



WORLD MARTIAL ARTS GAMES

TOURNAMENT RULES

Version 2.2 - REVISED Jun 17, 2007

**OFFICIAL RULES GOVERNING
THE WORLD MARTIAL ARTS GAMES**

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WORLD MARTIAL ARTS GAMES

Rules & Regulations

May 31, 2007

Dear Reader,

We are very pleased to release the 2nd version of the Rules & Regulations governing the World Martial Arts Games. In this version we have removed reference to violent words such as fight, fighter and fighting. This is being done in order to support the International Olympic Committee's effort to eliminate violence in sport. This is definitely the most comprehensive Mixed Martial Arts Tournament Rule Book available today, and we are proud to make it available for your use. It was only made possible by the hard work and dedication of individuals from around the globe. In particular we would like to thank the following individuals for their contributions to this addition:

Mike Chat – United States
Ross Iannoccaro – Great Britain

All rules and regulations contained within this document are intended for use at WMAG Sanctioned events. In this case, they must not be deviated from except in extraordinary circumstances and with the written permission of the Chief Referee of the tournament. The Chief Referee's interpretation of these rules will be the only interpretation accepted in the event of a query/complaint regarding correct implementation of any rule.

The World Martial Arts Games' Rules and Regulations may also be used for non-sanctioned events. In this instance, we would ask that the promoter or user of these Rules & Regulations include the following line in their promotion "This tournament will be governed by the current Rules and Regulations of the World Martial Arts Games (WMAG)."

The World Martial Arts Games Movement is constantly evolving. And as we continue to grow our membership and expand our events, our need to revise the Rules and Regulations will continue. Please check back with us periodically to ensure that you have an up to date copy of our Tournament Rules and Regulations.

Yours truly,



Kenneth E. Marchtaler
Chairman

PART 1 – GENERAL RULES

The following are General Rules which are common to all disciplines. Please read and ensure that you fully understand them. By entering any WMAG Event, you are accepting the rules as presented in this document, as well as any announced changes on the day of the event.

ARTICLE 1 - COMPETITOR ELIGIBILITY

- 1.1 All players must be registered by the National WMAG Member country they are representing.
- 1.2 Citizenship and positive proof of domicile will dictate the country the competitor represents. Documents such as a passport and/or drivers license will be requested. Special circumstances must receive Referee/Rules Commission approval prior to the Games.
- 1.3 All ranks must compete at the age they were as of December 31st of the year preceeding the Games.
- 1.4 Each Competitor is responsible for his/her own personal safety. Team Coaches are responsible for the safety of children in their care. Under no circumstances will the Organisers of the Event, Staff, Officials or the Management and Staff of any Venue used in conjunction with any event take responsibility for any illness or injury which may occur during any event. Competitors shall attest to their knowledge of the risks involved in participating in a martial arts tournament by completing the tournament waiver form. Persons less than 18 years of age may only participate if their parent or legal guardian signs on their behalf. No competitor will be permitted to compete without having the tournament waiver form signed and presented prior to the commencement of the tournament.
- 1.5 It is up to the referees and/or judges in each area to enforce the rules, however, it is up to each coach and competitor to ensure that he/she knows and fully understands the rules of the division which he/she is entering and also the risks of injury involved in the division he/she enters.
- 1.6 By entering any WMAG Tournament, you are giving permission for Drug Testing to be carried out on yourself.
- 1.7 All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.
- 1.8 Each competitor is responsible for his/her own equipment and props where required (Rubber Knives for Self Defence, Music for Musical Forms, etc.). Under no circumstances will the Organisers of the Event, Staff, Officials or the Management and Staff of any Venue used in conjunction with any event, take responsibility for any loss or damage to any equipment, prop or any personal belongings of any competitor.
- 1.9 Each competitor is responsible for the safety of themselves and others. Where physical contact with others forms part of an event, long fingernails or toenails, if exposed, must be cut or covered.
- 1.10 Jewellery must be removed for all events.
- 1.11 For purposes of identification, a referee may require a player to wear a coloured flag or pennant, which shall be attached to the back of the contestants ranking belt.
- 1.12 Every competitor is expected to behave in a Sportsperson like Fashion. Angry and uncontrolled violent displays of behaviour will not be tolerated. If a referee believes a player is guilty of such an infraction, he or she may call a judge's conference. Following the conference, a majority vote of all judges will cause the offending player to be disqualified – without refund. Judges will not tolerate undisciplined displays of temper.
- 1.13 Intentional damage to any facility within the venue related or unrelated to the event is considered an immediate disqualifying offence from all divisions – without refund.

ARTICLE 2. GENERAL CONTEST FORMAT

- 2.1 The official language of the tournament is English.
- 2.2 Competition shall consist of a 3-day event.
- 2.3 In order to establish competition between an odd number of competitors, some may be given an automatic win, this is classified as a "BYE". The remaining competitors will then compete against each other in the normal manner, this may be double, or single elimination. A bye is established by means of a draw that is done during the first round of matches.

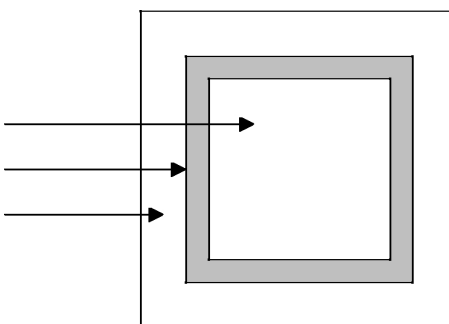
ARTICLE 3. GENERAL CONTEST AREA

- 3.1 The competition surface must have proper floor matting, with suitable thickness to accommodate throws. Matting must be laid flat and held secure. Any seams or tears must be covered with suitable tape.
- 3.2 The general mat area must be kept clear of spectators and other non-competitors. During a match only the two competing players and the match officials may be on the mat.
- 3.3 Unless otherwise stated, the competition area shall consist of three zones covering a total minimum area of 12 x 12 metres square (approximately 39 x 39 feet).

Contest Area - 6 x 6 metres

Safety Area - 1 metre wide

Danger Area - 2 metres wide



- 3.3.1 **Contest Area** - shall be 6 x 6 metres (approximately 20 x 20 feet) Blue coloured area.
- 3.3.2 **Safety Area** - shall be a Red coloured area, attached and surrounding all four sides of the Contest Area by the width of 1 metre (approximately 3 feet wide).
- 3.3.3 **Danger Area** – shall be a Blue coloured area surrounding the Safety area and shall never be less than 2 metres wide (approximately 6 feet wide).
- 3.3.4 **Mat Thickness** – Mat thickness for Forms and Sparring Divisions will be minimum 1". Grappling Divisions minimum 2".

PART 2 – OFFICIATING

ARTICLE 4. SELECTION OF REFEREES, JUDGES AND OFFICIALS

- 4.1 Officiating is considered a prestigious position and therefore all Referees, Judges and Officials must hold the rank of Black Belt or above as issued by a recognized International Martial Arts Association. This rule does not apply where an Honorary Official is named or for special services such as Medical Officials.
- 4.2 All Referees, Judges and Officials must have completed the WMAG Certification Course. Officials must be thoroughly knowledgeable in understanding, interpreting and administering all aspects of the rules. This can only be accomplished through diligent study of the rulebook and training under actual competition conditions. A certification course and examination will be held the day prior to the Games. This rule does not apply where an Honorary Official is named or for special services such as Medical Officials.
- 4.3 Officials shall not be chosen for the World Martial Arts Games based solely on wishes or country equalization.
- 4.4 A “Conflict of Interest” is considered when the duty or responsibility of a Referee, Judge or Official is compromised. All Referees, Judges and Officials must ensure that no “Conflict of Interest” will exist in their participation in a particular event. Where a Competitor, Coach, Referee, Judge or Official, believes there may be a “Conflict of Interest” situation, the person with whom the conflict exists must either withdraw from the event or seek the ruling and decision of the Chief Referee. If the decision of the Chief Referee is requested, the Chief Referee will ensure that the incident and resolution is recorded on the event scorecard.
- 4.5 The Chief Referee will be voted in at the officials meeting prior to the world championships. One nomination will be accepted from each country. At any time during the tournament the Chief Referee, in his or her wisdom may reject officials who do not meet these criteria without recourse for protest or debate.

ARTICLE 5. OFFICIALS

- 5.1 WMAG National Directors are to sit at the head table as much as possible for the administering of decisions and policy. They can also be considered for positions as Referees or Judges.
- 5.2 Medical personnel shall be available at all times, easily recognizable and attainable in one location only.
- 5.3 Official dress for all referees, judges and most other officials will comprise of white shirt, blue tie, black trousers, and soft black shoes, unless otherwise decided by the tournament director.
- 5.4 The Referee of a match will wear a gold armband, on their right arm for easy recognition.
- 5.5 The number of Referees, Judges required for an event, will be addressed in the Article covering the individual event.

ARTICLE 6. GENERAL DUTIES OF THE REFEREE

- 6.1 The Referee is charged with the supervision of the match and his or her prime goal is the safety of the players. The Referee administers and controls the tempo of the contest, enforces the rules and insures fair play.
- 6.2 The Referee starts and stops the match, counts the time when a hold is taken, calls penalty decisions, administers the voting of the judges, communicates clearly with the scorekeeper and timekeeper and announces the winner of each match. The Referee shall announce in a loud clear voice, all official decisions, and shall indicate with voice and gestures, the player affected by his or her decisions.

6.3 Only the Referee may call a time out, which maybe for any of the following reasons:

- 6.3.1 To allow equipment adjustment
- 6.3.2 To administer voting among the judges
- 6.3.3 To award points, assess penalties and administer warnings
- 6.3.4 To return contestants to the centre, neutral area of the ring
- 6.3.5 To attend an injured player
- 6.3.6 To hear a legal protest

ARTICLE 7. GENERAL CALLS BY THE REFEREE

- 7.1 **Commence the round** – After the Referee has confirmed that the players, judges, scorekeeper and timekeeper are all ready, he or she shall call “BEGIN” to start the time and the contest.
- 7.2 **End of round** - Upon completion of each round, the Referee calls “BREAK” to halt the match and returns the players to the centre of the mat. After confirming that the judges are ready, the Referee says “CALL”, notes the raised flags and awards the win to the appropriate player.
- 7.3 **Infraction** - Upon a “CALL” by a judge for an infraction, the Referee calls “BREAK” to halt the match and returns, the players to the centre of the mat. The Referee says “CALL” notes if a majority of flags are raised, which would constitute a call for “TIME-OUT” and a meeting of officials to decide the penalty imposed on the guilty player.
- 7.5 **Player out of bounds** - When a player is out of bounds the Referee calls “BREAK” to halt the match and returns the players to the contest area and then calls “CARRY-ON”.
 - 7.5.1 A Judge should not base his or her scoring on the inbound or outbound of a player, but only on the technique, unless otherwise advised by the Referee.
- 7.6 **Time-out** - When voting on all penalty calls, the Referee must call “TIME-OUT”.
- 7.7 **Excessive Force** - If there is not a majority vote by the judges on excessive force, the Referee may issue a warning on his or her own.
- 7.8 **Judges majority** - The Referee may not under any circumstances overrule a “MAJORITY” of judges for any cause or condition.

