



UCD LAU GAR KICKBOXING

劉家拳



TEAM PATTERNS / KATA (category A)

Gender	Grades	Pattern/Kata Level
5 x Male	All belts	Any Kata/Pattern related to lowest belt on team or above
3 x Female	All belts	Any Kata/Pattern related to lowest belt on team or above

TEAM POINT SPARRING/KUMITE (category B)

Gender	Fight Duration	Grades	Weights
5 x Male	2 minutes	All grades	All weights
3 x Female	2 minutes	All grades	All weights

INDIVIDUAL PATTERNS / KATA (category no. 1)

Gender	Grade	Category
Male	White/Yellow/Orange/Red/Blue	Beginner
Female	White/Yellow/Orange/Red/Blue	Beginner
Male	Green/Blue/Purple/Yellow	Intermediate
Female	Green/Blue/Purple/Yellow	Intermediate
Male	Red tip/Red/Brown/Black tip	Advanced
Female	Red tip/Red/Brown/Black tip	Advanced
Male	1 st Degree Black upwards	Senior
Male	1 st Degree Black upwards	Senior

INDIVIDUAL POINTS SPARRING / KUMITE (category no. 2)

Individual sparring categories shall be factorised by gender, grade and weight. The importance of these factors is in that exact order. In the case of a low number of entries the fighters might be put against someone of different weight and possibly even grade, however we will NOT mix up males and females under ANY circumstances.

Gender	Fight Duration	Grades	Category	Weights
Male	1.5 minutes	3 months or less experience	Novice	-75 kg
Male	1.5 minutes	3 months or less experience	Novice	+75 kg
Female	1.5 minutes	3 months or less experience	Novice	-60 kg
Female	1.5 minutes	3 months or less experience	Novice	+60 kg

Gender	Fight Duration	Grades	Category	Weights
Male	2 minutes	White/Yellow/Orange/Red/Blue	Beginner	-70 kg
Male	2 minutes	White/Yellow/Orange/Red/Blue	Beginner	-80 kg
Male	2 minutes	White/Yellow/Orange/Red/Blue	Beginner	+80 kg
Female	2 minutes	White/Yellow/Orange/Red/Blue	Beginner	-63 kg
Female	2 minutes	White/Yellow/Orange/Red/Blue	Beginner	+63 kg



UCD LAU GAR KICKBOXING

劉家拳



Gender	Fight Duration	Grades	Category	Weights
Male	2 minutes	Green/Blue/Purple/Yellow	Intermediate	-70 kg
Male	2 minutes	Green/Blue/Purple/Yellow	Intermediate	-80 kg
Male	2 minutes	Green/Blue/Purple/Yellow	Intermediate	+80 kg
Female	2 minutes	Green/Blue/Purple/Yellow	Intermediate	-63 kg
Female	2 minutes	Green/Blue/Purple/Yellow	Intermediate	+63 kg

Gender	Fight Duration	Grades	Category	Weights
Male	2 minutes	Red tip/Red/Brown/Black tip/Black	Advanced	-70 kg
Male	2 minutes	Red tip/Red/Brown/Black tip/Black	Advanced	-80 kg
Male	2 minutes	Red tip/Red/Brown/Black tip/Black	Advanced	+80 kg
Female	2 minutes	Red tip/Red/Brown/Black tip/Black	Advanced	-63 kg
Female	2 minutes	Red tip/Red/Brown/Black tip/Black	Advanced	+63 kg

INDIVIDUAL CONTINUOUS SPARRING/KUMITE (category no. 3)

Gender	Fight Duration	Grades	Category	Weights
Male	2 minutes	White/Yellow/Orange/Red/Blue	Beginner	-70 kg
Male	2 minutes	White/Yellow/Orange/Red/Blue	Beginner	-80 kg
Male	2 minutes	White/Yellow/Orange/Red/Blue	Beginner	+80 kg
Female	2 minutes	White/Yellow/Orange/Red/Blue	Beginner	-63 kg
Female	2 minutes	White/Yellow/Orange/Red/Blue	Beginner	+63 kg

Gender	Fight Duration	Grades	Category	Weights
Male	2 minutes	Green/Blue/Purple/Yellow	Intermediate	-70 kg
Male	2 minutes	Green/Blue/Purple/Yellow	Intermediate	-80 kg
Male	2 minutes	Green/Blue/Purple/Yellow	Intermediate	+80 kg
Female	2 minutes	Green/Blue/Purple/Yellow	Intermediate	-63 kg
Female	2 minutes	Green/Blue/Purple/Yellow	Intermediate	+63 kg

Gender	Fight Duration	Grades	Category	Weights
Male	2 minutes	Red tip/Red/Brown/Black tip/Black	Advanced	-70 kg
Male	2 minutes	Red tip/Red/Brown/Black tip/Black	Advanced	-80 kg
Male	2 minutes	Red tip/Red/Brown/Black tip/Black	Advanced	+80 kg
Female	2 minutes	Red tip/Red/Brown/Black tip/Black	Advanced	-63 kg
Female	2 minutes	Red tip/Red/Brown/Black tip/Black	Advanced	+63 kg

Medals will be awarded for the 1st, 2nd and 3rd positions in all individual sparring divisions (points and continuous) and 1st and 2nd for team sparring.



