

SG Festival Contest Rules & Protocol

Power Knife Hand / Hammer Fist Board Breaking Contest

Three Divisions: ○U-10 ○10-14 ○15+

Effective 2023, this is now a leaderboard Grand Champion Contest

Goal: To break as many re-breakable boards as possible in a single downward knife-hand strike or hammer-fist hand strike.

Rules and Protocol:

1. Boards will be stacked for each contestant with the minimum number of boards required to break to earn a gold medal for their age group.
2. If the contestant wants to attempt a higher number in order to be eligible for the leaderboard, they must request additional boards when signing in at the contest area.
3. A contestant must break more boards than the leader listed on the leaderboard in order to take over as the leader. A tie does not count.
4. The stack of boards will be positioned on standards. (Note: no one can hold the boards).
5. The contestant may inspect and reposition boards prior to the referees start command.
6. For consistency, boards used are re-breakable and will be supplied by the tournament.
7. Once inspected, the contestant will be bowed in by the referee at the starting mark.
8. Upon the judge's command to begin, the contest will approach the boards and start.
9. Contestants will have one attempt only to break the stack of boards.
10. Once the contestant is given the command to begin, they may not touch the boards in preparation of their attempt to break. If they do, this is considered an attempt.
11. The contestant must use a downward knife-hand or hammer-fist to strike the boards.
12. The board must be broken through and separated from its other half to be considered broken. This must be visible to the judge without touching the boards.
13. The judge will calculate the results and do the following:
 - a. Count the number of boards broken and mark down the amount on the contestant's ticket.
 - b. Mark the award rec'd on their festival ticket – they will then turn this in for their medal.
 - c. Contestant's name, age group, and award is carefully written on Event Score sheet.
 - d. If applicable, add their name to the official Power Hand Board Breaking Leaderboard.
 - e. Contestants may compete multiple times but they need a new festival ticket each time.
 - f. Each time they compete their name must again be entered on the score sheet.
14. The Judge will call the contestant to attention at the starting mark.
15. The Judge will announce the results for the appropriate medal and/or leaderboard.
16. The judge will bow out the contestant, and direct them to get their medal.
17. At the end of the event, the contestant with the highest number of boards broken in each age bracket posted on the leaderboard will be awarded Power Hand Break Grand Champion.

2023 Award Schedule

Awards	Ages: 15+	Ages: 10 to 14	Ages: Under 10
Warrior	No break to 5	No break to 2	No break
Bronze	6 to 7 boards	3 to 4 boards	1 board
Silver	8 to 9 boards	5 boards	2 boards
Gold	10 boards	6 boards	3 boards
Grand Champion	Is awarded to each with the most boards broken		

SG Festival Contest Rules & Protocol

Side Kick Board Breaking Contest

Three Divisions: ○U-10 ○10-14 ○15+

This is a Leaderboard Grand Champion Contest for the 2nd year.

Goal: To break as many re-breakable boards as possible with a lead leg sidekick

NOTE: Rules 11,12 and 13 explain legal and non-legal motions and technique.

Rules and Protocol:

1. The contestant will sign in at the contest area.
2. The boards will be positioned on standards with the minimum number of boards required to break to earn a gold medal for their age group. (Note: No one can hold the boards).
3. The contestant may inspect and reposition boards prior to the referees start command.
4. For consistency, boards used are re-breakable and will be supplied by the tournament.
5. Once inspected, the contestant will be bowed in by the referee at the starting mark.
6. Upon the judge's command to begin, the contest will approach the boards and start.
7. Contestants will have one attempt only to break the stack of boards.
8. *Exception: If the contestant misses the target completely and the boards do not fall from the standard, the contestant may have a second attempt with a maximum of silver award.*
9. Once the contestant is given the command to begin, they may not touch the boards in preparation of their attempt to break, this is considered an attempt.
10. Boards will be positioned at the contestant's belt height (hips) or higher.
11. The contestant must execute a side kick with bottom or knife edge of foot to break the boards.
12. The motion that proceeds the sidekick may be a standing, sliding, step behind or a skip only.
13. NOTE: There is no rear leg, flying, or spinning kick allowed in this competition.
14. The board must be broken through and separated from its other half to be considered broken. This must be visible to the judge without touching the boards.
15. The boards must break from the kick, not from the striking of the ground.
16. The judge will calculate the results and do the following:
 - a. Mark the award rec'd on their festival ticket – they will then turn this in for their medal.
 - b. Contestant's name, age group, and award shall be carefully written on Side Kick Board Breaking Event Score sheet.
 - c. If applicable, add their name to the official Leaderboard.
 - d. Contestants can compete multiple times but they must have a festival ticket each time.
 - e. Each time they compete their name must again be entered on the Score Sheet.
17. The Judge will call the contestant to attention at the starting mark.
18. The Judge will announce the results for the appropriate medal.
19. The judge will bow out the contestant, and direct them to get their medal.
20. At the end of the event, the contestant with the highest number of boards broken in each age bracket posted on the leaderboard will be awarded Power Hand Break Grand Champion.