ARTICLE 8. GENERAL DUTIES OF THE JUDGES

- 8.1 **Certification** - All judges are required to be certified in the event that they are judging.
- 8.2 **Restrictive Movements** - Judges are required to limit their motions to their respective areas of the ring.
- 8.3 **Conflict of Interest** – Because of the nature of this duty, all Judges must ensure that no conflict of interest exists. In these instances all Judges must follow the procedure outlines in Article 4.4. Failure to do so may result in future disqualification.

ARTICLE 9. POINTS AWARDED BY JUDGES

- 9.1 Each Judge is to award points based on their own observations and should not be swayed by the actions or voices of others. The only exception is following an instruction from a Referee. Points must awarded in accordance with the criteria for each event.

ARTICLE 10. DUTIES OF THE TIMEKEEPER

- 10.1 The timekeeper shall be seated adjacent to the playing area and shall stop and start time according to the Referee's or Head Judge's signal to do so. The timekeeper, may by a verbal and visual signal (such as a bean bag or suitable substitute) thrown into the centre of the mat area, inform the Referee when time has run out, or when he or she has received a formal protest from the Chief Referee, the Tournament Director or his or her designate.
- 10.2 Time runs out officially only when the judges and players have been verbally informed of the fact by the Referee or Head Judge.

ARTICLE 11. DUTIES OF THE SCOREKEEPER

- 11.1 The scorekeeper shall record all scores and penalties awarded to players, as instructed by the Referee or Head Judge.
- 11.1.1 Wins, loses and rounds are scored by the Scorekeeper
- 11.1.2 Wins only decide the winner
- 11.1.3 Rounds are tallied and kept to break a tie should it occur
- 11.2 The scorekeeper will call up each player before a match, including those already on deck.
- 11.3 The scorekeeper must have at the table all required score sheets, hand counters, stopwatches and necessary flags.
- 11.4 The scorekeeper must provide a method of visual scoring to inform the Referee, judges and players of the score.

ARTICLE 12. STANDARDISATION OF VERBAL CALLS BY OFFICIALS

12.1 Referee:

"Bow"	- To begin and end the match
"Begin"	- To start the competition and the timekeeper's clock
"Break"	- To stop the competition
"Hold down"	- A hold down has commenced
"Outside"	- To indicate the competitors are out of bounds
"Call"	- To request a show of flags from the judges
"Time Out"	- To stop the timekeeper's clock
"Time In"	- To begin the timekeeper's clock
"Carry On"	- To begin after a stoppage

12.2 Judges:

"Call"	- To signal the Referee to stop the match and "call" for flags
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12.3 Officials' flag signals

(PICTURES TO BE INSERTED)

Starting Position

Winner

Tie

(PICTURES TO BE INSERTED)

Single Infraction

ARTICLE 13. DISPUTES AND GRIEVANCES

13.1 Informal Grievance Procedures

Should the need arise to make a complaint on the day of an event regarding the implementation of the rules, or with regard to any official on any area the following is the only method of informal complaint which will be accepted.

1. Attract the attention of the main referee/judge on the area.
2. He/She will suspend the match and call for the Chief Referee
3. Explain calmly and clearly the nature of the complaint.
4. Await the Chief Referees decision.
5. The Chief Referees decision will be final.
6. Only the registered National Head Coach may initiate a complaint.

13.2 Formal Grievance Procedures

Formal Grievances will lead to an investigation by the WMAG Committee into the Grievance, and will only be accepted when given in Written Form to the Chief Referee at the Event accompanied by the names and contact details of all witness to the event and with a fee of €50.00 or its equivalent in the respective currency of the host nation of the games. If the claim is substantiated, the €50.00 will be returned.

PART 3 – Forms Divisions

ARTICLE 14 - GENERAL FORM RULES

14.1 **Gender** - Every division will be divided into Male and Female categories.

14.2 **Age Divisions** – All Forms, except where otherwise indicated.

Description	Age Grouping
Children	7 to 10
Youth	11 to 13
Junior	14 to 17
Adult	18 to 25
	26 to 35
	36 to 45
	46 & Over

14.3 **Grade Divisions** - Due to the diversification of a mixed martial arts event, the colour of belt, Japanese Kyu ranking or any other grouping may not apply to all. The following guide will serve as the basis for determining the appropriate grade division of an individual. Years of experience will be the common factor for determining a competitors eligibility in an event:

Description	Belt Colour	Kyu Level	Years Experience
Beginner	White, Yellow	Beginner to 7th	Under 1 year
Intermediate	Orange, Green	6 th to 4 th	1 to 3 years
Advanced	Blue, Red, Brown	3 rd to 1 st	Over 3 years

14.4 **Scoring** – Scoring will be as outlined under the individual event.

14.5 **Definitions:**

14.5.1 **Traditional Forms** - Traditional Forms (Empty Hand & Weapon Forms) are those which are accepted to be from a recognised Traditional Martial Art, or Martial Arts Style.

14.5.2 **Differences In Styles** - Every Instructor will teach their own opinion of what the Traditional Form should be, however, provided that the Original Form is not changed dramatically, Instructor differences will be accepted and the Form performed with be recognised as being correct.

14.5.3 **Form** - For the sake of this document, the word Form will be taken to represent all Kata, Patterns, Forms and any other title which is given in the various Martial Arts.

ARTICLE 15. CHINESE EMPTY HAND FORMS DIVISION

15.1 **Uniform** – All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors may wear appropriate footwear. Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which is not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

15.2 **Performance** – Competitors must perform a Form which is recognised as being from a 'Traditional' Chinese Martial Art i.e. Kung Fu, Wushu.

15.3 **Performance Area** - The Performance Area shall be conducted on a Blue matted area of Fourteen (14) metres x Eight (8) metres, surrounded by a Red safety area of Two (2) metres around the matt.

15.4 **Number of Judges** – The Form will be judged by not less than 3 Judges for Junior and Under Black Belt Forms, and not less than 5 Judges for Adult Black Belt Forms, who will be seated in one of the following manners:

1. A single line at one side of the area.
2. The Main Judge to one side and the remaining judges seated at appropriate corners. When the judges are seated in this order, the competitor will address only the main judge.

15.5 **Entering & Exiting the Performance Area** – Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent
3. Name of the Form

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

15.6 **Scoring** – Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Appropriate Mental Focus
6. Overall Performance/Energy Of The Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

ARTICLE 16. JAPANESE/OKINAWA EMPTY-HAND FORMS

16.1 **Uniform** - All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

16.2 **Performance** - Competitors must perform a Kata or Form which is recognised as being from a 'Traditional' Japanese/OKinawa Martial Art.

16.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

16.4 **Number of Judges** - The Form will be judged by not less than 3 Judges for Junior and Under Black Belt Forms, and not less than 5 Judges for Adult Black Belt Forms, who will be seated in one of the following manners

1. A single line at one side of the area

2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

- 16.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name Of Competitor
2. Country They Represent
3. Name Of The Form

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

- 16.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Appropriate Mental Focus
6. Overall Performance/Energy Of The Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. In the case of a tie, Intermediate and Advanced Grades must perform a different Form
3. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

ARTICLE 17. KOREAN EMPTY-HAND PATTERNS

- 17.1 **Uniform** - All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

- 17.2 **Performance** - Competitors must perform a Pattern or Form which is recognised as being from a 'Traditional' Korean Martial Art. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

- 17.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.
- 17.4 **Number Of Judges** - The Form will be judged by not less than 3 Judges for Junior and Under Black Belt Forms, and not less than 5 Judges for Adult Black Belt Forms, who will be seated in one of the following manners:

1. A single line at one side of the area.
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

- 17.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name Of Competitor
2. Country They Represent
3. Name Of The Form

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

- 17.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Appropriate Mental Focus
6. Overall Performance/Energy Of The Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. In the case of a tie, Intermediate and Advanced Grades must perform a different Form

ARTICLE 18. WEAPONS FORMS DIVISION

18.1 CHINESE SHORT WEAPONS FORMS

- 18.1.1 **Uniform** - All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts.

Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

- 18.1.2 **Performance** - Competitors must perform a Form which is recognised as being a Traditional Chinese Weapon Form. The following are considered Short Weapons:

Jian – Traditional Straight Sword

Dao – Traditional Broad Sword

Illegal or prohibited weapons cannot be used in any weapons routine. Please check the martial art's weapons restrictions of the host country prior to the event.

- 18.1.3 **Performance Area** - The Performance Area shall be conducted on a Blue matted area of Fourteen (14) metres x Eight (8) metres, surrounded by a Red safety area of Two (2) metres around the matt with seating arrangements for the Judges either on one side, or at the corners of the area..

- 18.1.4 **Number Of Judges** - The Form will be judged by not less than 3 Judges for Junior and Under Black Belt Forms, and not less than 5 Judges for Adult Black Belt Forms, who will be seated in one of the following manners

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

- 18.1.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the judges/main judge and will announce to the judges/main judge the following

1. Name Of Competitor
2. Country They Represent
3. Name Of The Form

They will then present their weapon form inspection by the Judges/Main Judge who may if not satisfied regarding the safety of perform with that weapon request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

- 18.1.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body

5. Manipulation of the Weapon
6. Appropriate Mental Focus
7. Overall Performance/Energy of The Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. Dropping the weapon, or failing to fully control the weapon to the point where it creates danger to the competitor or spectators will lead to an automatic disqualification.
3. In the case of a breakage of a Weapon, the competitor will be given 5 minutes to replace the weapon, or may perform a Form/Pattern/Kata with a different weapon without penalisation.
4. In the case of a tie, Intermediate and Advanced Grades must perform a different Form
5. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form/Pattern/Kata.

18.2 CHINESE LONG WEAPONS FORMS

- 18.2.1 **Uniform** - All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

- 18.2.2 **Performance** - Competitors must perform a Form which is recognised as being a Traditional Chinese Weapon Form. The following are considered Long Weapons:

Rope Dart
Sectional Staff
Spear
Staff

Illegal or prohibited weapons cannot be used in any weapons routine. Please check the martial art's weapons restrictions of the host country prior to the event.

- 18.2.3 **Performance Area** - The Performance Area shall be conducted on a Blue matted area of Fourteen (14) metres x Eight (8) metres, surrounded by a Red safety area of Two (2) metres around the matt with seating arrangements for the Judges either on one side, or at the corners of the area..