UCD LAU GAR KICKBOXING

劉家拳



DESTRUCTION (category no. 4)

Plastic breaker boards in a holder will be used for all sections.

1st prize only will be awarded in each section.

Gender	Kick	Grades
Male	Standing Side Kick	Novices/White/Yellow/Orange/Red/Blue
Male	Standing Turning Kick/Roundhouse kick	Green/Blue/Purple/Yellow
Male	Standing Back Kick	Red tip/Red/Brown/Black tip/Black
Female	Standing Side Kick	Novices/White/Yellow/Orange/Red/Blue
Female	Standing Turning Kick/Roundhouse kick	Green/Blue/Purple/Yellow
Female	Standing Back Kick	Red tip/Red/Brown/Black tip/Black

NOTE ON BELT COLOURS:

All of the above belt colours may be confusing as the order in colours for different martial arts can be completely different. Please read the tables below to help you figure out which category you are in. It is important that you know which category you fit into so if you're still unsure feel free to contact me (Daniela) through the Facebook event page:

<https://www.facebook.com/events/579987265454889/>, or by email: ucd.kickboxing@ucd.ie, or by text: 0877070548.

PS: Apologies if I put up the wrong order of belts for your martial art. I'm just googling this stuff.

Karate	Tae Kwon Do	Lau Gar Kickboxing	Kung Fu	Category
10 th Kyu White	10 th Kup White	White Sash	White	Beginner
9 th Kyu Orange/White	9 th Kup White/Yellow	Blue Sash	Yellow	Beginner
8 th Kyu Orange	8 th Kup Yellow	Orange Sash	Orange	Beginner
7 th Kyu Yellow	7 th Kup Yellow/Green		Green	Beginner
6 th Kyu Green	6 th Kup Green	Yellow Sash	Red	Intermediate
5 th Kyu Green	5 th Kup Green/Blue	Purple Sash	Purple	Intermediate
4 th Kyu Purple	4 th Kup Blue		Blue	Intermediate
3 rd Kyu Brown	3 rd Kup Blue/Red	Brown Sash	Purple	Advanced
2 nd Kyu Brown	2 nd Kup Red	Black Sash	Brown	Advanced
1 st Kyu Brown	1 st Kup Red/Black		Black	Advanced
Black Belt	Black Belt			Advanced



UCD LAU GAR KICKBOXING

劉家拳

**Contact Details:**

Email: kickboxing@ucd.ie

Facebook: <https://www.facebook.com/events/579987265454889/>

Phone Number: 087 707 0548 (Daniela, UCD Lau Gar Kickboxing Club Vice Captain)

Program:

Official competition date: 31st January 2015.

Competitors and officials should be present at 10 am and prepare for a punctual 11.30 am start. Weigh in starts at 10am sharp. Competitors have all mats available for warm-up until 11.30 am. Referees/Umpires/Coaches and other officials meeting scheduled for 10:30am. Competitors will be briefed before start of event by their coaches. The PA system will be used to deliver any communications needed to be made to all the competitors.

Club Captains:

Every club is required to have a club captain or someone responsible of the club for the day.

Spectators:

Spectators are welcome, however they should stay in the spectators area and not disturb any competitors or officials during the event. No children/animals allowed.

Competition Entrance Fee:

€20 per person (covers 2 individual events), €5 euro per additional individual event

€25 per team event

- Registration for individuals after the deadline will be €5 extra.
- A deposit of 50 euro per club shall be sent along with all entries prior or on the closing date of 23rd of January 2015.
- All competitors have to wear a formal Gi or Dobok or martial art uniform – no track suits or other casual clothes will be allowed.



UCD LAU GAR KICKBOXING

劉家拳



Safety Equipment:

All competitors must have approved head guards, gloves, foot pads and gum shield. Males must also have a groin guard. All groin guards must be worn on the inside of the uniform. Shin guards and chest guards are optional.

NOTE: Competitors that come to their ring without all of their safety equipment will not be allowed to compete.

We will most likely have a hired ambulance in attendance on the day.