Award Schedule

Awards	Ages: 15+	Ages: 10 to 14	Ages: Under 10
Warrior	No break to 5	No break to 1	No break
Bronze	6 to 7 boards	2 boards	1 board
Silver	8 to 9 boards	3 boards	2 boards
Gold	10 boards	4 boards	3 boards
Grand Champion	Is awarded to each with the most boards broken		

SG Festival Contest Rules & Protocol

Speed Breaking Inward Knife Hand Strike Contest

Three Divisions: ○U-10 ○10-14 ○15+

New! Leaderboard Contest. This is a trial contest, and no Grand Champion awards will be awarded this year.

Goal: In two combined rounds, the contestant will attempt to break the rebreakable boards with an inward knife hand strike, while trying to move the holder cart the shortest distance possible.

Rules and Protocol:

1. The contestant will sign in at the contest area.
2. The contestant will be bowed in by the referee.
3. The contestant may inspect and have the board(s) repositioned prior to referee's start command.
 - For consistency, board(s) used are re-breakable and will be supplied by the tournament.
4. Once inspected, the contestant will assume horse stance at the starting placement mark.
 - The feet may not leave the spot they are positioned at during each breaking round.
5. Round is defined as the referee gives the command to START. The contestant has up to 15 seconds to strike the board(s). The board(s) break or not. The cart and boards stop moving. The referee commands to REST to end the round.
6. The referee will announce round one (1), then announce and give the signal to begin.
 - The will contestant will have 15 seconds to execute the break.
7. Contestants will attempt to break the board(s) for round one (1) without moving the cart.
8. Upon the completion of the break the contestant will be directed to the holding area.
9. The referee will examine the break and the length the cart moved and record the length.
10. The referee will announce and mark down the length then reset the board(s) for round two.
11. The contestant is recalled to the breaking standard and repeat rules 3 & 4.
12. The referee will announce the round two (2), then announce and give the signal to begin.
13. The contestants will attempt to break the board(s) for round two (2) without moving the cart.
14. Upon the completion of the break the contestant will be directed to the holding area.
15. The referee will examine the break and the length the cart moved and record the length.
16. The score keeper will add up rounds 1 and 2 to give a final length score.
 - The awards are based on the lowest accumulative score.
17. The referee will announce the results.
18. Based on those result the referee will award the contestant Gold, Silver, Bronze or Warrior Award.

Penalties – penalties may result in lowering or disqualifying the contestant.

1. Not breaking the board(s) on the cart. Penalty: lower award by one level.
2. Moving your foot position before the end of the round. Penalty: lower award by one level.
3. Going past the 15 second time limit. Penalty: lower the award by one level.

Awards	Ages: 15+	Ages: 10 to 14	Ages: Under 10
Gold	Under 10 inches total	Under 10 inches total	Under 15 inches total
Silver	10 to 15 inches	10 to 15 inches	15+ to 19 inches
Bronze	15+ to 20 inches	15+ to 20 inches	19+ to 23 inches
Warrior	20+	20+	23+

SG Festival Contest Rules & Protocol

Fast kick Contest

Three Divisions: ○ U-10 ○ 10 - 14 ○ 15+

This is a Grand Champion event – all Gold medal winners will advance to the Grand champion round.