- 18.2.4 **Number of Judges** - The Form will be judged by not less than 3 Judges for Junior and Under Black Belt Forms, and not less than 5 Judges for Adult Black Belt Forms, who will be seated in one of the following manners

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

18.2.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the judges/main judge and will announce to the judges/main judge the following

1. Name of Competitor
2. Country They Represent
3. Name of the Form

They will then present their weapon form inspection by the Judges/Main Judge who may if not satisfied regarding the safety of perform with that weapon request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

18.2.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Manipulation of the Weapon
6. Appropriate Mental Focus
7. Overall Performance/Energy of the Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. Dropping the weapon, or failing to fully control the weapon to the point where it creates danger to the competitor or spectators will lead to an automatic disqualification.
3. In the case of a breakage of a Weapon, the competitor will be given 5 minutes to replace the weapon, or may perform a Form/Pattern/Kata with a different weapon without penalisation.
4. In the case of a tie, Intermediate and Advanced Grades must perform a different Form
5. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form/Pattern/Kata.

18.3 TRADITIONAL JAPANESE/OKINAWA WOODEN WEAPONS

18.3.1 **Uniform** - All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

18.3.2 **Performance** - Competitors must perform a Form which is recognised as being a Traditional Japanese/Okinawa Wooden Weapons Form. Illegal or prohibited weapons cannot be used in any weapons routine. Please check the martial art's weapons restrictions of the host country prior to the event.

18.3.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

18.3.4 **Number of Judges** - The Form will be judged by not less than 3 Judges for Junior and Under Black Belt Forms, and not less than 5 Judges for Adult Black Belt Forms, who will be seated in one of the following manners

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

18.3.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the judges/main judge and will announce to the judges/main judge the following

1. Name Of Competitor
2. Country They Represent
3. Name Of The Form

They will then present their weapon form inspection by the Judges/Main Judge who may if not satisfied regarding the safety of perform with that weapon request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

18.3.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Manipulation of the Weapon
6. Appropriate Mental Focus
7. Overall Performance/Energy of the Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. Dropping the weapon, or failing to fully control the weapon to the point where it creates danger to the competitor or spectators will lead to an automatic disqualification.
3. In the case of a breakage of a Weapon, the competitor will be given 5 minutes to replace the weapon, or may perform a Form/Pattern/Kata with a different weapon without penalisation.
4. In the case of a tie, Intermediate and Advanced Grades must perform a different Form

18.4 TRADITIONAL JAPANESE/OKINAWA BLADED WEAPONS

- 18.4.1 **Uniform** - All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which is not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

- 18.4.2 **Performance** - Competitors must perform a Form which is recognised as being a Traditional Japanese/Okinawa Bladed Weapons Form. Illegal or prohibited weapons cannot be used in any weapons routine. Please check the martial arts' weapons restrictions of the host country prior to the event.
- 18.4.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.
- 18.4.4 **Number of Judges** - The Form will be judged by not less than 3 Judges for Junior and Under Black Belt Forms, and not less than 5 Judges for Adult Black Belt Forms, who will be seated in one of the following manners
1. A single line at one side of the area
 2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

- 18.4.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the judges/main judge and will announce to the judges/main judge the following

1. Name of Competitor
2. Country They Represent

3. Name of the Form

They will then present their weapon form inspection by the Judges/Main Judge who may if not satisfied regarding the safety of perform with that weapon request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

18.4.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Manipulation of the Weapon
6. Appropriate Mental Focus
7. Overall Performance/Energy of the Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. Dropping the weapon, or failing to fully control the weapon to the point where it creates danger to the competitor or spectators will lead to an automatic disqualification.
3. In the case of a breakage of a Weapon, the competitor will be given 5 minutes to replace the weapon, or may perform a Form/Pattern/Kata with a different weapon without penalisation.
4. In the case of a tie, Intermediate and Advanced Grades must perform a different Form

ARTICLE 19. NON-TRADITIONAL FORMS

19.1 NON-TRADITIONAL EMPTY-HAND FORMS

- 19.1.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear.

Competitors are not permitted to wear and costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

- 19.1.2 **Performance** - Competitors must perform a Form without Weapons, Music, Gymnastic movements, and no kicking rotations greater than 360 degrees, which is of their own creation of not less than 1 minute and not longer than 2 minutes duration. Forms are solo demonstrations of individual competitors Martial Arts ability. The techniques used are based in the Martial Art(s) which the competitor trains in.

- 19.1.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

19.1.4 **Number of Judges** - The Form will be judged by not less than 3 Judges for Junior and Under Black Belt Forms, and not less than 5 Judges for Adult Black Belt Forms, who will be seated in one of the following manners

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

19.1.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

At this point they should make their way to their starting position. In order to indicate when the music should start, competitors should raise their hand.

19.1.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Appropriate Mental Focus
5. Complexity of the Form/Pattern/Kata Performed
6. Overall Performance/Energy of the Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. In the case of a tie, competitors may perform the same Form.
3. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

19.2 NON-TRADITIONAL WEAPONS FORMS

19.2.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

19.2.2 **Performance** - Competitors must perform a Form with a Weapon, without Music, Gymnastic movements, and no kicking rotations greater than 360 degrees, which is of their own creation to music of not less than 1 minute and not longer than 2 minutes duration. Forms are solo demonstrations of individual competitors Martial Arts ability. The techniques used are based in the Martial Art(s) which the competitor trains in.

19.2.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

19.2.4 **Number Of Judges** - The Form will be judged by not less than 3 Judges for Junior and Under Black Belt Forms, and not less than 5 Judges for Adult Black Belt Forms, who will be seated in one of the following manners

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

19.2.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

They will then present their weapon for inspection by the Judges/Main Judge who may if not satisfied regarding the safety of performance with that weapon, request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

At this point they should make their way to their starting position. In order to indicate when the music should start, competitors should raise their hand.

19.2.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Manipulation of the Weapon
5. Appropriate Mental Focus
6. Overall Performance/Energy Of The Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. Dropping the weapon, or failing to fully control the weapon to the point where it creates danger to the competitor or spectators will lead to an automatic disqualification.
3. In the case where a competitor fails to keep to the beat of the music, they will be deducted 1 point from their overall score.
4. In the case of a breakage of a Weapon, the competitor will be given 5 minutes to replace the weapon, or may perform a Form/Pattern/Kata with a different weapon without penalisation.
5. In the case of a tie, competitors may perform the same Form.

ARTICLE 20. MUSICAL FORMS

20.1 MUSICAL EMPTY-HAND FORMS

20.1.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear.

Competitors are not permitted to wear and costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

20.1.2 **Performance** - Competitors must perform a Form without Weapon, which is of their own creation to music of not less than 1 minute and not longer than 2 minutes duration. The form must not contain any Gymnastic movements, and no kicking rotations greater than 360 degrees. Forms are solo demonstrations of individual competitors Martial Arts ability to music. The techniques used are based in the Martial Art(s) which the competitor trains in. Musical Forms are not a dance and will be judged accordingly.

20.1.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

20.1.4 **Number of Judges** - The Form will be judged by not less than 3 Judges for Junior and Under Black Belt Forms, and not less than 5 Judges for Adult Black Belt Forms, who will be seated in one of the following manners

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

20.1.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

At this point they should make their way to their starting position. In order to indicate when the music should start, competitors should raise their hand.

20.1.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Appropriate Mental Focus
5. Complexity of the Form/Pattern/Kata Performed
6. Keeping to the beat of the Music
7. Overall Performance/Energy of the Form

Competitors are not permitted to perform any more than 5 Gymnastic/Acrobatic movements in their Form.

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. In the case of a tie, competitors may perform the same Form.
3. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

20.2 MUSICAL WEAPONS FORMS

20.2.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

20.2.2 **Performance** - Competitors must perform a Form with a Weapon, which is of their own creation to music of not less than 1 minute and not longer than 2 minutes duration. The form must not contain any Gymnastic movements, and no kicking rotations greater than 360 degrees. Forms are solo demonstrations of individual competitors Martial Arts ability to music. The techniques used are based in the Martial Art(s) which the competitor trains in. Musical Forms are not a dance and will be judged accordingly.

20.2.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

20.2.4 **Number of Judges** - The Form will be judged by not less than 3 Judges for Junior and Under Black Belt Forms, and not less than 5 Judges for Adult Black Belt Forms, who will be seated in one of the following manners

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

20.2.5 Entering & Exiting the Performance Area - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

They will then present their weapon for inspection by the Judges/Main Judge who may if not satisfied regarding the safety of performance with that weapon, request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

At this point they should make their way to their starting position. In order to indicate when the music should start, competitors should raise their hand.

20.2.6 Scoring - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Manipulation of the Weapon
5. Appropriate Mental Focus
6. Keeping to the beat of the Music
7. Overall Performance/Energy of the Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. Dropping the weapon, or failing to fully control the weapon to the point where it creates danger to the competitor or spectators will lead to an automatic disqualification.
3. In the case where a competitor fails to keep to the beat of the music, they will be deducted 1 point from their overall score.
4. In the case of a breakage of a Weapon, the competitor will be given 5 minutes to replace the weapon, or may perform a Form/Pattern/Kata with a different weapon without penalisation.
5. In the case of a tie, competitors may perform the same Form.

ARTICLE 21. EXTREME FORMS

21.1 EXTREME EMPTY-HAND FORMS

- 21.1.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear.

Competitors are not permitted to wear and costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

- 21.1.2 **Performance** - Competitors must perform a Form without Weapon, which is of their own creation to music of not less than 1 minute and not longer than 3 minutes duration. The form must contain Gymnastic movements, and at least one kicking rotation that is greater than 360 degrees. Forms are solo demonstrations of individual competitors Martial Arts ability to perform extreme and traditional movements to music. Extreme Forms are not a dance and will be judged accordingly.

- 21.1.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

- 21.1.4 **Number of Judges** - The Form will be judged by not less than 3 Judges for Junior and Under Black Belt Forms, and not less than 5 Judges for Adult Black Belt Forms, who will be seated in one of the following manners

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

- 21.1.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

At this point they should make their way to their starting position. In order to indicate when the music should start, competitors should raise their hand.

- 21.1.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body

4. Appropriate Mental Focus
5. Complexity of the Form/Pattern/Kata Performed
6. Keeping to the beat of the Music
7. Difficulty of Extreme kicking movements
8. Difficulty of Gymnastics movements
9. Overall Performance/Energy of the Form

Competitors are required to perform no less than 4 and not more than 5 Gymnastic/Extreme Kicking movements in their Form.

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. In the case of a tie, competitors may perform the same Form.
3. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

21.2 EXTREME WEAPONS FORMS

- 21.2.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

- 21.2.2 **Performance** - Competitors must perform a Form with a Weapon, which is of their own creation to music of not less than 1 minute and not longer than 3 minutes duration. The form must contain Gymnastic movements, and at least one kicking rotation that is greater than 360 degrees. Forms are solo demonstrations of individual competitors Martial Arts ability to perform extreme and traditional movements to music. Extreme Forms are not a dance and will be judged accordingly.

