

**Jin Sei Ryu Karate-Do International Benefit Tournament**  
**Rule Set Summary**  
**(1 January, 2026)**

## **1. Traditional Forms and Weapons**

### A. Applicable Divisions:

- Hard Styles (e.g., Karate, Taekwondo)
- Soft Styles (e.g., Kung Fu, Tai Chi)
- Traditional Weapons (e.g., Bo, Sai, Sword)

### B. Format:

- Individual performance only; no team entries.
- No music or props allowed (weapons are not considered props).
- Weapons must be traditional, well-maintained, and free of defects.
  - No live blades or projectiles.
- Time limit: Maximum 3 minutes (penalties apply if exceeded).

### C. Judging Criteria:

- Technical Execution (stance, power, balance, precision).
- Authenticity and adherence to traditional style.
- Focus, timing, and flow.

## **2. Xtreme Forms and Weapons**

### A. Applicable Divisions:

- Xtreme Forms (acrobatics, tricking, high-flying kicks).
- Xtreme Weapons Forms (non-traditional weapons allowed, e.g., glowing nunchaku, etc).

### B. Format:

- Individual performance only (*teams allowed only in the Demonstration category*).
- Music and creative props permitted, provided they do not endanger safety.
- Weapons must be safe and must not cause damage to the mats or surroundings.
- Time limit: Maximum 3 minutes (penalties apply if exceeded).

### C. Judging Criteria:

- Entertainment Value (*primary focus*).
- Martial arts content (*difficulty of techniques*).

## **3. Demonstration Event Rules**

### A. General Guidelines



# **Jin Sei Ryu Karate-Do International Benefit Tournament**

## **Rule Set Summary**

**(1 January, 2026)**

- Participant Numbers: Minimum two performers; only one registered athlete receives an award.
- Performance Content:
  - Choreographed fight sequences (with or without weapons).
  - Self-defense demonstrations against one or more attackers.
  - Synchronized team forms, including tension forms.
  - Acrobatic martial arts sequences (e.g., tricking).
- Entertainment Focus: The primary criterion is entertainment value, but performances must also showcase martial arts skills.
- Use of Music: Permitted to enhance the overall presentation.
- Space Limitation: Demonstrations should generally involve no more than 10 participants.

### **B. Scoring Criteria:** The judges will assess performances based on:

- Entertainment value (showmanship and crowd engagement).
- Martial arts skill level.
- Creativity and originality.
- Coordination and synchronization (for group performances).

### **C. Awards and Participation**

- Trophy/Medal: Only the registered athlete on the entry form will receive an award if the team places.
- Multiple Entries: It is not recommended for multiple athletes to register separately and perform the same routine multiple times. If a group performs the same act under different registrations, they will likely receive the same score each time.
- Variation in Performances: Teams with the same team members and different lead athletes, who wish to register multiple times should create distinct routines for each entry.



**Jin Sei Ryu Karate-Do International Benefit Tournament**  
**Rule Set Summary**  
**(1 January, 2026)**

**Key Differences Between Traditional and Xtreme Events**

Aspect	Traditional Forms	Extreme Forms
Music/Props	Not allowed	Allowed
Weapons	Traditional only	Traditional + non-traditional
Scoring Focus	Technical precision & authenticity	Entertainment & creativity
Performance Style	Structured, classical	Dynamic, acrobatic

**Forms and Weapons Penalties**

Violation	Penalty
Stepping outside the 8m x 8m ring	0.1-point deduction
Exceeding time limit by ≤10 seconds	0.1-point deduction
Falling/stumbling (disrupting flow)	0.3-point deduction
Junior competitors restarting a forgotten form	0.3-point deduction
Exceeding time by >10 seconds	Disqualification
Adult Black Belts forgetting a form	Disqualification
Dropping a weapon/stabbing a mat during performance	Disqualification
Weapon leaving the ring boundary	Disqualification
Using pyrotechnics or unsafe props	Disqualification
Unsportsmanlike behavior (by competitors or supporters)	Disqualification

**Jin Sei Ryu Karate-Do International Benefit Tournament**  
**Rule Set Summary**  
**(1 January, 2026)**

#### **4. Shadow Sparring Rules**

##### **A. General Guidelines**

- **Eligibility:** This event is open to all beginner students 13 years and below.
- **Competition Format:**
  - Two competitors perform techniques against each other while separated by a physical barrier or delineated space.
  - Elimination system applies; competitors are matched in rounds.
  - Divisions may be adjusted by the Tournament Director based on participant numbers.
- **Purpose:** Designed to encourage participation in a safe and fun sparring format.