Awards:

First, second and third place in each category shall receive a medal. There will be special awards for: Best Male Fighter Award, Best Female Fighter Award, Best Techniques Award, Best Kata Performance Award.

Weight Control:

There will be a weigh-in check on the morning of the event for all competitors. Please be accurate on the entry form as regards weight, as this will aid in accurate division of the sparring categories.

While weight divisions have already been published the tournament directors reserve the right to add additional categories on the day due to volume and also combine other weight/belt categories if there are not enough entrants.

Patterns / Kata will be judged as follows:

Five judges will score each competitor on a scale of 1.0 to 9.9, whereby a 5.0 represents an average score. Scores can be differentiated by fractions. The five judges will be mixed across Karate, Kung Fu, Tae Kwon Do and other martial arts with a recognised pattern/kata syllabus. The highest and lowest scores of the five judges will be discarded. The pattern or kata performed must be appropriate to their belt grade where possible. Scores will be publicly displayed.

In the event of a tie for a prize position, those competitors with equal scores will be called to perform a different kata/pattern of their choice, i.e. competitor must perform a different pattern/kata to the one initially performed. If one of the competitors can't perform a different pattern/kata, the other competitor will be given the award, given that they do perform a different pattern/kata.

Medals shall be awarded for the 1st, 2nd and 3rd positions in all Pattern/Kata divisions.



UCD LAU GAR KICKBOXING

劉家拳



RULES FOR SPARING/KUMITE:

The target areas are to the head, chest and sides only. No contact is permitted to the back, neck or below the belt. Competitors shall be designated as red and white. This will be indicated by appropriately coloured ribbons, which will be provided or all competitors. This improves clarity for judges and for spectators. Spinning hand techniques are allowed if they are done in a controlled manner – if they are uncontrolled then a warning will be given. Sweeping is allowed, but in order to score a point a follow up hand technique (only) must be executed in rapid succession. The competitor that has been swept is allowed to defend/counter attack from combat on the floor. Axe kicks are allowed – they must be executed in a controlled fashion. No wild swinging punches are allowed or will be scored, techniques must be executed in a deliberate and controlled manner in order to be eligible to be scored.

All commands will be in English eg.: BOW, READY, START, STOP/BREAK, TIME, etc.

Scores for POINT Sparring/Kumite are as follows:

1 point	Hand attack directed to mid or high section
2 points	Foot attack directed to mid section Sweet and score with hand technique only
3 points	Foot attack directed to high section

First competitor to score 10 points or with the highest score at the end of the allotted time shall be declared the winner. In the event of a draw in the individual section 30 seconds extra time will be allowed. In the event of a draw after extra time the competitor who scores the first point shall be declared the winner. In the event of a draw in the team event then the draw will stand as is. In the event of the team event having equal scored after the 5 fights then each team can nominate one competitor for a further 2 minute round. If after 2 mins there is no clear winner then 30 seconds time will be added. If the fight is still a draw after 30 seconds then the fighter to score the first point will be declared the winner.



UCD LAU GAR KICKBOXING

劉家拳



Result procedures for CONTINUOUS Sparring/Kumite are as follows:

4 corner judges shall be used

4 judges in favour of White	White Winner
3 judges in favour of White – 1 judge in favour of a draw	White Winner
3 judges in favour of White – 1 judge in favour of Red	White Winner
2 judges in favour of White – 1 judge in favour of Red – 1 for a Draw	White Winner
2 judges in favour of White – 2 judges in favour of a Draw	White Winner
2 judges in favour of White – 2 judges in favour of Red	Tie
3 judges in favour of a Draw	Tie

Warnings should be awarded for:

1. Pushing
2. Attacking below the belt
3. Grabbing the opponent's leg or hand
4. Attacks other than those that land with the foot or hand (eg elbow, head, knee)
5. Attacking the back
6. Avoiding sparring
7. Attacking without looking
8. Not stopping when asked by the centre umpire
9. Holding the opponent
10. Falling or deliberately dropping to floor
11. Stepping out of the ring with both feet

The centre referee is empowered to disqualify any competitor if there is a majority agreement amongst the centre and corner/mirror system judges.

The referee may also impose a warning on a competitor if the conduct of their coach is inappropriate.

Three warnings equal 1 minus point that will be taken off the offenders score.



**UCD LAU GAR
KICKBOXING**

劉家拳



One full point will be deducted (or possible disqualification) for the following offences:

1. Loss of temper
2. Insulting an opponent in any way
3. Biting, scratching
4. Deliberately attacking with the knee, elbow or forehead
5. Attacking a fallen opponent with a kick
6. Attack to an illegal target with contact
7. Excessive contact