



Applicant's Information Below

First Name: _____ Last Name: _____

Age : _____ Date of Birth: _____
Month Date Year

Address: _____

City: _____ State: _____ Zip code: _____

Name of School: _____

Instructor : _____

Rank: _____





Participant Waiver, Release, and Consent Form

By signing this agreement, I acknowledge that participation in the Unified Martial Arts Challenge involves inherent risks of injury. These risks include, but are not limited to, falls, contact with other participants, equipment use, and physical exertion. I understand that such participation may result in personal injury, illness, disability, or death.

I voluntarily assume all risks associated with my child's participation (or my own, if over 18) in the tournament and accept full responsibility for any injury, loss, or damage that may occur.

I hereby release, discharge, and hold harmless the Unified Martial Arts Challenge, its organizers, volunteers, staff, sponsors, and venue partners from any and all claims, liabilities, demands, or causes of action arising from participation in this event, whether caused by negligence or otherwise.

Medical & Emergency Consent

In the event of a medical emergency, I authorize the Unified Martial Arts Challenge staff or volunteers to obtain medical treatment for my child (or myself, if over 18). I agree to be responsible for any resulting medical expenses.

(Initial) _____

Photos & Videos

I acknowledge that photographs and/or video recordings may be taken during the event. I grant permission for the Unified Martial Arts Challenge, its organizers, and partners to use such media for promotional, instructional, or commercial purposes in print, online, and social media.

(Initial) _____

Acknowledgment of Rules

I agree that my child (or I) will comply with all event rules, regulations, and instructions provided by tournament staff. Failure to follow rules may result in disqualification or removal from the event without refund.

(Initial) _____

Name & Signature of
Parent/Guardian: _____

Student Name: _____ Date: ____ / ____ / ____



DESCRIPTION, PROTOCOL AND RULES ON WEAPONS & FORMS SECTION 1A: DIVISIONS/AGE

Age division is determined by the athlete's age on June 30. Competitors whose birth date falls on or before June 30 must compete in the age division they would be in on their birthday. If an athlete competes in the wrong age division any points accumulated will be nullified. Competitors must be able to provide a birth certificate if requested by a **USA SPORT KARATE** **SECTION 1B: DIVISIONS/EXPERIENCE**

There are two factors used when separating competitors into experience levels, years of training and belt color. School Instructors must register their belt colors and their commensurate experience levels with **USA SPORT KARATE** for future reference to determine the proper division for their athletes. In the event of a belt rank question, to ensure the safety and fairness of all competitors, the years of training take preference over belt color. The Most important parameter is the competitor must compete in the highest belt rank achieved even if the competitor has changed styles. The rank achieved in the school is where they start their competition experience level, even if the event is their first.

FIRST TIMERS - may be any Beginner Belt Color, only ages 9 & Under

BEGINNER ATHLETES - may compete in those specified divisions for a maximum of (1) year
Intermediate a maximum of 2 years

Advanced students a maximum of 2 years

BLACK BELTS are always Black Belts even if Junior Black Whatever belts rank an athlete is going to be on November 30 is the rank they must compete in all year. Entering the correct experience & age division is the responsibility of the athlete and/or their coach. Any athlete that competes at the wrong experience level will be moved by **USA SPORT KARATE** to the correct experience level and will forfeit any points they have accumulated up until that point. Any athlete that knowingly enters the wrong division may be disqualified from all future competitions. If a school does not register their ranks, then **USA SPORT KARATE** will determine the proper experience level. The **USA SPORT KARATE** reserves the right to move competitors into their proper division at any time. Once a student competes at a new experience level by their choosing or by the guidelines provided, they cannot compete again at the lower level. If a student is asked to compete at a higher level due to a shortage of competitors, the student is allowed to go back to their original level and their points from that division will be placed at their proper division. Competitors with a Black Belt in any style are required to compete in the Black Belt division even if they have started a new style of martial arts. Black Belt takes precedent over any other rank in competition.

SECTION 1C: COMPETITION BELT COLORS

The following are the belt colors to be used while competing in USA Sport Karate Events. These have no bearing on the colors you may use in your school. Once a student/Instructor has determined which experience level you should be competing in, the belt colors should be worn at each event. Because of future rank promotions in your school, Lower Belt Colors are allowed in Higher experience levels, Higher belt colors are not allowed in Lower experience levels First Timers- may be any Beginner Belt Color, only ages 9 & Under Beginner- 1 year or less continuous training, (white, yellow, orange, gold). Intermediate-up to 2 years of continuous training, (green, blue, purple) Advanced- over 2 years of continuous training, (red, brown belt or sash). Black Belt- determined solely on Belt Color



Controlled Light Contact

- The primary expectation is control. Techniques must be accurate, well-formed, and delivered with light to moderate contact—not excessive force intended to cause harm.

Mandatory Safety Gear

All competitors must wear:

- Headgear
- Gloves
- Mouthpiece
- Groin protector
- Shin guards
- Foot protectors

Legal Target Areas

Strikes may score when delivered to:

- Padded headgear areas
- Torso above the belt line
- Side of the body from the armpit down to the waist

Illegal Target Areas

Strikes to the following are prohibited:

- Spine or back
- Neck or throat
- Groin
- Knees

No Continuous Contact

- **Matches are stop-point sparring. The referee halts action after each effective technique so judges can award points.**

Point Values

- 1 Point: Hand strike or punch to the body or headgear.
- 2 Points: Kick to the body or a jump kick to the head.
- 3 Points: Advanced techniques such as spinning or jumping kicks to the head.

Majority Vote

- **A majority of judges must agree that a technique was legal, controlled, and properly executed for a point to count.**

Prohibited Actions & Fouls

Excessive Contact

- **Strikes with excessive force that cause injury, move the head, draw blood, or knock down the opponent may result in a warning or disqualification.**

Illegal Techniques

- The following are not allowed:

- Elbows, knees, or headbutts
- Throws, sweeps, or takedowns

Ground Contact

- Competitors cannot score if one or both hands/feet touch the ground during or after a technique.

Out of Bounds

- Techniques do not score if either competitor is completely outside the fighting area.

Unsportsmanlike Conduct

- Any disrespectful behavior by competitors, coaches, or spectators may result in immediate disqualification.

UMAC is about showcasing skill with honor. Every competitor, regardless of style, deserves an environment of fairness, respect, and unity.