- 21.2.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

- 21.2.4 **Number of Judges** - The Form will be judged by not less than 3 Judges for Junior and Under Black Belt Forms, and not less than 5 Judges for Adult Black Belt Forms, who will be seated in one of the following manners

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

- 21.2.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

They will then present their weapon for inspection by the Judges/Main Judge who may if not satisfied regarding the safety of performance with that weapon, request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

At this point they should make their way to their starting position. In order to indicate when the music should start, competitors should raise their hand.

21.2.6 Scoring - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Manipulation of the Weapon
5. Appropriate Mental Focus
6. Keeping to the beat of the Music
7. Difficulty of Extreme kicking movements
8. Difficulty of Gymnastics movements
9. Overall Performance/Energy of the Form

Competitors are required to perform no less than 4 and not more than 5 Gymnastic/Extreme Kicking movements in their Form.

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. Dropping the weapon, or failing to fully control the weapon to the point where it creates danger to the competitor or spectators will lead to an automatic disqualification.
3. In the case where a competitor fails to keep to the beat of the music, they will be deducted 1 point from their overall score.
4. In the case of a breakage of a Weapon, the competitor will be given 5 minutes to replace the weapon, or may perform a Form/Pattern/Kata with a different weapon without penalisation.
5. In the case of a tie, competitors may perform the same Form.

ARTICLE 22. SYNCHRONISED FORMS

22.1 GENERAL SYNCHRONISED FORMS RULES

22.1.1 Gender Divisions – This is a mixed gender event.

22.1.2 Age Divisions - The age divisions for Synchronised Forms is Under 18 years of age and 18 years of age and above.

22.1.3 **Grade Divisions** - There are no grade divisions for synchronised Forms.

22.2 SYNCHRONISED EMPTY- HAND FORMS

22.2.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear.

Competitors are not permitted to wear and costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

22.2.2 **Performance** - Synchronized Empty-Hand Forms is a team demonstration by 3 people from the same discipline, performing the same routine of a Traditional or Musical Form, without a Weapon, with Synchronicity. If a Musical Form the duration will be not less than 1 minute and not longer than 2 minutes duration. Musical Forms are Team demonstrations of the competitors Martial Arts ability to music. The techniques used are based in the Martial Art(s) which the competitor trains in. Musical Forms are not a dance and will be judged accordingly.

22.2.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

22.2.4 **Number of Judges** - The Form will be judged by not less than 5 Judges, who will be seated in one of the following manners

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

22.2.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

At this point they should make their way to their starting position. In order to indicate when the music should start, competitors should raise their hand.

22.2.6 **Scoring** - Competitors will be scored on the following criteria:

If the team demonstrates a Traditional Form, the same criteria as for the Traditional Forms divisions will apply excepting that in the case where the Team loses synchronicity, a point will be deducted from the final score.

If the team demonstrates a Musical Form, the same criteria as for the Musical Forms divisions will apply excepting that in the case where the Team loses synchronicity, a point will be deducted from the final score.

22.3 SYNCHRONISED WEAPONS FORMS

- 22.3.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear.

Competitors are not permitted to wear and costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

- 22.3.2 **Performance** - Synchronized Weapons Forms is a team demonstration by 3 people from the same discipline, performing the same routine of a Traditional Weapons or Musical Weapons Form, with Synchronicity. If a Musical Form the duration will be not less than 1 minute and not longer than 2 minutes duration. Musical Forms are Team demonstrations of the competitors Martial Arts ability to music. The techniques used are based in the Martial Art(s) which the competitor trains in. Musical Forms are not a dance and will be judged accordingly.

- 22.3.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

- 22.3.4 **Number of Judges** - The Form will be judged by not less than 5 Judges, who will be seated in one of the following manners

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

- 22.3.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

At this point they should make their way to their starting position. In order to indicate when the music should start, competitors should raise their hand.

- 22.3.6 **Scoring** - Competitors will be scored on the following criteria:

If the team demonstrates a Traditional Form, the same criteria as for the Traditional Forms divisions will apply excepting that in the case where the Team loses synchronicity, a point will be deducted from the final score.

If the team demonstrates a Musical Form, the same criteria as for the Musical Forms divisions will apply excepting that in the case where the Team loses synchronicity, a point will be deducted from the final score.

ARTICLE 23. TEAM FORMS

23.1 GENERAL TEAM FORMS RULES

23.1.1 **Gender Divisions** – This is a mixed gender event.

23.1.2 **Age Divisions** - The age divisions for Team Forms is Under 18 years of age and 18 years of age and above.

23.1.3 **Grade Divisions** - There are no grade divisions for synchronised Forms

23.2 TEAM EMPTY-HAND AND WEAPONS FORMS RULES

23.2.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear.

Competitors are not permitted to wear and costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

23.2.2 **Performance** - The Team Forms division is a non-synchronised demonstration of the Martial Arts ability of their individual school to music, not longer than 2 minutes 30 seconds. Competitors may demonstrate any aspect of Training used by the school they train in. There must be a minimum of 2 persons in the team, and a maximum of 6. The demonstration may include the use of weapons.

The Team Forms division must include at least 50% Traditional Martial Arts Techniques be that with, or without a weapon. The other 50% can be modern, freestyle or Extreme Martial Arts movement, however, the Team Form cannot include any dance movement.

23.2.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

23.2.4 **Number of Judges** - The Form will be judged by not less than 5 Judges, who will be seated in one of the following manners

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

23.2.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

At this point they should make their way to their starting position. In order to indicate when the music should start, competitors should raise their hand.

23.2.6 **Scoring** - Competitors will be scored on the following criteria for each member of the Team:

1. Proper Technique
2. Acrobatic Techniques if appropriate
3. Appropriate Balance, Speed, Power and Control of the Body
4. Manipulation of the Weapon if appropriate.
5. Appropriate Mental Focus
6. Working as a Team
7. Overall Performance/Energy of the Form

Scores will be awarded between 8 and 9 points. Decimals may be used.

PART 4 - Sparring

ARTICLE 24. GENERAL SPARRING RULES

24.1 Divisions:

24.1.1 **Gender** - Every division will be divided into Male and Female categories.

24.1.2 Age Divisions:

Description	Age Grouping
Children	10 & Under
Youth	11 to 13
Junior	14 to 17
Adult	18 & Over

24.1.3 **Grade Divisions** – Each event will be broken into Under-belt and Black Belt categories.

24.1.4 **Weight Divisions** – Weight division will be as outlined in the individual event.

24.2 Weighing-in (Not required for Point Sparring Division):

24.2.1 Only contestants in keeping with the other qualifications shall be weighed in.

24.2.2 The contestant will bring his/her passport to the weighing-in.

24.2.3 The weighing-in of contestants is handled by the head registrar in collaboration with the arranging and recording group and under the supervision of the members from the Referees/Rules Commission.

24.2.4 Contests shall be weighed only once before the whole competition or once on each day of competition, at the designated time and place. And the weighing-in of each contestant shall be completed within an hour. Contestants shall be bare of any clothing or only have their undergarments on when being weighed.

24.2.5 The weighing-in on each day of competition shall be completed two hours before the start of the first unit of the day's competition.

24.2.6 The weighing-in will start from the lighter weight categories. A contestant, whose weight does not conform to the requirements of the category and cannot make weight within the time limit of the weighing-in, shall not be allowed to compete.

24.3 **Scoring** – Scoring will be as outlined under the individual event.

ARTICLE 25. CONTINUOUS SPARRING

25.1 **Competition Description** - Continuous Sparring is a controlled contact form of sparring – Medium Contact.

25.2 Divisions:

25.2.1 **Under 18's Divisions** – See Article 24.1.1 through 24.1.4. All split by height on the day. Closest possible matches will be made.

25.2.2 Over 18's Weight Divisions:

25.2.2.1 **Men:** -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, -95 kg, +95 kg

25.2.2.2 **Women:** -50 kg, -55 kg, -60 kg, 65 kg, +65 kg

- 25.2.3 **Team Divisions:**
- 25.2.3.1 **Age** – Under 10 years, 10 – 13 years, 14 – 17 years, 18 & over
 - 25.2.3.2 **Gender** – Male Teams and Female Teams
 - 25.2.3.3 **Weight Divisions** – There will be no weight divisions.
 - 25.2.3.4 **Number of Competitors** – 3 Persons
 - 25.2.3.5 **Scoring** – Each member of the team must spar and the team with the most points will be declared the winning team. In the case of a tie on points, one member of each team will square off, and the winner of this match will be declared the winning team.
 - 25.2.3.6 **Rules** – As per Continuous Sparring Rules.
- 25.2 **Uniform** - Competitors must wear a Martial Arts Bottoms with a Martial Arts Top, or T-Shirt. Competitors are not required to wear a belt during their match unless wearing a Traditional Gi. Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which is not in keeping with the practice of traditional Martial Arts. Competitors with long hair must use a plain hair tie. Competitors are not permitted to wear any kind of glasses.
- 25.3 **Competition Area** - The competition area will be as outline in Article 3.3.
- 25.4 **Entering & Exiting the Contest Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.
- Before the Competitors begin their match, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready. At this point they should make their way to their starting positions.
- Before the start of each round, the contestants will bow to each other.
- When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow the judge on the platform with the judge returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.
- 25.5 **Referees/Judges** - The match will be judged on a continuous basis by three judges seated at the ring corners that will award points for scores they see made. The whole match will be overseen by a central Referee who will enforce the rules of the match. **The Centre Referee's Main Responsibility Is Safety of the Competitors.**
- 25.6 **Safety Equipment:**
- 25.6.1 **Male** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Groin Guard, Shin Guards, Feet Guards
 - 25.6.2 **Female** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Shin Guards, Feet Guards, Chest Guard
- 25.7 **Safety of Competitors** - It will be the centre judge's responsibility to ensure safety at all times of competitors. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete.
- 25.8 **Time of Matches** - 90 Second (1 Minute 30 Second) each round.
- 25.9 **Number of Rounds** - 2 Rounds until the finals. For Finals 3 Rounds

25.11 **Time Outs** - Only the centre referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He/She may also call time out at the request of one of the judges, the coach, one of the competitors or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

25.12 **Legal Targets** - Face, Sides Of Head, Front & Sides Of Body, Boot to Boot Sweeps.

25.13 **Illegal Targets** - Back of Head, Top of Head, Throat, Sides & Back of Neck, Groin, Anywhere Below the Waist (Except Sweeps as per 24.11)

25.14 **Legal Techniques:**

25.13.1 **Hands** - Straight Punches, Hook Punches, Upper Cuts, Backfist

25.13.2 **Legs** - Front Kicks, Round Kicks, Side Kicks, Back Kicks, Hook Kicks, Crescent Kicks, Axe Kicks, Spinning Kicks, Jump & Jump Spinning Kicks, Sweeps.

25.15 **Illegal Techniques** - Any Blind Technique, Spinning Backfist, Elbow Strikes, Knee Strikes, Knife Hand, Ridge Hand, Spear Hand, Claw Hand, Palm Strikes, Stamps, Wrestling Of Any Sort, Any Other Technique Deemed Dangerous By The Referee & Judges On The Area.

