

# CTFI Light Contact Color Belt Rules For Competition

Updated October 2025



Age Group	Belt Rank	Contact Rules	Infractions
17 and under	White to Red/Black Stripe	No touch to face. Can touch helmet (front and sides).	<ul style="list-style-type: none"> <li>- Touch to face = <b>Foul</b></li> <li>- Touch to face without retraction &amp; head displacement = <b>Foul</b></li> <li>- Heavy contact &amp; head displacement = <b>Disqualification (decision by Center Ref/Jury President)</b></li> </ul>
18 and over (Adults)	White to Green	No touch to face. Can touch helmet (front and sides).	<ul style="list-style-type: none"> <li>- Touch to face = <b>Foul</b></li> <li>- Touch to face without retraction &amp; head displacement = <b>Foul</b></li> <li>- Heavy contact &amp; head displacement = <b>Disqualification (decision by Center Ref/Jury President)</b></li> </ul>
18 and over (Adults)	Blue to Red/Black Stripe	Can touch face.	<ul style="list-style-type: none"> <li>- <b>No warnings</b></li> <li>- Heavy contact = <b>Foul</b></li> <li>- Excessive contact = <b>Disqualification</b></li> </ul>
All Ages	Black Belt	Can touch face.	<ul style="list-style-type: none"> <li>- <b>No warnings</b></li> <li>- Heavy contact = <b>Foul</b></li> <li>- Excessive contact = <b>Disqualification</b></li> </ul>
Special Note	Combining Divisions (Green and Blue)	Blue competitors fall under no face touch rule.	- Green Belt rules apply: No touch to face, even for Blue competitors.