##### **B. Permitted Techniques**

- All open-hand and closed-hand techniques.
- All stationary and jumping kicks.
- Flips, rolls, and other acrobatic movements are permitted.
- No weapons or accessories are allowed.
- Protective gear is NOT required due to the non-contact nature.

##### **C. Judging Criteria:** Competitors are evaluated based on:

- Fighting ability (offense and defense effectiveness).
- Ring control and movement.
- Stamina and consistency.
- Entertainment value and engagement.

##### **D. Match Rules**

- **Duration:** Maximum 1 minute per bout.
- **Referee discretion:**
  - The match may end early after 30 seconds if clear superiority is evident.
  - If both competitors stop for more than 3 seconds, the match ends.
- **Distance Control:**
  - No physical contact is allowed at any time.
  - Competitors must maintain a safe distance enforced by the referee.



**Jin Sei Ryu Karate-Do International Benefit Tournament**  
**Rule Set Summary**  
**(1 January, 2026)**

**E. Competition Process**

- The draws are determined after the registration closes.
- If a division has only three competitors, a round-robin system applies.
- Play-offs for third and fourth place will be held where possible.

**F. Penalties**

<b>Violation</b>	<b>Consequence</b>
Making physical contact	Penalty points awarded to the opponent.
Disrespectful behavior	Warning, penalty, or disqualification at referee's discretion
Accumulating 3 penalties	Disqualification
Severe offenses	May result in immediate disqualification

**5. Contact and Non-Contact Points Sparring Rules**

**A. General Guidelines**

- Eligibility:
  - Non-Contact Points Sparring: Open to all levels, focusing on control and precision.
  - Contact Points Sparring: Reserved for advanced and black belt students aged 13+.
- Divisions may be adjusted by the Tournament Director based on participant numbers.

**B. Competition Format**

- Non-Contact Points Sparring:
  - Competitors must demonstrate control with all strikes.
  - Techniques must be delivered with clear intent but no physical contact.
- Contact Points Sparring:
  - Light contact is allowed, following WMAC-defined levels of contact.
  - Emphasis on effective striking while maintaining safety.
- Time Limit: Bouts are typically 1.5 minutes with possible extensions.

**C. Judging Criteria**

- Competitors are scored based on:
  - Technical execution (stance, balance, and precision).
  - Effectiveness of attacks and defense.
  - Ring control and strategy.



**Jin Sei Ryu Karate-Do International Benefit Tournament**  
**Rule Set Summary**  
**(1 January, 2026)**

- Controlled aggression and sportsmanship.

**D. Contact Levels and Illegal Techniques**

Target Area	Non-Contact Points	Contact Points
Head Contact	Level 0 – No contact	Level 1 - Light touch only
Body Contact	Level 0 – No contact	Level 2-3 - Contact permitted
Leg Contact	Level 0 – No contact	Level 1 – Only to throw off balance
Sweeps & Takedowns	Not allowed	Not allowed

**E. Protective Equipment**

Required Equipment	Non-Contact Points	Contact Points
Headgear	Optional	Mandatory
Mouthguard	Mandatory	Mandatory
Gloves (open-palm or point-fighting style)	Mandatory	Mandatory
Shin and Instep Guards	Mandatory	Mandatory
Groin Guard	Mandatory for males	Mandatory for males
Chest Guard	Optional	Mandatory for juniors

**F. Penalties and Disqualification**

- Warnings & Penalties
  - Non-Contact Points Sparring:
    - Any contact results in a warning and/or penalty.
    - Repeated offenses may lead to disqualification.
  - Contact Points Sparring:
    - Excessive contact leads to warnings and possible disqualification.
    - Illegal techniques (e.g., striking illegal target areas) result in penalties and/or disqualification.
- Penalties also award points to the opponent.

Violation	Consequence
Excessive contact	Warning, penalties, or disqualification
Striking an illegal target area	Penalties or disqualification
Repeated stepping out of the ring	Warning, penalties, or disqualification
Unsportsmanlike conduct	Disqualification



**Jin Sei Ryu Karate-Do International Benefit Tournament**  
**Rule Set Summary**  
**(1 January, 2026)**

Severe offenses	Immediate disqualification
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**Jin Sei Ryu Karate-Do International Benefit Tournament**  
**Rule Set Summary**  
**(1 January, 2026)**

## **6. Freestyle Sparring Rules**

### **A. General Guidelines**

- Eligibility:
  - Open to all levels, focusing on control and precision.
  - Competitors must demonstrate high-level control, strategy, and endurance.
- Divisions may be adjusted by the Tournament Director based on participant numbers.

