



2023 KICK-OFF

APRIL 15th

GREEN MOUNTAIN OPEN



Martial Arts Tournament

Mount Saint Joseph Academy 127 Convent Ave. Rutland, VT

Open to **ALL** Styles, Rank and Ages

GREEN MOUNTAIN OPEN INFORMATION

Mount Saint Joseph Academy
127 Convent Ave. Rutland, VT 05701

Schedule

- Check in is from 7:30 am to 9:30 am.
- Position Grappling Starts 8:30am SHARP
- Opening ceremonies at completion of grappling
- Weapons, forms, and fighting divisions to follow opening ceremonies.

Rules

1. A dropped weapon will receive a NO SCORE but may be finished if competitor chooses
2. All participants competing in point fighting must wear A mouth guard, head, hand, and foot gear. All male competitors must wear cups.
3. Drawing blood on your opponent **may** result in disqualification as decided by the head judge and confirmed by the tournament arbitrator.
4. Contact and point fighting rules: No contact to the face, legs, groin, or spine. Light contact is allowed to the protected portion of the head. Should a competitor receive an official warning, a point given to their opponent on the first warning. Upon the second official warning given the competitor will be disqualified. No time limit in all divisions. All under belt matches to 3 points and all black belt divisions to 5 points.
5. All decisions made by the tournament arbitrator are final.

