



# Summary of Official UMARA Rules



## Number of Competitors:

- **Forms/Weapons:** At the discretion of the tournament director division may be canceled due to insufficient competitors. A minimum of 2 competitors is required. If division is canceled competitor may compete in another division if available. However, should the division be held for one competitor that competitor is not required to perform his/her form. That person will automatically be given first place.
- **Sparring Division:** There must be a minimum of 2 competitors registered for any division in order for that division to run.

## Form Competition (Weapon and Empty Hand)

- Scoring: 10 Point System (High and Low Score Eliminated)
- Ties: High and Low Scores Added In – If there is Still a tie – Under-belts may repeat same form – Black Belts must perform a different form
- **Blatant Error** – Dropped or uncontrolled Weapons:
  - All Children and Under-belts may ask to begin again – One point will be deducted from the aggregate score of the second form
  - Adult Black Belts are automatically disqualified.

**Note – Competitors may be held liable for damage to Venue Floor resulting from improper and/or uncontrolled use of weapon.**

## Sparring Competition

- **Mandatory Equipment:** Head Gear, Hand Gear, Foot Gear, Mouth Piece, Groin Cup (Males). Note Hand and Foot Gear must be foam dipped or vinyl and must cover knuckles of the hand and entire upper surface of the foot.
- **Face Contact:** **NO** face contact in ALL CHILDREN'S DIVISION & Adult Under Brown Belt Level
- **LIGHT** Face contact in **Adult Brown and Black belt Division**
- **Face Contact Area is designated as the area from the bottom of the neck to the top of the head. Head Gear is considered part of the face.**
- **Target Areas:** Head – not including Top or Back, Face, Chest, Abdominal Region above the belt. **NO KIDNEY CONTACT, NO GROIN CONTACT**
- **Sparring Time Limit:**
  - All under belt Divisions – 2 minutes running time or 3 points
  - Black Belts – 3 Minutes Running Time or Total Points with a 5 Point Spread
- **Sparring Overtime:**
  - All under belt Divisions – 1 minute running time Sudden Death
  - Black Belts - 1 minute running (Total Points with 5 point spread), then Sudden Death
- **Fouls (Warnings)**
  - Illegal Contact Area, illegal Technique, ignoring Referees instructions, Running out of the Ring, Stalling,
  - Purposefully Turning Back to Opponent.
- **Disqualification From the Match:**
  - Committing 2 fouls of the same kind or 3 different fouls
  - Excessive Body Contact
  - Coaching from the sidelines
  - Causing Bleeding, Swelling, Bruising or injury to Opponent
  - Disrespectful Behavior or language
  - Incomplete or insufficient mandatory Equipment
- **Sweep and Takedowns:**
  - All Children's Divisions and Under Belts – NO SWEEPING or TAKEDOWNS ALLOWED
  - ADULT BROWN and BLACK BELT Divisions Controlled Sweeps and Takedowns followed by a skillful technique executed in a continuous motion is allowed
- **Illegal Techniques:**
  - Included but are not limited to: head Butting, Finger Jabs, Ripping or Gauging Techniques, Blind
  - Techniques, Uncontrolled Techniques.
  - **Running:** Running out of the ring constitutes a caution (1st time), 2nd time Warning, 3rd time the opposing competitor receives a point.
- **FEMALES 13 and Older Are Not Permitted To Spar against Males**
- **Disqualification Rule:**
  - **A Contestant may be immediately disqualified (with no monetary reimbursement) from this and subsequent UMARA Tournaments for any DISRESPECTFUL, ENDANGERING and/or MALICIOUS CONDUCT.**

**THIS IS A SUMMARY OF THE OFFICIAL UMARA RULES  
FOR INFORMATION ONLY  
IS NOT INTENDED TO BE USED IN PLACE OF, OR TO THE EXCLUSION OF THE OFFICIAL UMARA RULES.**