

5 Elements Martial Arts Colourbelt Tournament March 2019
Registration Form

Name: _____

Address: _____

Phone: _____

Email: _____

Age: _____ Sex: _____

Belt Rank: _____

Club: _____

I agree to assume full responsibility for any and all damages, injuries, or losses that I may sustain or incur, if any, while attending or participating, and I hereby waive all claims against the promoters, operators, or sponsors of this event for any claims for injuries I may sustain.

I fully understand that any medical treatment given to me will be First Aid Treatment.

Competitor Signature: _____

Parent/Guardian Signature: _____

The early entry fee is \$45.00 for first division, \$10.00 for every additional division.

Early entry fee must be paid by February 28th 2019. All entries made after the early entry date are \$50.00 for first division, \$15.00 for every additional division.

The entry fee per team is \$25.00 per person (3 members per team) per division.

Early Entry fee must be paid by February 28th 2019.

\$5 Spectator fee

5 Elements Martial Arts

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www.5elementscalgary.com | info@5elementscalgary.com | 403-201-8825

POINT FIGHTING:

AGE: RANK: WEIGHT:

CONTINUOUS KICKBOXING SPARRING:

AGE: RANK: WEIGHT:

FORMS:

AGE: RANK:

LOW KICK KICKBOXING:

AGE: RANK: WEIGHT:

MODIFIED MUAY THAI:

AGE: RANK: WEIGHT:

WEAPONS:

AGE: RANK:

TEAM KATA:

AGE: RANK:

TEAM FIGHTING:

AGE: RANK: WEIGHT:

JIUJITSU

AGE: RANK: WEIGHT:

TOURNAMENT RULES

Continuous kickboxing Sparring

Must use (at least) 10oz gloves, shinguards, foot gear, mouthguard, cup, headgear

- All kicks and punches above the waist - no leg kicks allowed
- No spinning backfist
- No spinning blind backkicks (backkicks must be controlled, watching where strike lands)
- No elbows
- No knees

Low-Kick Kickboxing

Must use: (at least) 10oz gloves, shin/instep guards (shin + foot gear), mouthguard, cup, headgear

- Leg kicks allowed
- No spinning backfist
- No spinning blind backkicks (backkicks must be controlled, watching where strike lands)
- No elbows
- No knees

Muay Thai

Must use: (at least) 10oz gloves, shin/instep guards (shin + foot gear), mouthguard, cup, headgear

- Leg kicks allowed
- Knees allowed (can enter clinch and throw up to *three* light-contact knees)
- No knees to head
- No spinning backfist
- No spinning blind backkicks (must be controlled, watching where strike lands)
- No elbows
- Holding a leg with only one counter technique, after which the leg must be released

Point Sparring

Must use: Point sparring hand gear (10oz gloves will be allowed), shinguards, foot gear, mouthguard, cup, headgear

- All kicks and punches above the waist - no leg kicks allowed
- Points are awarded after being scored and the referee stops the exchange
- Only controlled contact will be scored (no excessive contact allowed)
- No spinning backfist
- No spinning blind backkicks (backkicks must be controlled, watching where strike lands)
- No elbows
- No knees

Illegal techniques are as follows:

The use of spinning backfist, Any form of throwing, All types of strikes with the elbows, All attacks (strikes, punches, kicks) against the joints, Attacks to the groin, All forms of biting or spitting, Unsportsmanlike conduct or disrespect towards the referee, All strikes, blow and punches executed with the palm side of gloves, All kicks to the back and the back of the neck or head, Any form of butting with the head, Attacked a downed opponent or an opponent who touches the floor with their gloves, Attacking on the break or during a referee break, Spitting out one's mouthguard (gumshield), Holding the opponent's leg while executing multiple striking or punching techniques, Fleeing the ring to avoid contact