25.16 **Scoring:** A Score Is Made When A Legal Technique Strikes A Legal Target Providing That The Competitor Is Looking At The Target. Points Scored:

Any punch to a legal target	1 Point
Kick to legal body target	1 point
Jump Kick to legal body target	2 points
Kick to legal head target	2 points
Jump Kick to legal head target	3 points

- Techniques must be delivered with control, but with sufficient power in reserve that had it been executed fully it would have been capable of doing damage to the opponent.
- Techniques must be delivered cleanly – no technique will be scored if it brushes off the opponent, or if it is blocked fully or partially by the opponent.
- Competitors cannot receive a warning for infringement of the rules and a score.
- Competitors cannot score unless the technique is delivered with balance.
- Competitors cannot score from the ground – a competitor will be deemed to be on the ground (downed) if any part of their body other than the soles of their feet is touching the ground – excepting certain kicks which require the hands to be on the ground (e.g. cartwheel kick).

25.17 **Warnings & Disqualifications** - Warnings will be issued to any competitor who:

1. Uses excessive contact
2. Uses blind techniques
3. Creates a situation which is dangerous for himself/herself or his/her opponent
4. Uses illegal techniques
5. Un sportsperson like behaviour
6. Talking during the match
7. Failing to defend him/herself
8. Avoiding the match in any way
9. Turning his/her back to the opponent
10. Strikes a downed opponent – Where any part of the body other than the soles of the feet is touching the ground.
11. Leaving the competition area (unless pushed out by his/her opponents technique)
12. Not defending oneself.
13. The centre referee, in consultation with the judges may disqualify any competitor who is deemed unfit/unable to sufficiently defend him/herself to such a degree as them being in danger of injury.

14. Any other technique/action which the referee and judges feel warrants a warning.

25.17.1 Warnings will be issued in the follow sequence:

1 st	Verbal Caution
2 nd	Official Warning
3 rd	Official Warning & Minus One Point
4 th	Official Warning & Disqualification

Depending on the nature of the rules violation, the centre referee may, in consultation with the judges on the area and the Chief Referee for the event, disqualify the competitor on any of the 4 warnings.

ARTICLE 26. POINTS SPARRING

26.1 **Competition Description** - Points Sparring is a controlled contact sport – Semi Contact. Semi-contact means that the blow would only touch the surface of the clothing or protective equipment with no penetration.

26.2 **Divisions:**

26.2.1 **Under 18's Divisions** – See Article 25.1.1 through 25.1.4. All split by height on the day. Closest possible matches will be made.

26.2.2 **Over 18's Weight Divisions:**

26.2.2.1 **Men:** -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, -95 kg, +95 kg

26.2.2.2 **Women:** -50 kg, -55 kg, -60 kg, 65 kg, +65 kg

26.2.3 **Team Divisions:**

26.2.3.1 **Age** – Under 10 years, 10 – 13 years, 14 – 17 years, 18 & over

26.2.3.2 **Gender** – Male Teams and Female Teams

26.2.3.3 **Weight Divisions** – There will be no weight divisions.

26.2.3.4 **Number of Competitors** – 3 Persons

26.2.3.5 **Scoring** – Each member of the team must compete and the team with the most points will be declared the winning team. In the case of a tie on points, one member of each team will square off, and the winner of this match will be declared the winning team.

26.2.3.6 **Rules** – As per Point Sparring Rules.

26.3 **Uniform** - Competitors must wear a Martial Arts Bottoms with a Martial Arts Top, or T-Shirt. Competitors are not required to wear a belt during their match unless wearing a Traditional Gi. Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which is not in keeping with the practice of traditional Martial Arts. Competitors with long hair must to use a plain hair tie. Competitors are not permitted to wear any kind of glasses.

26.4 **Competition Area** - The competition area will be as outline in Article 3.3.

26.5 **Entering & Exiting the Contest Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Before the Competitors begin their match, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready. At this point they should make their way to their starting positions.

Before the start of each round, the contestants will bow to each other.

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow the judge on the platform with the judge returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

26.6 **Referees/Judges** - The match will be judged on a continuous basis by three judges seated at the ring corners that will award points for scores they see made. The whole match will be overseen by a central Referee who will enforce the rules of the match. **The Centre Referee's Main Responsibility Is Safety of the Competitors.**

26.7 **Safety Equipment:**

26.7.1 **Male** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Groin Guard, Shin Guards, Feet Guards

26.7.2 **Female** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Shin Guards, Feet Guards, Chest Guard

26.8 **Safety of Competitors** - It will be the centre judge's responsibility to ensure safety at all times of competitors. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete.

26.9 **Time of matches:**

26.9.1 **Time per Round** - 2 Minutes. Match will end early if the following occurs:

Children and Youth Divisions – One competitor accumulates 5 points

Junior and Adult Divisions – One competitor accumulates 10 points.

26.10 **Number of Rounds** – There will be a maximum of 2 Rounds.

26.11 **Time Outs** - Only the centre referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He/She may also call time out at the request of one of the judges, the coach, one of the competitors or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

26.12 **Legal Targets** - Face, Sides Of Head, Back Of Head, Front & Sides Of Body, Boot to Boot Sweeps.

26.13 **Illegal Targets** -Top of Head, Throat, Sides & Back of Neck, Groin, Anywhere Below the Waist (Except Sweeps as per 25.11)

26.14 **Legal Techniques:**

26.14.1 **Hands** - Straight Punches, Hook Punches, Upper Cuts, Backfist.

26.14.2 **Legs** - Front Kicks, Round Kicks, Side Kicks, Back Kicks, Hook Kicks, Crescent Kicks, Axe Kicks, Spinning Kicks, Jump & Jump Spinning Kicks, Sweeps.

26.15 **Illegal Techniques** - Any Blind Technique, Spinning Backfist, Elbow Strikes, Knee Strikes, Knife Hand, Ridge Hand, Spear Hand, Claw Hand, Palm Strikes, Stamps, Wrestling Of Any Sort, Any Other Technique Deemed Dangerous By The Referee & Judges On The Area.

26.16 **Scoring:** A Score Is Made When A Legal Technique Strikes A Legal Target Providing That The Competitor Is Looking At The Target. Points Scored:

Any punch to a legal target 1 Point

Kick to legal body target	1 point
Jump Kick to legal body target	2 points
Kick to legal head target	2 points
Jump Kick to legal head target	3 points

- Techniques must be delivered with control, but with sufficient power in reserve that had it been executed fully it would have been capable of doing damage to the opponent.
- Techniques must be delivered cleanly – no technique will be scored if it brushes off the opponent, or if it is blocked fully or partially by the opponent.
- Competitors cannot receive a warning for infringement of the rules and a score.
- Competitors cannot score unless the technique is delivered with balance.
- Competitors cannot score from the ground – a competitor will be deemed to be on the ground (downed) if any part of their body other than the soles of their feet is touching the ground – excepting certain kicks which require the hands to be on the ground (e.g. cartwheel kick).

26.17 **Warnings & Disqualifications** - Warnings will be issued to any competitor who:

1. Uses excessive contact
2. Uses blind techniques
3. Creates a situation which is dangerous for himself/herself or his/her opponent
4. Uses illegal techniques
5. Unsportsman like behaviour
6. Talking during the match
7. Failing to defend him/herself
8. Avoiding the match in any way
9. Turning his/her back to the opponent
10. Strikes a downed opponent – Where any part of the body other than the soles of the feet is touching the ground.
11. Leaving the competition area (unless pushed out by his/her opponents technique)
12. Not defending oneself.
13. The centre referee, in consultation with the judges may disqualify any competitor who is deemed unfit/unable to sufficiently defend him/herself to such a degree as them being in danger of injury.
14. Any other technique/action which the referee and judges feel warrants a warning.

26.17.1 Warnings will be issued in the follow sequence:

1 st	Verbal Caution
2 nd	Official Warning
3 rd	Official Warning & Minus One Point
4 th	Official Warning & Disqualification

Depending on the nature of the rules violation, the centre referee may, in consultation with the judges on the area and the Chief Referee for the event, disqualify the competitor on any of the 4 warnings.

PART 5 – Grappling Divisions

ARTICLE 31 – GENERAL GRAPPLING RULES

- 31.1 **Officiating** - The grappling arts can only be altered or modified to become a safe competitive sport if one important element becomes part and parcel of the sport itself. This foremost element is well trained officials. He/she must be thoroughly knowledgeable in understanding, interpreting and administering all aspects of the rules. This can only be accomplished through diligent study of the rule book and actual physical training under competition conditions. Officiating shall be considered a prestigious position and only those who have diligently studied and trained are to be considered and accepted as experts in the field of rule etiquette.
- 31.2 **Divisions:**
- 31.2.1 **Gender** - Each division will be divided into Male and Female categories, unless otherwise stated.
- 31.2.2 **Age Divisions** – Age division will be as outlined in the individual event.
- 31.2.3 **Grade Divisions** – Each event will be broken into Under-belt and Black Belt categories.
- 31.2.4 **Weight Divisions** – Weight division will be as outlined in the individual event.
- 31.3 **Weighing-in:**
- 31.3.1 Only contestants in keeping with the other qualifications shall be weighed in.
- 31.3.2 The contestant will bring his/her passport to the weighing-in.
- 31.3.3 The weighing-in of contestants is handled by the head registrar in collaboration with the arranging and recording group and under the supervision of the members from the Referees/Rules Commission.
- 31.3.4 Contests shall be weighed only once before the whole competition or once on each day of competition, at the designated time and place. And the weighing-in of each contestant shall be completed within an hour. Contestants shall be bare of any clothing or only have their undergarments on when being weighed.
- 31.3.5 The weighing-in on each day of competition shall be completed two hours before the start of the first unit of the day's competition.
- 31.3.6 The weighing-in will start from the lighter weight categories. A contestant whose weight does not conform to the requirements of the category and cannot make weight within the time limit of the weighing-in, shall not be allowed to compete.
- 31.4 **Scoring** – Scoring will be as outlined under the individual event.

ARTICLE 32. GRAPPLING/SUBMISSION COMPETITION (GSC)

32.1 **Competition Description** – The Grappling/Submission Division was designed with an open set of rules that will allow many different grappling styles to compete in the same event. The sport brings out a competitive side where the athlete demonstrates his/her physical & psychological conditions, techniques, and abilities with the objective of rendering his opponent into submission.