Goal: To kick the target as many times as possible in rounds of 10 seconds each

Rules and Protocol:

1. There are two divisions: (U-15) ages 14 and younger and (15+) ages 15 and older
2. The contestant will sign in at the contest area.
3. The contestant will be bowed in by the judge.
4. Round house kick is used by the contestant.
5. Target will be set according to each person's height. Target kicking line is each person's belt height (their hips).
6. The time judge will say Ready – Go. Each round is ten seconds.
7. The contestant will kick until the buzzer stops.
 - a. The kicks that hit at or above the target are counted.
 - b. Contestant must put foot on ground between each kick or the following kick(s) do not count.
 - c. A kick that does not land on the ground before the buzzer does not count.
 - d. Kicks that do not hit the bag are not counted.
8. Round 1: Right foot, Round 2: Left foot. Each round is 10 seconds.
9. The judge will calculate the results and do the following:
 - a. Mark the award rec'd on their festival ticket – they will then turn this in for their medal.
 - b. Contestant's name, age group, and award is written on Fast Kick Event Score sheet.
 - c. Contestants can compete multiple times but they must have a festival ticket each time. Each time they compete their name must again be entered on the Score Sheet.
 - d. Since this is a Grand Champion event, all gold winners go on the separate Grand Champion Contest sheet.
10. The Judge will call the contestant to attention at the starting mark.
11. The Judge will announce the results for the appropriate medal.
12. The judge will bow out the contestant, and direct them to get their medal.

Award Schedule

Awards	Ages: 15+ # of Kicks	Age: 10 to 14 # of Kicks (same as 15 +)	U 10 # of Kicks
Warrior	Under 15 Kicks	Under 15 Kicks	Under 9 kicks
Bronze	16 to 25 Kicks	16 to 25 Kicks	9 to 18 kicks
Silver	26 to 38 Kicks	26 to 38 Kicks	19 to 31 kicks
Gold	39 + Kicks	39 + Kicks	32 + kicks

Grand Champion Round:

1. Competitor chooses a foot. When judge says "ready – go" the competitor starts kicking.
2. When he/she reaches 30 kicks, the time stops. A stopwatch timer will be used.
3. The competitor using the least amount of time will be the grand champion.
4. In case of a tie, the competitors will compete in a second round using their other foot.
5. There will be two Grand Champions: one in 15+ division, one in age under 15 division.
6. Clearly record their name, age group and the results.

SG Festival Contest Rules & Protocol

Jump High Front Kick Contest

Two Divisions: ○ U-15 ○ 15+

This is a Grand Champion event. All Gold medal winners will advance to the Grand champion round. **Goal:** To jump and kick the target as high as possible without falling down.

Rules and Protocol:

1. There are two divisions: (U- 15) ages 14 and younger and (15+) ages 15 and older
2. The contestant will sign in at the contestant area.
3. The contestant is measured to start at about top of head height.
4. The contestants will move to the starting mark.
5. The judge will bow in the contestant.
6. Upon the judge's command to begin, the contest will start.
7. The contestant will attempt to strike the target with jump front kick.
8. Upon striking the target, the judge will raise the target to the next height in 6" increments.
9. Each level has the maximum of two attempts. A contestant can pass at a height, but If they have one attempt at that height, that miss will carry over to their next height.
10. If a contestant falls, this is considered a missed attempt. A fall is considered any part of the body, above the ankle, that touches the floor or any object upon landing.
11. The contest will end when the contestant misses two attempts at the given height.
12. The judge will calculate the results and do the following:
 - a. Mark the award rec'd on their festival ticket – they will then turn this in for their medal.
 - b. Contestant's name, age group, and award is carefully written on Jump High Front Kick Event Score sheet.
 - c. Contestants can compete multiple times but they must have a festival ticket each time. Each time they compete their name must again be entered on the Score Sheet.
 - d. Since this is a Grand Champion event, all gold winners go on the separate Grand Champion Contest sheet.
13. The Judge will call the contestant to attention at the designated mark.
14. The Judge will announce the results for the appropriate medal.
15. The judge will bow out the contestant, and direct them to get their medal.

