



Twin Dragon Kung Fu's

Legends - Tournament Rules / Regulations

Sunday May 3rd, 2026

Dover High School – 25 Alumni Drive, Dover NH 03820

General Rules

1. All competitors must wear a full uniform and belt in good condition **and** all judges must be in full uniform. No street clothes are allowed.
2. All competitors will demonstrate respect to the judges and their fellow competitors.
3. Unsportsmanlike conduct by any competitor, parent, teacher or coach (including, but not limited to: arguing with judges or staff, harassing other competitors or spectators) will result in the competitor being ejected from the competition at the discretion of the rings Center Judge and or the Tournament Directors with no refund.
4. No one other than competitors are permitted to stay ringside.
We will have **professional photographers** for each ring. Parents, Coaches, Teachers etc... are required to observe from the bleachers.
5. **NO ONE** will be allowed to “coach” the competitors in any competition category of any rank/skill level. Doing so may result in your competitor being disqualified.
6. While some beverages or snacks may be permitted inside the gymnasium, we ask all guests to respect the facility by cleaning up any items in their general area.
7. While we work very hard to ensure everything is impeccably prepared for the day of the tournament, sometimes extenuating circumstances occur. In these rare instances, the Tournament Directors reserve the right to amend the terms of any ring's competition.
8. We reserve the right to combine divisions based on age, gender, and number of participants.

Forms: Empty Handed & Weapons

1. Under black belt Forms / Weapons forms will be judged equally by three judges. Black Belt Forms / Weapons Forms will be judged by five judges w/ the highest and lowest scores dropped. *Note: There will be no music permitted for form competition.*
2. Only Traditional Forms / Weapons Forms are allowed.
3. All Forms / Weapons Forms competitors will be judged on Balance, Focus, Speed / Timing, Power, Intensity, Difficulty, Combat application and overall presentation.
Scoring range will be as follows: 9.00-9.99
4. In the event of a tie, competitors will compete again either with the same form or a different form and receive a new score. This score is **only** used in determining the tiebreaker and will not cost a competitor placement against the other competitors in the competition.
5. Competitors are encouraged to remain within the confines of the ring. Competitors may have points deducted for leaving the ring and/or if their attacks come too close to the judges.
6. If a competitor forgets their form or stops before completing their form, their score will be accompanied by an incomplete designation. An incomplete form cannot win over a completed form. A competitor will only be allowed to restart once. A competitor's form that has been restarted will be scored as an incomplete.
7. If the competitor drops or shows a lack of control over a weapon, including when entering the ring, greeting the judges, or leaving the ring they will be stopped and given an incomplete score.
8. Once a ring's competition has concluded, all scores will be tallied, winners will be announced (1st, 2nd and 3rd place), and medals will be awarded.
9. Weapons must be well maintained, in good working condition, and able to support their weight on their tips without bending (excluding linked weapons). All weapons will be subject to inspection by the judges at any time during the competition.

Tai Chi Forms & Tai Chi Weapon Forms (open division)

1. Same as above, with a maximum time of 5:00 minutes. A 1-minute warning will be given at the 4-minute mark.

Teen & Adult Continuous Point Sparring (Ages 12+)

1. All matches are single elimination consisting of three one-minute rounds of running time with a 30 second rest period in between. Time is stopped only for injuries or equipment adjustment.

2. Before initiating competitive sparring, athletes will salute each other.

3. Only the Center Judge may stop the clock. If a competitor needs time for any reason (faulty gear, injury, etc.) they must communicate that to the center judge.

4. Each Judge will record points by mechanical point tally. At the end of each round, each judge will declare the point total they observed, for each the red and blue competitor with the score keeper, as recorded on their tallies. The winner of each round is determined by the decision of the majority of the judges. The winner of two out of three **light contact** rounds wins the match.

NOTE: By definition, light contact sparring implies that blows and kicks must be of a tagging nature and not executed with heavy impact force. If called into question, excessive force will be deemed / determined by the judges.

5. Legal Target Areas are: front & side of torso, area of the head that is covered by the Helmet. *No contact to the back/spine, the face (even if a face shield is present), knee or groin is allowed in any capacity. Any contact to these areas or bleeding that has resulted from a strike may result in immediate disqualification.*

6. Fouls: will be considered by the judges, and then, defined by the center judge. A competitor may be disqualified for accumulating 3 fouls or **immediately** if a foul is deliberate **and/or** excessive as deemed by the judges.