32.2 **Divisions :**

Description	Age Grouping	Gender	Weight Category ¹	Match Times
Junior Male All Belts ²	17 & Under	Male	Under 35 kg	2 Min
			35 to 44 kg	
			46 to 54 kg	
			55 to 64 kg	
			65 to 74 kg	
			75 kg & over	
Junior Female All Belts ²	17 & Under	Female	Under 35 kg	
			35 to 44 kg	
			46 to 54 kg	
			55 to 64 kg	
			65 to 74 kg	
			75 kg & over	
Adult Male Underbelt	18 & Over	Male	Light –149 lbs & under (67.4 kg)	3 Min
			Middle –150 to 164.9 lbs (67.5 to 75 kg)	
			Light/Heavy – 165 to 179.9 lbs (75 to 81.5 kg)	
			Heavy – 180 to 194.9 lbs (81.5 to 88.5 kg)	
			Super Heavy – 195 to 210 lbs (88.5 to 95.2 kg)	
			Open Weight – Over 210 lbs (over 95.2 kg)	
Adult Female All Belts	18 & Over	Female	Light –129 lbs & under (58.5 kg)	
			Middle – 130 to 159.9 lbs (59 to 72.5 kg)	
			Heavy – 165 to 179.9 lbs (72.6 to 81.5 kg)	
Adult Male Black Belts	18 to 34	Male	Light –149 lbs & under (67.4 kg)	
			Middle –150 to 164.9 lbs (67.5 to 75 kg)	
			Light/Heavy – 165 to 179.9 lbs (75 to 81.5 kg)	
			Heavy – 180 to 194.9 lbs (81.5 to 88.5 kg)	
			Super Heavy – 195 to 210 lbs (88.5 to 95.2 kg)	
			Open Weight – Over 210 lbs (over 95.2 kg)	
Executive Male All Belts	35 to 45	Male	Light – 179 lbs & under (81.4 kg)	
Executive Male All Belts	46 & Over	Male	Heavy – 180 lbs & over (81.5 kg)	
			Not over 210 lbs	

¹ Belt categories may be altered due to number of competitors or other circumstances. The final decision rests with the Tournament Director.

² Juniors Under 18 - To be determined by age, size and rank, at the option of Tournament Director. Male and female may be in the same divisions, at the Tournament Directors discretion.

NOTE - Tournament Director has the option to change and alter all divisions depending on the number of competitors in each division.

32.3 **Uniform** - Each player must present him/herself suitably attired in a clean, traditional martial arts Gi or Kimono (uniform), constructed of cotton or similar material and in good condition. The material may not be excessively thick or hard to the point where it will obstruct the opponent. Colours may be black, white or blue. Other colours or combined colors will be allowed in keeping with the National Team Colours. A judo or judo top is recommended. The jacket is to be of sufficient length down to the thighs, sleeves must reach the wrist with arms extended in front of the body. Belt width 4-5cm, with colour corresponding to rank tied around the waist with a double knot, tight enough to secure the uniform closed. The uniform must be washed and dried with no unpleasant odours. Athletes are not permitted to compete with torn uniforms, sleeves or pants that are not of proper length or with t-shirts underneath the uniform (except in the female divisions). If a player's uniform becomes bloodied or torn in a manner that may affect the outcome of the match, he/she will be asked to replace it immediately or forfeit the match. Competitors with long hair must use a plain hair tie. Toe and fingernails must be cut short and clean. All jewelry (rings, watches, necklaces, etc.) must be removed. Wearing of eye glasses during competition is prohibited. Competitors may be required to wear a coloured flag or belt during the actual match for identification purposes.

Wrestling shoes or any type of shoes, head gear, and any type of protectors that can alter the outcome of the match in any way are not allowed in competition.

32.4 **Competition Area** - The competition area will be as outlined in Article 3.3.

32.5 **Entering & Exiting the Contest Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point. The Centre Referee will give the first athlete on the mat a green and yellow belt for identification and keep him on the right side, in case the athletes' uniforms are the same colours. The other athlete must remain on the left side, and after the compliments.

Before the Competitors begin their match, the Central Referee will oversee that everything is correct; for example: the ring, equipment, Gis, hygiene, officials, etc., and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready. At this point they should make their way to their starting positions.

Before the start of each round, the contestants will bow to each other. The referee will start the match by saying "Begin"!

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow to the referee, then the officials on the platform with the referee and officials returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

32.6 **Referees, Inspector, & Officials** – Each contest will have a Centre Referee, an Inspector of the match, one Scorekeeper, and two Timekeepers (one to time the duration of each round, and one to keep time for the 30 second count downs). The match will be overseen the Centre Referee who will enforce the rules of the match. Medical personnel shall be available at all times and easily recognizable. During the match, the referee or persons at the scoring table are not allowed to converse with the competitors, this will be strictly enforced.

32.6.1 **Duties of the Centre Referee:**

The Centre referee is the highest authority on the mat and has the authority to disqualify competitors during the match. No one can overturn his decision. In special cases the Chief Referee of the event can review and overturn a referee's decision if the decision is unjust. In cases where a referee shows himself incapable to continue refereeing because of obvious mistakes, the Chief Referee has the authority to replace him.

The Centre Referee does not keep score. The Centre Referee is charged with supervision of the match. He/she administers and controls the tempo of the contest, enforces the rules, and ensures fair play. To this end, he/she starts and stops the match, awards points and calls and enforces all penalties

The referee shall communicate clearly with the scorekeeper and timekeeper, as well as announce the winner of each match. The referee shall announce in a loud clear voice all official decisions, and shall indicate with voice and gestures the player affected by his/her decisions.

The Centre Referee is encouraged to give verbal commands throughout the competition where a penalty has not been called, such as "*watch the contact, or, stay in bounds, etc.*"

Only the centre referee may call time out. He/she must do so for the following reasons:

- a) To allow equipment adjustments.
- b) To award points, assess penalties, administer warnings.
- c) To attend to an injured competitor.
- d) To hear a legal protest.

During the match the Centre Referee will continually be directing the competitors to the centre of the ring. In the event that the competitors move out of bounds during the match, the referee will call "OUTSIDE", and at the same time the referee will do the gesture

according to the command, and the competitors must hold their position without movement. The same occurrence will happen when 2/3 of the competitor's body is outside the boundary. The referee may be assisted by another official in moving the athletes back to the centre of the ring. In case the referee and the other official are unable to move the athletes back to the centre of the ring, the athletes will be asked to walk back to the centre and continue from the same position.

The referee will not allow interference from outsiders during the match. Medical team or nurse will be allowed on the mat at the referee's discretion.

When the Timekeeper gives the signal that the match is over, the Centre Referee can give an advantage point to the combatant for attempting a submission or for attempting to establish a dominant position without maintaining for the required time, except for take-downs because athletes don't need to establish a dominant position to award points.

In the event of a draw, the Centre Referee will decide who is the winner and his/her decision is absolute.

Any and every situation that can not be determined by the manual will be left up to the Centre Referee's discretion.

32.6.2 Duties of the Match Inspector:

The Match Inspector verifies before the match that the competitors' nails are trimmed, the gi is correctly fitted, and assures that the colour and the state of the belt is appropriate for the competitor.

During the match the Inspector will ensure that all official duties are executed according to the official rules of the Games. If the Inspector believes that there is an infringement of the rules, they have the authority to request a timeout in which they can confer with the Centre Referee.

During the match the Centre Referee may seek the advice of the Match Inspector regarding any clarification of the rules.

32.6.3 Duties of the Timekeeper:

Timekeepers shall be seated adjacent to the competition area and shall stop and start time according to the referee's signal to do so. If for some reason the centre referee fails to call time out, the timekeeper should automatically stop time, and then restart time with the referee's signal, or when the match resumes.

Timekeeper #1 is the official timekeeper. They shall, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the centre of the competition area, inform the referee when time has run out, or when he/she has received a formal protest. Time officially runs out only when the centre referee calls the signal to stop.

Timekeeper #2 will start the 30 second count downs time by sounding a whistle or other established means of communicating. Timekeeper #2 will have a second stop watch to keep track of the count down time, as per the referee's signals, and at the end of the 30 second count down, will advise the by blowing the whistle once again.

32.6.4 Duties of the Scorekeeper:

There will be a scoreboard situated horizontally on the Officials table, easily visible by the Centre Referee and spectators.

The Scorekeeper shall keep count of all points and penalties awarded to competitors, as instructed by the Centre Referee. He/she will maintain scores sheets and notes from the Centre Referee and call up each competitor, including those on deck.

All the required score sheets, hand counters, stopwatches and necessary flags must be at the Official's table.

32.6.5 **Gestures:**

The central referee will make gestures indicated below, according with the actions. For all gestures made, the central referee will raise his hand indicating the athlete receiving the score with his armband in accordance with the color of the athlete's coloured gi or indicating belt.

Take downs and sweeps: The referee will raise his hand indicating the scoring athlete's color and the score of two points.

Passing the guard: The referee will raise his hand indicating the scoring athletes colour and the score of three points.

Front mount, back mount and back grab: The referee will raise his hand indicating the scoring athletes' color and the score of three points.

Penalties: The referee will turn his hands one over the other with both fists closed after signaling the color of the penalized competitor and give an advantage to the other competitor.

Advantages: The referee signals advantages with arm extended sweeping outward on a horizontal plane level with the shoulder.

For the interruption of the match: The referee opens his arms together on a horizontal plane level with the shoulder.

For interruption of time during the match: The referee puts his hands one above the other forming a "T", signaling the timekeeper to stop the time.

For disqualification: The referee lifts his arms and crosses them, after that, he points to the disqualified athlete.

To take off a awarded point: The referee lifts the arm that he gave the point with and waves his hand.

32.7 **Safety of Competitors** - It will be the Centre Referee's responsibility to ensure safety at all times of competitors. In all categories, the Centre Referee has the authority to stop a match when either of the competitors are in danger of serious bodily harm as a result of a submission and award the victory to the competitor applying the submission. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete.

32.8 **Time of Matches** – See Article 32.2

32.9 **Number of Rounds** – There is only one round.

32.10 **Time Outs** - Only the centre referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the Centre Referee gives the command to match. He/She may also call time out at the request of one of the Officials, the coach, one of the competitors or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

In the event a competitor fails to present to the competition area with all proper uniform, they will be given one minute to prepare themselves after which they will be disqualified from the division.

32.11 **Illegal Techniques** – There will be no striking of any kind. No pressure points i.e. hands, knees or elbows on face area. No minor joint locks i.e. fingers and toes. No neck cranks or similar techniques that may injure the vertebrae and no clawing of the windpipe.

Illegal Technique	Illegal Technique for Division Marked By "X"				
	Ages 7 to 13	Ages 14 to 15	Ages 16 to 17	Adult through Senior Underbelt	Adult through Senior Black belt
Biceps Lock	X	X	X	X	
Calf Lock	X	X	X	X	
Cervical Lock (Any kind)	X	X	X	X	X
Ezequiel	X	X			
Foot Locks (Any kind)	X	X			
Frontal Guillotine	X				
Frontal Neck Crank	X	X	X	X	X
Heel Hook	X	X	X	X	X
Knee Lock	X	X			
Leg Lock	X	X	X	X	
Mata Leo with Foot			X	X	
Omoplata (Shoulder Lock)	X				
Scissors Takedown	X	X	X	X	X
Slam from the guard	X	X	X	X	X
Triangle Pulling the Head	X	X			
Wrist Lock	X	X	X		

32.11.1 Cervical locks or neck cranks are not allowed in any category except for chokes in the juveniles or adult divisions. And for brown and black belts is not allowed when there is a double nelson classic situation. Competitors attempting a cervical lock will be immediately disqualified with no prior warnings.