Award Schedule

Height	Award
Miss / Fault, Top of head	Warrior
+6" above	Bronze
+ 12" above	Silver
+18" above	Gold

Grand Champion Round:

1. Groups will be decided based on age of contestants. Within the group, contestants are put in height order. Start at + 18" above top of head of shortest competitor. Two attempts at each height. A fall (see above) is considered a missed attempt.
2. The judge will raise the target to the next height in 6 " increments.
3. The competitor who reaches the highest height is the winner.
4. If all go out at the same height, the winner will be the one with the least amount of prior misses.
5. If it is still a tie, the judge will lower the height 4" and progress up 2" until a winner.
6. Clearly record their name, age group and the result.

SG Festival Contest Rules & Protocol

Spin Hook Kick Contest

Two Divisions: ○ U-15 ○ 15+

This is a Grand Champion event.

All Gold medal winners will advance to the Grand Champion Round.

Goal: To spin and kick the target as many times as possible in 15 seconds

Rules and Protocol:

1. There are two divisions: (U- 15) ages 14 and younger and (15+) ages 15 and older
2. The contestant will sign in at the contest area.
3. The contestant chooses which foot to kick with in the contest.
4. The contestant will be bowed in by the judge.
5. A spin or jump spin hook is used by the contestant.
6. The striking surface used is the back of the heel or sole of the foot (not edge of foot)
7. Target will be set according to each contestant's choosing so long as it is from above the hip to the top of the head.
8. The round is 15 seconds. The time judge will say Ready – Go.
9. The contestant will begin turning & kicking until the buzzer sounds.
 - a. The kicks that hit the target are counted.
 - b. A kick that does not land on the ground before the buzzer does not count.
 - c. Kicks that do not hit the target are not counted.
 - d. Contestant must put both feet on the ground between each kick.
10. The judge will calculate the results and do the following:
 - a. Mark the award rec'd on their festival ticket – they will then turn this in for their medal.
 - b. Contestant's name, age group, and award is carefully written on Spin Hook Kick Event Score sheet.
 - c. Contestants can compete multiple times but they must have a festival ticket each time. Each time they compete their name must again be entered on the Score Sheet.
 - d. Since this is a Grand Champion event, all gold winners go on the separate Grand Champion Contest sheet.
11. The Judge will call the contestant to attention at the starting mark.
12. The Judge will announce the results for the appropriate medal.
13. The judge will bow out the contestant, and direct them to get their medal.

Award Schedule

Awards	Ages: 15+ & Kicks	Aged: 10 to 14 (same as 15 +)	Under 10 years
Warrior	Under 5 kicks	Under 5 kicks	Under 6 kicks
Bronze	6 to 8 kicks	6 to 8 kicks	6-7
Silver	9 to 11 kicks	9 to 11 kicks	8-9
Gold	12 + kicks	12 + kicks	10 + kicks

Grand Champion Round:

1. Competitor chooses a foot. When judge says “ready – go” the competitor starts kicking.
2. When he/she reaches 20 kicks, the time stops. A stopwatch timer will be used.
3. The competitor using the least amount of time will be the grand champion.
4. In case of a tie, the competitors will compete in a second round using their other foot.
5. There will be two Grand Champions: one in 15+ division, one in 14 and younger.
6. Note: Clearly record their name, age group and the results

SG Festival Contest Rules & Protocol

Warrior Obstacle Course Contest

Goal: To make it through the obstacle course with the lowest time score.

Rules and Protocol:

1. The contestant will sign in at the contestant area.
2. Contestant shall be barefoot or wear martial arts shoes, no socks allowed.
3. The contestant will be bowed in by the judge.
4. Upon the judge's command to begin, the contest will begin the course . Once the contestant has thrown three stars at the target, one at a time, the clock shall start.
5. If the contestant commits any faults, the contestant will be penalized the designated amount of seconds from their initial time. See following page for description of stations and penalties.
6. The judge will compute the contestant's final time by subtracting any penalties from their initial time, and adding any bonus points from the throwing stars.
7. The judge will calculate the results and do the following:
 - a. Mark the award rec'd on their festival ticket – they will then turn this in for their medal.
 - b. Contestant's name, age group, and award is carefully written on Obstacle Course Score sheet.
 - c. Contestants can compete multiple times but they must have a festival ticket each time. Each time they compete their name must again be entered on the Score Sheet.
8. Upon completion of the course, the Judge will call the contestant to attention.
9. The Judge will announce the results for the appropriate medal.
10. The judge will bow out the contestant, and direct them to get their medal.