7. Takedowns & leg sweeps are not permitted. However, leg checks as blocks will be allowed.

8. All sparring equipment must be in good working condition. Foot Gear must completely cover the toes, heel and sides of the foot. Hand Gear must cover fingers. Men/Boys must wear appropriate groin protection. *Torso and shin guards are recommended but not required.*

9. This is an elimination style event. At the end of the match, whoever wins moves on, and whoever loses is out. Byes are at the discretion of the center judge with the approval from the tournament director.

10. Competitors must stay within the boundaries of the ring. If you step/run out of bounds the head judge will stop the match and bring it back to the center. Repeatedly running out of bounds will result in a foul for unsportsmanlike conduct.

NOTE: Ties – In the unlikely event that there is no majority indicating which competitor, Red or Blue has scored more points in a round, the judges' point counts will be totaled by the scorekeeper, and the competitor with the higher overall score for that round will be declared the winner. If at this point a tie still exists, the competitor to score the next legal point will be declared the winner.

11. Once all matches conclude the 1st, 2nd and 3rd place awards will be presented.

Youth Point Sparring (Ages 4-12)

1. All matches are single elimination consisting of 2 Minute Bouts of Running Time. Time is stopped only for injuries or equipment adjustment.

2. The competitor with the most points after 2 Minutes, or the first to 5 points, wins the match.

3. A point is awarded when a legal technique is clearly observed by a majority of the judges on a legal target area.

4. Legal Target Areas are: front & side of torso, area of the head that is covered by the Helmet. *No contact to the back/spine, the face (even if a face shield is present), or below the belt is allowed in any capacity. Any contact to these areas or bleeding that results from a strike may result in immediate disqualification.*

5. The center or corner judges may call stop for a point. Competitors will halt and stand at attention. Judges will then confirm with a majority vote (at least 2/3 or 3/5 judges needed) and award points accordingly.
6. All sparring equipment must be in good working condition. Foot Gear must completely cover the toes, heel and sides of the foot. Hand Gear must cover fingers. Men/Boys must wear appropriate groin protection. *Torso and shin guards are recommended but not required.*
7. Please note that this is an elimination style event. At the end of the match, whoever wins moves on, and whoever loses is out.
8. Once all matches conclude the 1st, 2nd and 3rd place awards will be presented.

Tai Chi Push Hands, Fixed Step:

- 1.) Competition will consist of two **60 Second rounds** with a 15 second break in between.
Round #1 Left Foot Lead, Round #2 Right Foot Lead
- 2.) Both feet must remain in contact with the floor at all times. The heel or toe may be raised briefly, but the foot may not leave the floor or change position.
 - Any sideward movement or double placement of the foot is not permitted.
 - Advancing or retreating of any kind is not permitted.
- 3.) Points are given each time a competitor causes their opponent to step, move one or both of their feet and /or lose balance while maintaining your balance foot position. Touching the floor with your hands is considered off balance.
 - The competitor with the most points after 2 rounds is declared the winner. In the event of a tie, the match will be decided by sudden victory; the first to score an additional point wins.
 - The center judge or the corner judges may call stop for a point.
 - A point is called when a legal technique is clearly observed by a majority of the judges on a legal target.
- 4.) Continuous arm contact is required:
 - Competitors are expected to stick and adhere to each others arms and may not break contact to gain advantage. Breaking contact to gain advantage will result in a warning.
 - All pushes / scoring attempts must be preceded by contact (no “striking” is allowed).
- 5.) Valid techniques include: pushing, pulling with one hand, trapping techniques, non-impact techniques that cause opponent to lose balance or uprooting the opponent.
- 6.) Target areas include the area between the hips and collarbone.
Note: The head, neck, spine, and legs may not be attacked and will result in a warning or disqualification depending on the severity of the infraction.
- 7.) A penalty point will be awarded to the competitor’s opponent when a warning is called.
Warnings include, but are not limited to:
 - Grabbing. (A one-handed pluck to the wrist is a valid technique, but players may not seek to control opponent by grabbing for longer than one second)
 - Wrapping hands around the opponent’s back.
 - Grabbing clothing.
 - Pulling a single arm with both hands.
 - Striking: Any contact that makes a sound is considered a strike.
 - Charging /advancing forward: This is a fixed step division.
 - Joint Locks (Qinna). Joints may not be attacked with force
 - Not following the Judge’s directions

The following will result in immediate disqualification:

- Excessive and dangerous use of force
- Accumulation of **3** warnings over duration of match.