32.11.2 In childrens divisions between 7-15 years, when a competitor is executing a triangle and the opponent stands up it is the referees obligation to stand in a position to protect both athletes, specifically to reduce the risk of cervical damage.

32.11.3 Strictly no submissions for competitors under the age of 18.

32.12 **Match Conclusions** – There is never a draw. Bouts will be decided by:

- 1) Submission
- 2) Disqualification
- 3) Unconsciousness (to be avoided by referee's intervention).
- 4) Points
- 5) Advantages

32.13 **Submission** - Submission occurs when a technique forces an opponent into admitting defeat by:

- 1) Tapping with the palm against his opponent or the floor in a visible manner
- 2) Tapping with his feet on the ground (if he is unable to use his hands)
- 3) Requesting verbally to the referee that the match be stopped (if he can neither tap with his hands or his feet)
- 4) Requesting that the match be ended if the athlete gets injured or feel physically incapable or unprepared .
- 5) The referee may end the match giving victory to the one that applied the lock if he sees a lock being properly applied and is certain that the Athlete is exposed to serious physical damage.
- 6) A coach of one of the athletes may request that the match be ended either by directing himself to the referee or by throwing the towel into the ring for any reason.
- 7) When an athlete is under a submission position and he calls "Ati", will be the same as if he taps.

The referee may end the match when one of the athletes is injured or the doctor's examination proves he is incapable to continue. If this occurs, the victory will be given to the opponent as long as the injury was not caused intentionally by conduct worthy of disqualification.

32.14 **Disqualification** – The Centre Referee may disqualify an athlete due to the occurrence of a serious infraction. Serious infractions are defined as follows :

1) The use of foul language, cursing, or other immoral acts of disrespect towards the referee or any of the assisting public.

2) Biting, hair pulling, putting fingers into the eyes or nose of one's opponent, intentionally seeking to injure genitalia or the use of fists, feet, knees, elbows, or heads with the intention to hurt or gain unfair advantage.

3) When the competitor has his/her uniform ripped during the match, the referee will give him a set time to change it. If the competitor does not change it in time he will be disqualified.

4) The competitor must wear shorts under the pants, keeping in mind the risk that the suit might get torn or unsowed, If this occurs, the athlete will be given a set time determined by the referee to find another pair of pants to wear. If the athlete can not change within the set time, he will be immediately disqualified.

5) When an athlete has been submitted to a lock and to avoid tapping out he runs out of the ring, he will be immediately disqualified. In such cases when it is considered a technical foul, not a disciplinary foul, the offender may return to the competition to continue the absolute division or in case of a bracket of three.

6) When the athlete breaks any rule of the article 32.11

32.14.1 **Escalation** - An act of disqualification against a competitor may eliminate the competitor from further participation in that tournament. All disqualifications should be classified as Minor or Major. Details are as follows:

Minor Disqualification: Will be for the existing contest only (providing there is double elimination or round robin).

Major Disqualification: Will be for the balance of the tournament or a designated period of time, to be suggested by the involved ring referee and submitted to the tournament director and the governing body for that country or area.

32.15 **Unconsciousness** - One of the 2 opponents is defeated after losing consciousness by any of the valid moves: strangling, pressuring, or take downs, or accidents in which the adversary has not committed any foul worthy of disqualification. This would only occur if there was no attempt to tap-out prior to the opponent losing consciousness. In all instances the Centre Referee will make sure that the safety of athletes comes first by recognising and preventing potential loss of consciousness.

33.16 **Points** - The Centre Referee is empowered to award points, or penalize a competitor with a warning, loss of points or disqualification.

33.16.1 **Positive Points** - The competition makes the athletes use their technical abilities to finish or neutralize their opponents. Positions are achieved through proper technique, If there is no submission at the end of a match, the athlete gains victory by scoring more position points than his opponent.

Points	Technique	Description
2	Opponent's 3rd Penalty Warning	<ul style="list-style-type: none"> - On committing a third offence, the offender's opponent will be given two points. - See Article 33.16.2
	Sweep	<ul style="list-style-type: none"> - Is defined when the athlete that is underneath has his opponent in his guard (in between his legs) or the half guard (having one of his adversary's legs between his) and is able to get on top of his adversary by inverting his position. - It will not be considered a sweep if the move does not begin from inside the guard or half guard. - When the athlete sweeping advances his position to the back of his opponent during the attempted sweep, he is awarded 2 points. - If starting in a guard position, an athlete attempts a sweep and both athletes return to their feet and the competitor attempting the sweep executes a takedown remaining on top, he will be awarded 2 points.
	Take Downs	<ul style="list-style-type: none"> - Any kind of knocking down the opponent or being taken down on his back side - If the athlete is thrown to the ground and does not land on his back, the thrower must pin him to the ground in the same position for at least 3 seconds to gain the points of the take down. - The take down that lands outside of the competition area and on to the security area will be valid as long as the athlete that applied it stood with both feet in the competition area while making the take down. - If the athlete has one of his knees on the ground and is taken down, whoever applied the take down will be awarded 2 points as long as he has both his feet on the ground. If the athlete has both his knees on the ground and is knocked down the standing athlete will have to pass to his side and maintain this position to receive an advantage. - When the athlete attempts the double leg and the opponent sits on the floor and executes a sweep, the athlete who attempted the takedown will not receive points, but the one who executed the sweep will. - When a competitor throws his opponent and ends up in a bottom position the competitor throwing will receive 2 points and the opponent on top will receive an advantage. If the competitor executing the throw lands in his opponents guard and is swept, both will receive 2 points.
	10 Second Pin	<ul style="list-style-type: none"> - Will be awarded if one competitor is able to pin their opponent to the ground for a 10 second count.
3	Passing the Guard	<ul style="list-style-type: none"> - Is when the athlete that is above his adversary or in between his legs, moves to his opponent's side, establishing a perpendicular or longitudinal position over his adversary's trunk, dominating him and leaving him no space to move or to escape the position—if even is on his side, back, or facing down. - If the athlete that is underneath avoids the move by getting to his knees or standing up, the initiative will not be awarded 3 points but will be awarded an advantage.
	Back Grab	<ul style="list-style-type: none"> - The Back grab Is when the athlete grabs his adversary's back, taking hold of his neck and wrapping his legs around his opponent's waist, with his heels leaning on the inner side of his opponent's thighs, not allowing him to leave the position. - the points will not be awarded if both heels are not properly positioned on the inner part of the adversary's thighs. - It will also be considered a back grab, if the athlete has the leg over one arm of the opponent but never over both arms. In this case no points will be awarded.
	Mount	<ul style="list-style-type: none"> - The Mount is when the athlete sits on his opponent's torso. - The opponent can be lying on his stomach, side or back. - The one mounted can be on top of one of his opponent's arms, but never on both. - It will also be considered a mount if he/she has one knee and one foot on the ground. - No points will be awarded if his/her feet or knees are on the opponent's leg. - If an athlete applies a triangle while in the guard and in so doing lands mounted on the opponent, it will be considered a sweep, not a mount.

32.16.1.1 The athlete cannot score new points when he is in a position where he received points previously, changes position intentionally and returns to the same position.

32.16.1.2 No points will be marked for the athlete who is attaining a position while in a submission. Points will only be awarded after the submission is completely defended. Example: When one athlete is mounted on his opponent but is in a guillotine the points of the mount will be awarded only when the submission is defended.

32.16.2 **Penalties** – On the first offence the offender will be given a verbal warning. On the second offence the offender's opponent will be given an advantage. On the third offence the offender's opponent will be given two points. After the third offence the referee may disqualify the athlete for any further fouls.

Penalty	Offence	Description
Warnings	Avoiding Combat	- When either of the athletes run to one of the extremities of the ring to avoid engagement, or while on the ground, flee by crawling or rolling out of the ring or by standing up avoiding engaging or purposely stepping out of the ring to gain time.
	Avoiding Engagement	- When the athlete avoids engaging by taking off his kimono or by allowing it to be taken off with the intention of stopping the match to allow him or herself rest or to avoid the attacks of his opponent.
	Kneeling	- The athlete will only be allowed to kneel after having taken hold of his opponent's uniform.
	Stalling	- When the athlete stalls the match, holding his adversary and, not seeking to engage or gain submissions when in the guard, on top, or on the bottom - Holding the opponent, standing up, or any position designed to stall. - Noticing this the referee will request that 30 seconds be marked. At the end of the 30 seconds if the athlete has changed his position or shown visible signs of engagement, the match will continue.
Loss of 2 Points	Avoiding Lock or Sweep	- A penalty with immediate loss of 2 points occurs when an athlete runs from the ring in order to avoid a sweep that the referee considers would be completed, or when the athlete flees the ring in order to avoid a lock that has not yet been completed.
	Stalling	- When the Centre Referee has called for the 30 second marker, and at the end of the 30 seconds if the athlete hasn't changed his position or shown visible signs of engagement, the same will lose 2 points and both athletes will return to their feet at neutral positions. - The same will happen on the 2 nd offence, with the possibility of disqualification on the 3 rd offence
2 Points awarded to Opponent	3 rd Warning	- On the third offence the offender's opponent will be given two points. - After the third offence the referee may disqualify the athlete for any further fouls.
Disqualification	After 3 rd Warning	- After the 3 rd offence, the Referee has the authority to disqualify the athlete who has incurred additional fouls.
	Excessive Force	- A call for excessive force indicates that a referee saw a competitor using strength or force in excess of the force necessary to score a point. - Any throw, takedown, or submission hold delivered with malicious intent will be considered excessive force and may result in immediate disqualification.

32.17 **Advantages** - It is considered an advantage when the athlete attempts but does not complete any of the fundamental moves of the match; i.e. sweep, take down, submission, etc :

32.17.1 **Advantages through takedowns** - When there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.

32.17.2 **Avantages during closed guard** - When the athlete on the bottom has his legs wrapped around his opponent's waist):

1) The one on top will earn the advantage by being on the offensive, trying to dominate his adversary's guard (pass the guard). For the referee to consider it an advantage, the athlete that is on top must come close to passing the guard, forcing his adversary to exert energy to regain position e.g. half guard, almost immobilizing, etc.

2) The one underneath will earn the advantage if he almost sweeps his opponent, putting him in a dangerous position, as well as when he attempts a lock that forces his opponent to defend. NOTE: for the sweep attempt to be considered worthy of an advantage the athlete underneath must open his legs.

32.17.3 **Ties** - When there is a tie situation on the scoreboard, it is up to the referee to decide if he will award an advantage, using the following judgments:

1) **Advantages for initiative** : An advantage will be awarded during standing engagement or on the ground if the athlete attempts a technique with more aggressiveness and initiative, trying takedowns , other finalizing moves during the match. Or showing that he dominates the match most of the time by putting the opponent on the defensive.

