intermediate – 3rd Belt and 4th Belt
- Advanced – 5th Belt and 6th Belts
- Monitors – Instructors
- Formado - Professors
- Contra Mestre
- Mestre

Elimination Rounds

- All competitors will play one game of regional per round
- Each game will be 1 minute in length
- In the event of a tie, contestants will play for an additional 30 seconds
- The winner of each round will proceed to the next level of the competition. The losing competitor will be eliminated.

Attire

All contestants must wear their respective Capoeira cord and white uniform

Rules

- All contestants must abide by the following rules:
- Obey the referee at all times
- Enter the roda with au
- Maintain the ginga at all times in the game
- No grappling once on the floor
- No punching
- No hair pulling
- No kicks to the groin
- No gouging the eye
- No small joint manipulation
- Maintain good sportsmanship at all times
- Shake opponent's hand before and after the game

Judging

- Three judges will determine the winner of each round
- Judging is based on a three point system, each judge will have one point to award after the completion of the round
- Judges may award the point to either contestant (red or blue flag) or to a tie
- A referee will be present before, during and after the game, and will raise the hand of the winner, as determined by the judges

Contestants will be judged on their style, technique, agility, creativity and dominance in the game.