Award Schedule

AGE GROUP	GOLD	SILVER	BRONZE
4-6	55 SEC & UNDER	56 TO 60SEC	61 & OVER
7-12	45 SEC & UNDER	46 TO 51 SEC	52 & OVER
13 and older	42SEC & UNDER	43 TO 46 SEC	47 & OVER

Warrior Obstacle Course

Rules: NO Socks allowed, BAREFOOT OR MARTIAL ARTS SHOES ONLY

Station 1: **THROW 3 STARS**

BONUS -1 second for each star that sticks to the bullseye.

Station 2: **BARREL ROLL**

Contestant rolls down Cheese Mat holding onto the barrel.

The contestant must complete 2 full rolls

Penalty: +2 second penalty for not rolling 2 rolls, or rolls off side of matt

Station 3: **AB ROLLER 3 X'S**

Contestant extends forward until their stomach touches the floor then returns to starting position then repeat for 3 times.

Penalty: +2 second penalty for each time the stomach does not touch the ground.

Station 4: **TOWER CLIMB**

Climb up the tower CAREFULLY ON THE RAMP

Jump CAREFULLY TO THE MAT (Land on feet then kneel down)

Penalty: +2 seconds if contestant does not jump onto crash pad or falls off the obstacle

Station 5: **WEIGHT BALL TRANSFER**

Move three weighted balls from one bucket to the other

Penalty: +2 second penalty for each ball not moved over to new barrel

Station 6: **BALANCE BEAM**

Cross the length of the balance beam

Penalty: +2 second, for falling off or not going the length of the beam

Station 7: **THROW DOWNS 3x**

The contestant will squat down and pick up the heavy ball, raise it over head while jumping up, then throw the ball to the ground. 3x's

Penalty: +2 sec each time for not raising the ball over the head or not jumping up

Station 8: **UP & OVER LADDER**

+ 2 points for not going over ladder or falling off

+ 2 points for going around obstacle

Station 9: **3 BURPEE'S**

The contestant will perform 3 burpee's with a jump.

Penalty: +2 seconds for each burpee not fully extended

+2 seconds for each burpee with no jump

Station 10: **JUMP - CRAWL & CLIMB**

Jump over the cross bar, crawl under the A frame and climb over the wall:

Penalty: +2 seconds penalty for going around obstacle

Station 11: **LADDER CLIMB TO BANG THE GONG**

Climb up the ladder at least 2 steps and hit the gong

Penalty: 1 second for not climbing at least 2 steps

SG Festival Contest Rules & Protocol

Target Thrusting & Cut Contest

Goal: To accurately thrust the sword or staff into the target to gain the highest score.
To accurately cut the paper targets to gain the highest possible score.

Rules and Protocol:

1. The contestant will sign in at the contestant area.
2. The contestant will move to starting mark and be bowed in by the judge.
3. Upon the judge's command to begin, the contest will start 1st round.
4. The contestant will move to the starting spot for each round.
5. Each contestant will be given one attempt per round and will participate in five (5) rounds.
6. If the contestant loses control and drops the sword it is considered a miss.
7. The Judge will call the contestant to their starting mark then to attention.
8. Contestants begin from guard posture
 - a. Round 1: Approach and straight forward thrust
 - b. Round 2: Turn around 180° and thrust /or top thrust.
 - c. Round 3 Front cut paper
 - d. Round 4: Cross cut
 - e. Round 5. Angle cut paper
9. The judge will calculate the results and do the following:
 - a. Mark the award rec'd on their festival ticket – they will then turn this in for their medal.
 - b. Contestant's name, age group, and award is carefully written on Ct & Thrust Score sheet.
 - c. Contestants can compete multiple times but they must have a festival ticket each time.
Each time they compete their name must again be entered on the Score Sheet.
10. The Judge will call the contestant to attention at the starting mark.
11. The Judge will announce the results for the appropriate medal.
12. The judge will bow out the contestant, and direct them to get their medal