### **B. Competition Format**

- Freestyle Sparring involves continuous movement with an emphasis on:
  - Striking combinations.
  - Defensive evasion and counters.
  - Controlled contact within WMAC contact levels.
- Time Limit: Bouts are typically 1.5 minutes, with possible extensions if needed.

### **C. Judging Criteria**

- Competitors are scored based on:
  - Technical execution (balance, footwork, and precision).
  - Effectiveness of attacks and defense.
  - Ring control and movement strategy.
  - Stamina, endurance, and adaptability.
  - Controlled aggression and sportsmanship.

### **D. Contact Levels**

<b>Target Area</b>	<b>Freestyle Sparring</b>
Head Contact	Level 0 – No contact
Body Contact	Level 0 – No contact
Leg Contact	Level 0 – No contact
Sweeps & Takedowns	Not allowed

**Jin Sei Ryu Karate-Do International Benefit Tournament**  
**Rule Set Summary**  
**(1 January, 2026)**

**E. Protective Equipment**

Required Equipment	Freestyle Sparring
Headgear	Optional
Mouthguard	Mandatory
Gloves (open-palm or point-fighting style)	Mandatory
Shin and Instep Guards	Mandatory
Groin Guard	Mandatory for males
Chest Guard	Optional

**F. Penalties and Disqualification**

- **Warnings & Penalties:**
  - Excessive contact results in warnings and possible disqualification.
  - Warnings result in a penalty that is assessed immediately and considered as part of the final decision.
  - Illegal techniques (e.g., striking illegal target areas) result in penalties.

Violation	Consequence
Excessive contact	Warning, penalty flag, or disqualification
Illegal strikes	Warning, penalty flag, or disqualification
Repeated stepping out of the ring	Warning, penalty flag, or disqualification
Endangerment: Lack of defense	Warning, penalty flag, or disqualification
Unsportsmanlike conduct	Warning, penalty flag, or disqualification
Severe offenses	Immediate disqualification

**7. Full-Contact Sparring Rules**

**A. General Guidelines**

- **Eligibility:**
  - Open to advanced and black belt competitors aged 13 years and above.
  - Athletes must demonstrate exceptional control, endurance, and toughness.
- **Weight Classes & Divisions:**
  - Divisions are separated by gender, weight and experience level.
  - Tournament Directors may adjust categories based on participant numbers.



**Jin Sei Ryu Karate-Do International Benefit Tournament**  
**Rule Set Summary**  
**(1 January, 2026)**

**B. Competition Format**

- Full-contact sparring involves continuous engagement with an emphasis on:
  - Effective striking and damage potential.
  - Defensive awareness and counterattacks.
  - Full-contact engagement following WMAC-defined contact levels.
- Time Limit: Bouts typically last 2 minutes, with possible extensions.
- Knockdowns and Stoppages:
  - Fighting hesitation results in awarding a half-point.
  - Knockdowns result in a full point.
  - Multiple knockdowns may lead to stoppage.

**C. Judging Criteria**

- Competitors are scored based on:
  - Striking effectiveness (power, accuracy, and frequency of strikes).
  - Defensive tactics and counterattacks.
  - Aggressiveness and ring control.
  - Endurance and stamina.
  - Knockdowns and significant strikes.

**D. Contact Levels**

Target Area	13-15 years	16-17 years	18 years+
Head (kicks only)	Level 1: Light	Level 2-3: Medium	Level 4-5: Hard
Body	Level 3: Medium	Level 4: Hard	Level 5: Hard
Leg Contact	Level 2 Light	Level 4: Hard	Level 5: Hard
Sweeps and Rolling Kicks	Allowed	Allowed	Allowed

**E. Protective Equipment**

Required Equipment	13-15 years	16-17 years	18 years+
Headgear	Mandatory	Mandatory	None
Mouthguard	Mandatory	Mandatory	Mandatory
Gloves	Open-Palm or Point Sparring	Not Allowed	Not Allowed
Shin and Instep Guards	Mandatory	Not Allowed	Not Allowed

**Jin Sei Ryu Karate-Do International Benefit Tournament**  
**Rule Set Summary**  
**(1 January, 2026)**

Groin Guard (Males)	Mandatory (males)	Mandatory (males)	Mandatory (males)
Chest Guard	Mandatory (males and females)	Mandatory (females)	Mandatory (females)

**F. Penalties and Disqualification**

- **Warnings & Penalties:**
  - Warnings and Penalties will be assessed during the match and will affect the final decision.
  - In the case of injury due to an illegal technique, the affected athlete will have 3 minutes to recover. If the affected athlete cannot continue, the judges and referees will reach a final decision on the result.

