**HERO CHAMPIONSHIPS 2022**

**Rules and Regulations**

**Important Notes**

* If your child is aged 7+ they will be considered a Junior and must participate in the Junior categories rather than the Mini Hero categories
* If a student is blue belt they will **automatically** be considered as a Junior and not a Mini Hero regardless of age

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**JUNIOR & ADULT CATEGORIES 7yrs above**

**Hand Drills**

* Students must perform (in this order):
  + 1st hand drill (in your own time) – **winner will then be announced for this part only**
  + 2nd hand drill (in your own time) – **winner will then be announced for this part only**
  + ***If it is a tie i.e. both students wins a round each, students will be asked to perform their 3rd choice hand-drill. This must be different from the previous 2 hand-drills.***
* White, Yellow & Orange Stripe Belts may repeat Hand-Drill 1 for each round
* White, Yellow & Orange Stripe Belts may repeat Hand Drill 1 if they are required to perform for a 3rd, deciding round.
* Orange, Green Stripe and Green Belts may repeat Hand Drill 1 or 2 if they are required to perform for a 3rd deciding round
* Hand-drills must be taken from the syllabus. **Please take note below of the hand drills the student will be asked to perform.**

**Belt Level: Hand-Drills:**

**White 1**

**Yellow 1**

**Orange Stripe 1**

**Orange 1 & 2**

**Green Stripe 1 & 2**

**Green 1 & 2**

**Blue Stripe 1, 2 & 3**

**Blue 1, 2 & 3**

**Red Stripe 1, 2 & 3**

**Red Belt & Above 2, 3 & 4**

* The Hand Drills will be judged by a panel on the following areas:

- Rhythm

- Power

- Technique

- Accuracy

* This category will go straight through until we have a winner

**Punching & Kicking Combinations**

* Students must perform (in this order):
  + 1st punching & kicking combination (in your own time) – **winner will then be announced for this part only**
  + 2nd punching & kicking combination (in your own time) – **winner will then be announced for this part only**
  + ***If it is a tie i.e. both students wins a round each, students will be asked to perform their 3rd choice of punching & kicking combination. This must be different from the previous punching & kicking combinations.***
* White belts may repeat punching & kicking combination 1 for each round.
* Yellow belts may repeat punching & kicking combination 1 or 2 if they are required to perform for a 3rd, deciding round.
* All punching & kicking combinations must be taken from the syllabus. **Please take note below of the punching & kicking combinations student will be asked to perform.**

**Belt Level: Punching & Kicking Combinations:**

**White 1**

**Yellow 1 & 2**

**Orange Stripe 1, 2 & 3**

**Orange 2, 3 & 4**

**Green Stripe 3, 4 & 5**

**Green 4, 5 & 6**

**Blue Stripe 5, 6, & 7**

**Blue 6, 7 & 8**

**Red Stripes & Above 7, 8 & 9**

* The punching & kicking combinations will be judged by a panel on the following areas:

- Enthusiasm

- Power

- Technique

- Accuracy

* This category will go straight through until we have a winner

**Point Stop Sparring**

* **Please note this category is for orange belts and above only.**
* **Blitz sparring pads only - head guards, gloves, feet, shin and groin guards are compulsory in this competition. Student wearing any other style of Martial Arts safety equipment will not be able to take part.**
* **If a student is missing any required safety equipment they have 2 minutes to acquire what is necessary (length of one bout).**
* **Gum shields must be worn for sparring**
* **Full Hero official uniform must be worn (white or Hero+)**
* Each category will be decided by points knock-out
* Each bout will consist of **2 x 1minute** rounds
* When a point is called the timer will be stopped and will resume when the round continues
* A fighter has to win by 1 clear point with the first fighter to 7 points being declared the winner (if a fighter does not reach 7pts by the end of the rounds but is ahead on points they are the winner).
* If one fighter is winning by 5 points, then that fighter ***may*** automatically win using the 5 point spread system ***(referees discretion).***
* If the bout is tied after the 2 x 1minute rounds = sudden death (time unlimited).
* If a fighter comes off the mat 3 times in a row then their opponent will get 1 point
* This category will go straight through until we have a winner

***Scoring Points:***

**Punch to head / body = 1 point**

**Kick to body = 1 point**

**Kick to head = 2 points**

**Jumping kick to head = 3 points**

***Spinning kick to head = 3 points***

* To score a point with a hand technique, fighters must only use ***a straight punch (controlled) / controlled back-fist***. Therefore, hooks, uppercuts and any spinning hand techniques are illegal
* Contact may only be made using hands and feet
* No contact to face / below the belt / back / back of head
* No sweeping or grabbing
* If the referee sees continuous facial contact then scoring to the head with hand techniques will not counted.

**Warnings and Misconduct**

* The referee may give up to 3 warnings for one misconduct or rule break.
* On the third warning 1 point will be added to the opponent’s score.
* Following this, 1 point will be awarded for every warning
* The judges decision is final
* If a referee suspects a fighter of ‘dirty tricks’ (a move carried out with the intent to harm) then the fighter may be instantly disqualified.

