

SG Festival Contest Rules & Protocol

Knife Hand / Hammer Fist Board Breaking Contest

Three Divisions: ○U-10 ○10-14 ○15+

Grand Champion Contest - all Gold medal winners will advance to the Grand Champion round.

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. The contestant will sign in at the contest area.
2. The boards will be positioned on standards. (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. 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.
9. The contestant must use a downward knife-hand or hammer-fist to strike the boards.
10. 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.
11. 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 Knife Hand / Hammer Fist Board Breaking 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.
12. The Judge will call the contestant to attention at the starting mark.
13. The Judge will announce the results for the appropriate medal.
14. The judge will bow out the contestant, and direct them to get their medal.

New 2022 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 Round: ***

1. Stack **14 boards** for age 15 + / **10 boards** ages 10 – 14 / **7 boards** for under 10 years.
2. Upon the attempt, the # of boards broken will be counted.
3. Clearly record name, age group and the results.
4. If all the boards break, that contestant proceeds to the next round and three boards are added.
5. One attempt per round.
6. The competitor who successfully breaks the most boards wins.
7. If all boards don't break and a tie occurs, one board is removed and contestants will go again.
8. There are three grand champion divisions: 15+ division, ages 10 to 14, and ages U 10.
9. **In the event the tournament committee changes the type of re-breakable boards they will be using, the award schedule may be amended to reflect the difficulty of the new type of boards.

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New Leader Board Contest:

Side Kick Board Breaking Contest

Three Divisions: ○U-10 ○10-14 ○15+

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. (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:
 - e. Mark the award rec'd on their festival ticket – they will then turn this in for their medal.
 - f. Contestant's name, age group, and award shall be carefully written on Side Kick Board Breaking Event Score sheet.
 - g. 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.
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. The contestant with the highest number of board broken in each age bracket will be posted on the leader board a chance to be named Side Kick Grand Champion.

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 boards	1 board
Silver	8 to 9 boards	4 boards	2 boards
Gold	10 boards	5 boards	3 boards

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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 carefully 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.
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.

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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.
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

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	WARRIOR
4+	59 sec & under	60 to 70 sec	71 to 75 sec	76 sec & over
7+	45 sec & Under	46 to 59 sec	60 to 65 sec	66 sec & over
10+	39 sec & Under	40 to 45 sec	46 to 50 sec	51 sec & over
13+	35 sec & Under	36 to 39 sec	40 to 43 sec	44 sec & over
50+	50 sec & Under	56 to 60 sec	61 to 65 sec	66 sec & over

Total Warrior Obstacle Course – Stations, Bonuses and Penalties

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 OVER CRAWL UNDER

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

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
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