<b>Penalty</b>	<b>Consequence</b>
Repeated stepping out of the ring	Warning, penalty or disqualification
Failure to comply with referee instructions	Warning, penalty or disqualification
Punching to face	Penalty or disqualification
Continued striking an illegal target area	Penalty or disqualification
Excessive force leading to injury	Penalty or disqualification
Pushing, grabbing, and holding	Penalty or disqualification
Unsportsmanlike conduct	Penalty or disqualification
Judo throws or body slams	Disqualification

**Final Notes:**

- Competitors must demonstrate control while engaging in full-contact combat.
- Fighter safety is the top priority—officiating will strictly enforce legal techniques.
- Victory may be decided by knockout, point superiority, or referee stoppage.
- Coaches and competitors should respect all competition regulations to ensure fair play.

**Jin Sei Ryu Karate-Do International Benefit Tournament**  
**Rule Set Summary**  
**(1 January, 2026)**

## **8. Breaking Competition**

### **A. Format**

- Eligibility:
  - Open only to lack belt competitors of all ages.
  - Separate divisions for Boys, Girls, Men and Women.
- Competition Structure:
  - Elimination Round:
    - Boys and Girls: No elimination round.
    - Women: Break 1 board using forefist (seiken) or hammer fist (tetsui).
    - Men: Break 2 boards using forefist (seiken) or hammer fist (tetsui).
  - Final Round:
    - Competitors select their number of boards and technique for breaking.
    - The second break can be performed with any part of the body (e.g., hand, elbow, leg, or head).
- Board Mounting:
  - All boards must be mounted on cement cinder blocks.
  - No holders are permitted.
  - Competitors must set up and clean up their own breaking stations.
- Attempt Limit:
  - Each competitor gets one attempt per round.
  - Elimination break must be completed to proceed to the final round.
- Materials:
  - Only wooden boards provided by the tournament may be used.
  - Spacers will be provided; unauthorized materials result in disqualification.
- Safety Considerations:
  - The Tournament Director may disallow any break that poses an undue risk to competitors or spectators.
  - Competitors must pre-order their boards as part of their application process.



**Jin Sei Ryu Karate-Do International Benefit Tournament**  
**Rule Set Summary**  
**(1 January, 2026)**

**B. Judging Panel**

- Consists of one Marshal, one Referee, and one Scorekeeper.
- The Tournament Director assigns the judging panel as this event is not sanctioned by WMAC.

**C. Competition Process**

- Contestant Preparation: The Marshal gathers competitors before the event to set up breaks.
- Row Assignments:
  - First row: Elimination break.
  - Second row: Final break.
- Execution of Breaks:
  - Competitors bow to the Referee and line up for their elimination break.
  - Upon command ("READY", then "BEGIN"), competitors attempt their break.
  - Successful competitors step forward to their final set of boards; unsuccessful ones sit down.
  - The final break is attempted on the Referee's second command.
- Scoring:
  - The Scorekeeper tallies successful breaks versus attempted boards.
  - The Referee announces the winner based on total breaks.

**D. Judging Criteria**

- The competitor who breaks the most boards in the final round wins.
- If multiple competitors break all boards, the winner is determined by:
  - Most boards broken.
  - Highest percentage of boards broken.
  - In case of a tie, the lighter competitor wins.



**Jin Sei Ryu Karate-Do International Benefit Tournament**  
**Rule Set Summary**  
**(1 January, 2026)**

## **9. SOGO (Overall) Championship**

### **A. General Guidelines**

- Eligibility:
  - Open to black belt competitors of all ages.
  - Separate Boys, Girls, Men, and Women.

### **B. Criteria**

- Competitors must participate in all qualifying events:
  1. Individual Open Hand Kata
  2. Individual Weapons Kata
  3. Individual Sparring (any event)
  4. Breaking Event

### **C. Scoring System**

- Points are awarded based on placement:
  - 1st Place – 5 points
  - 2nd Place – 3 points
  - 3rd Place – 2 points
  - 4th Place – 1 point
- Tie-breaker: If competitors have the same total points, multiple SOGO Champions may be awarded.

### **D. Recognition of Champions**

- At the tournament's conclusion, officials calculate SOGO scores.
- The Tournament Director reviews and presents the final results.
- A special trophy is awarded to the Boys, Girls, Men, and Women SOGO Champion