**Forms**

* Each student will be asked to display **their chosen form**

**White, Yellow & Orange Stripe - Form 1**

**Orange, Green Stripe & Green - Forms 1 or 2**

**Blue Stripe, Blue & Red Stripe - Forms 1, 2 or 3**

**Red Belts & Above - Forms 2, 3 or 4**

* The winner will be decided on a knock-out basis using a score system of 1 to 10.
* This category will go straight through until we have a winner
* Students may be asked to perform this several times and will be judged on the following

- Rhythm

- Power

- Technique

- Accuracy

**Pair Forms**

* Students will be asked to display **their chosen form**

**White, Yellow & Orange Stripe - Form 1**

**Orange, Green Stripe & Green - Forms 1 or 2**

**Blue Stripe, Blue & Red Stripe - Forms 1, 2 or 3**

**Red Belts & Above - Forms 2, 3 or 4**

* The winner will be decided on a knock-out basis using a score system of 1 to 10.
* This category will go straight through until we have a winner
* Students may be asked to perform this several times and will be judged on the following

- Rhythm

- Power

- Technique

- Accuracy

**10 Kick Combination**

* Students will be asked to perform their 10 kick combination individually
* Students will be judged on 10 kicks only (no gymnastics will be judged).
* Students may perform techniques moving in a forward direction but **MUST NOT** travel in a different direction E.G. students must either remain stationary or move in a straight line.
* Winners will be decided on a knock-out basis
* The winner will be decided upon:
  + Technique
  + Creativity
  + Enthusiasm
  + Control

**MINI HERO**

**CATEGORIES 3-6yrs**

**Mini Hero Hand Drills**

* Students must perform (in this order):
  + 1st hand drill (in your own time) – **winner will then be announced for this part only**
  + 2nd hand drill (in your own time) – **winner will then be announced for this part only**
  + ***If it is a tie i.e. both students wins a round each, students will be asked to perform their 3rd choice hand-drill. This must be different from the previous 2 hand-drills.***
* White, Yellow & Orange Stripe Belts may repeat Hand-Drill 1 for each round
* White, Yellow & Orange Stripe Belts may repeat Hand Drill 1 if they are required to perform for a 3rd, deciding round.
* Orange, Green Stripe and Green Belts may repeat Hand Drill 1 or 2 if they are required to perform for a 3rd deciding round
* Hand-drills must be taken from the syllabus. **Please take note below of the hand drills the student will be asked to perform.**

**Belt Level: Hand-Drills:**

**White 1**

**Yellow 1**

**Orange Stripe 1**

**Orange 1 & 2**

**Green Stripe 1 & 2**

**Green 1 & 2**

**Blue Stripe 1, 2 or 3**

**Hero Badge 1 1, 2 or 3**

**Hero Badge 2 1, 2 or 3**

**Hero Badge 3 1, 2 or 3**

**Mini Hero 5 Kick Combination**

* Students will be asked to perform their 5 kick combination individually
* Students will be judged on 5 kicks only (no gymnastics will be judged).
* Students may perform techniques moving in a forward direction but **MUST NOT** travel in a different direction E.G. students must either remain stationary or move in a straight line.
* Winners will be decided on a knock-out basis
* The winner will be decided upon:
  + Technique
  + Creativity
  + Enthusiasm
  + Control

**Mini Hero Wavemaster**

All Mini Heroes will be asked to perform any technique on the Wavemaster for 10 seconds

* Winners will be decided on a knock-out basis
* The winner will be decided upon:
  + Technique
  + Creativity
  + Enthusiasm
  + Control

**Mini Hero Flying Side Kick**

All Mini Heroes will be asked to perform a flying side kick to a kick shield.

* Winners will be decided on a knock-out basis
* The winner will be decided upon:
  + Power
  + Technique
  + Enthusiasm
  + Control

**Mini Hero Punching & Kicking Combinations**

* Students must perform (in this order):
  + 1st punching & kicking combination repeated 3 times (in your own time) – **winner will then be announced for this part only**
  + 2nd punching & kicking combination repeated 3 times (in your own time) – **winner will then be announced for this part only**
  + ***If it is a tie i.e. both students wins a round each, students will be asked to perform their 3rd choice of punching & kicking combination. This must be different from the previous punching & kicking combinations.***
* White belts may repeat punching & kicking combination 1 for each round.
* Yellow belts may repeat punching & kicking combination 1 or 2 if they are required to perform for a 3rd, deciding round.
* All punching & kicking combinations must be taken from the syllabus. **Please take note below of the punching & kicking combinations student will be asked to perform.**

**Belt Level: Punching & Kicking Combinations:**

**White 1**

**Yellow 1 & 2**

**Orange Stripe 1, 2 & 3**

**Orange 2, 3 & 4**

**Green Stripe 3, 4 & 5**

**Green 4, 5 & 6**

**Blue Stripe & Badges 1,2 & 3 5, 6, & 7**

* The punching & kicking combinations will be judged by a panel on the following areas:

- Enthusiasm

- Power

- Technique

- Accuracy

* This category will go straight through until we have a winner