Award Schedule

Festival Contest Table for Presentation Awards				
1	2	3	4	Award
Gold	Gold	Gold	Gold	GOLD
Gold	Gold	Gold	Silver	GOLD
Gold	Gold	Gold	Bronze	GOLD
Gold	Gold	Silver	Silver	SILVER
Gold	Gold	Silver	Bronze	SILVER
Gold	Gold	Bronze	Bronze	SILVER
Gold	Silver	Silver	Silver	SILVER
Gold	Silver	Silver	Bronze	SILVER
Silver	Silver	Silver	Bronze	SILVER
Silver	Silver	Silver	Silver	SILVER
Gold	Silver	Bronze	Bronze	BRONZE
Gold	Bronze	Bronze	Bronze	BRONZE
Silver	Silver	Bronze	Bronze	BRONZE
Silver	Bronze	Bronze	Bronze	BRONZE
Bronze	Bronze	Bronze	Bronze	BRONZE

Attempts with Misses				
1	2	3	4	Award
Gold	Gold	Gold	Miss	Silver
Gold	Gold	Silver	Miss	Silver
Gold	Silver	Silver	Miss	Silver
Gold	Gold	Bronze	Miss	Bronze
Gold	Gold	Miss	Miss	Bronze
Gold	Silver	Silver	Miss	Bronze
Gold	Silver	Miss	Miss	Bronze
Gold	Bronze	Miss	Miss	Warrior
Gold	Miss	Miss	Miss	Warrior
Silver	Silver	Silver	Miss	Silver
Silver	Silver	Bronze	Miss	Silver
Silver	Bronze	Bronze	Miss	Bronze
Silver	Bronze	Miss	Miss	Warrior
Silver	Miss	Miss	Miss	Warrior
Bronze	Bronze	Bronze	Miss	Bronze
Bronze	Bronze	Miss	Miss	Warrior
Bronze	Miss	Miss	Miss	Warrior
Miss	Miss	Miss	Miss	Warrior

SG Festival Contest Rules & Protocol

Weapon Throwing Contest

- Goal:** To accurately throw the plastic stars at the target to get the highest score.
: To accurately throw the plastic knives at the target to get the highest score.
: To accurately throw the foam hatchets at the target to get the highest score.

The contestant will sign in at the contestant area.

1. The contestant will move to starting mark and be bowed in by the judge.
2. Then contestant will move into place for round 1 then round 2 then round 3.
3. The contestant will throw: r1. plastic stars, r2. plastic knives, r3. Foam hatchets
4. Each contestant will be given three(3) attempts per round and will participate in three rounds.
5. The weapon will be cleared from the board after each throw.
6. If the weapon sticks anywhere on the target board, the contestant receives 1 point.
7. If the weapon sticks in the bullseye, the contestant receives 2 points.
8. If the weapon misses or bounces off the contestant receives 0 points
9. The judge will calculate the results and do the following:
 - a. Mark the award rec'd on their festival ticket – they will then turn this in for their medal.
 - b. Contestant's name, age group, and award is carefully written on Weapon throw sheet.
 - c. Contestants can compete multiple times but they must have a festival ticket each time. Each time they compete their name must again be entered on the Score Sheet.
10. The Judge will call the contestant to attention at the starting mark.
11. The Judge will announce the results for the appropriate medal.
12. The judge will bow out the contestant, and direct them to get their medal

Award Schedule (2 pts = Bullseye, 1pt. = sticks, 0 point = misses

2	2	2	1	1	1	0
2	2	1	1	1	0	0
2	1	1	1	0	0	0

GOLD = 10 or more TOTAL POINTS

SILVER = 7 to 9 TOTAL POINTS

BRONZE = 4 to 6 TOTAL POINTS

WARRIOR = 5 or less TOTAL POINTS