- 2) **Advantages through takedowns:** When there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.
- 3) **Advantages during ground engagement:** Advantages will be awarded during ground engagement if the athlete attempts a technique and puts his adversary on the defensive.

ARTICLE 33. SPORT JUJUTSU (SJJ)

33.1 **Competition Description** - Jujutsu is a complete system of self defense. It's origin was first attributed to India, China and then Japan. Jujutsu was originally a combat system of defense used by the Samurai Class of Japan. Today, Sport Jujutsu brings out the competitive side of the art where the athlete demonstrates his physical & psychological conditions, techniques, and abilities with the objective of rendering his opponent into submission.

33.2 **Divisions :**

Description	Age Grouping	Gender	Weight Category ¹
Junior Male All Belts ²	17 & Under	Male	Under 35 kg
			35 to 44 kg
			46 to 54 kg
			55 to 64 kg
			65 to 74 kg
			75 kg & over
Junior Female All Belts ²	17 & Under	Female	Under 35 kg
			35 to 44 kg
			46 to 54 kg
			55 to 64 kg
			65 to 74 kg
			75 kg & over
Adult Male Underbelt	18 & Over	Male	Light –149 lbs & under (67.4 kg)
			Middle –150 to 164.9 lbs (67.5 to 75 kg)
			Light/Heavy – 165 to 179.9 lbs (75 to 81.5 kg)
			Heavy – 180 to 194.9 lbs (81.5 to 88.5 kg)
			Super Heavy – 195 to 210 lbs (88.5 to 95.2 kg)
			Open Weight – Over 210 lbs (over 95.2 kg)
Adult Female All Belts	18 & Over	Female	Light –129 lbs & under (58.5 kg)
			Middle – 130 to 159.9 lbs (59 to 72.5 kg)
			Heavy – 165 to 179.9 lbs (72.6 to 81.5 kg)
Adult Male Black Belts	18 to 34	Male	Light –149 lbs & under (67.4 kg)
			Middle –150 to 164.9 lbs (67.5 to 75 kg)
			Light/Heavy – 165 to 179.9 lbs (75 to 81.5 kg)
			Heavy – 180 to 194.9 lbs (81.5 to 88.5 kg)
			Super Heavy – 195 to 210 lbs (88.5 to 95.2 kg)
			Open Weight – Over 210 lbs (over 95.2 kg)
Executive Male All Belts	35 to 45	Male	Light – 179 lbs & under (81.4 kg)
Executive Male All Belts	46 & Over	Male	Heavy – 180 lbs & over (81.5 kg)
Executive Male All Belts	46 & Over	Male	Not over 210 lbs

¹ Weight categories may be altered due to number of competitors or other circumstances. The final decision rests with the Tournament Director.

² Juniors Under 16 - To be determined by age, size and rank, at the option of Tournament Director. Male and female may be in the same divisions, at the Tournament Directors discretion.

NOTE - Tournament Director has the option to change and alter all divisions depending on the number of competitors in each division.

33.3 **Uniform** - Each player must present him/herself suitably attired in a clean, traditional Jujutsu or Judo style Gi (uniform) with sleeves no more than one fist distance up the arm from the wrist. If a player's uniform becomes bloodied or torn in a manner that may affect the outcome of the match, he/she will be asked to replace it immediately or forfeit the match. Competitors with long hair must to use a plain hair tie. All jewelry (rings, watches, necklaces, etc.) must be removed. Wearing of eye glasses during competition is prohibited. Competitors may be required to wear a coloured flag or belt during the actual match for identification purposes. All competitors must be suitably attired with proper safety equipment, (see article 33.7)

33.4 **Competition Area** - The competition area will be as outlined in Article 3.3.

33.5 **Entering & Exiting the Contest Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Before the Competitors begin their match, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready. At this point they should make their way to their starting positions.

Before the start of each round, the contestants will bow to each other.

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow the judge on the platform with the judge returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

33.6 **Referees, Judges, & Officials** – Each contest will have 2 Corner Judges and a Timekeeper. The match will be overseen by a Centre Referee who will enforce the rules of the match. Medical personnel shall be available at all times and easily recognizable.

33.6.1 **Duties of the Centre Referee:**

- 33.6.1.1 **Main Responsibility** - The Centre Referee is charged with supervision of the match. He/she starts and stops the match, administers and controls the tempo of the contest, enforces the rules, and ensures fair play. The Centre Referee's main responsibility is safety of the competitors.
- 33.6.1.2 **Scoring** – The Judges score all striking and throwing points. The centre referee will instruct the Judges when a successful hold down has been effected for the required time. The Centre Referee is the only person who can call for and administer a penalty.
- 33.6.1.3 **Communication** - The referee shall communicate clearly with the players, judges, scorekeeper and timekeepers. The referee shall announce in a loud clear voice all official decisions, and shall indicate with voice and gestures the player affected by his/her decisions. The Centre Referee is encouraged to give verbal commands throughout the competition where a penalty has not been called, such as "*watch the contact, or, stay in bounds, etc.*"
- 33.6.1.4 **Stand up grappling** - The Centre Referee is responsible for counting the ten (10) seconds allowed for stand up grappling.
- 33.6.1.5 **Ground time** - When the competitors are on the ground and a hold down has started, the referee will extend his/her arm out over the competitors, this is the signal for the timekeeper to start the ground time. (For Juniors and Kyu belts the referee may count the time).
- 33.6.1.6 **Time-outs** - Only the centre referee may call time out. He/she must do so for the following reasons:
 - a) To allow equipment adjustments.
 - b) To award points, assess penalties, administer warnings.
 - c) To attend to an injured competitor.
 - d) To hear a legal protest.
- 33.6.1.7 **Call for Leader** – At the end of the first round the Centre Referee will “Call for Leader. At this point the judges will raise the flag of the current leader to determine which competitor is in the lead. In the event of identical scores on a Judge's counters, the Judge will cross their arms to indicate a tie.
- 33.6.1.8 **Call for Winner** – At end of the second round the Centre Referee will “Call for Winner”. At this point the judges will raise the flag of the winner to determine which competitor has won the match. In the event of identical scores on a Judge's counters, the Judge will cross their arms to indicate a

tie. In the event of an overall tie score at the end of a match, the Centre Referee will announce an additional round.

33.6.1.9 **A Tie** – When the Centre Referee checks the scores and determines that it is a tie, he/she will indicate and call this a tie, and further rounds will be held to break the tie. (See Article 33.9 – Time of Matches)

33.6.2 Duties of the Judges:

33.6.2.1 **Main Responsibility** – Two Corner Judges will keep the score of the match. Each Judge will have 2 lap counter type devices, one with a White flag/ribbon attached to it, held in the right hand and the other with a Red flag/ribbon attached to it, held in the left hand. The colour of the counter will match the colour awarded to each player by the Centre Referee.

33.6.2.2 **Scoring** - The Judges will count all striking points for each competitor that are to a legal target area, using a legal technique, while standing and while on the ground.

33.6.2.3 **Communication** - Judges are required to limit their motions to their respective areas of the ring, and they must never interfere with the motions of the referee or competitors.

33.6.2.4 **Out of Bounds:** A competitor, whether throwing or striking, is considered in bounds and eligible to score if one foot is still in the competition area. However, a competitor may not be considered officially out of bounds until the centre referee stops the match. It should be noted that it is the centre referee's voice which signals an end to scoring opportunities for the competitors. A Judge should not base his/her scoring on the in bounds or out of bounds of a competitor, but only on the techniques that are happening, unless otherwise advised by the centre referee. If competitors go out of bounds, the centre referee will stop the match momentarily and immediately resume the match once the competitors are both in bounds. If a competitor runs out of bounds simply to avoid engaging his/her opponent he/she will be warned only once by the centre referee. The second time this occurs a penalty will be called. Further offenses of this infraction may be cause for disqualification.

33.6.2.5 **Call for Leader** – At the end of the first round the Centre Referee will “Call for Leader. At this point the judges will raise the flag of the current leader to determine which competitor is in the lead. In the event of identical scores on a Judge’s counters, the Judge will cross their arms to indicate a tie.

33.6.2.6 **Call for Winner** – At end of the second round the Centre Referee will “Call for Winner”. At this point the judges will raise the flag of the winner to determine which competitor has won the match. In the event of identical scores on a Judge’s counters, the Judge will cross their arms to indicate a tie. In the event of an overall tie score at the end of a match, the Centre Referee will announce an additional round.

33.6.2.7 **A Tie:** When the centre referee checks the scores and determines that it is a tie, he/she will indicate and call this a tie, and further rounds will be held to break the tie. (See Article 33.9 – Time of Matches)

33.6.3 Duties of the Timekeeper:

33.6.3.1 Timekeepers shall be seated adjacent to the competition area and shall stop and start time according to the referee's signal to do so. When the match has stopped for more than three seconds and if for some reason the centre referee fails to call time out the timekeeper should automatically stop time, and then restart time with the referee's signal, or when the match resumes.

33.6.3.2 **Timekeeper #1** - Shall, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the centre of the competition area, inform the referee when time has run out, or when he/she has received a formal protest. Time officially runs out only when the centre referee calls the signal to stop.

33.6.4 **Duties of the Scorekeeper:**

33.6.4.1 The scorekeeper must have at the table, all required score sheets, hand counters, stopwatches and necessary flags/ribbons.

33.6.4.2 The scorekeeper will call up each player before a match, including those already on deck.

33.6.4.3 The scorekeeper will record the Judge's leaders by flag colour at the end of the first round, the Judge's winner by flag colour at the end of the match, and the scores on each Judge's counters at the end of the match.

33.7 **Safety Equipment:**

33.7.1 **General** - The use of safety equipment such as approved sparring gloves, sparring shoes, shin pads, mouth guards, and a groin protector is mandatory. No abrasive, rough, tattered, torn or loose equipment will be permitted. No protective equipment shall be allowed to contain any metal or hard plastic.

33.7.2 **Head Gear** - Head Gear is mandatory in all divisions below age 16. Although head gear is not mandatory in other divisions, it is recommended for personal safety.

33.7.3 **Sparring Gloves** - All gloves must have ALL striking areas covered with a minimum one half (1/2) inch of medium to soft foam. Must be suitable for sparring and grappling.

33.7.4 **Footwear** - All foot protection must cover the instep and lower shin area of the foot. ½ to 1" of medium soft density foam is acceptable. Any Velcro or fasteners must be secured properly.

33.8 **Safety of Competitors** - It will be the Centre Referee's responsibility to ensure safety at all times of competitors. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete.

33.9 **Time of Matches:**

33.9.1 Black Belts – 2 minute continuous action rounds with 1 minute break

33.9.2 Under Belt – 1 minute rounds, with approximately 30 second break between rounds.

Continuous action refers to the fact that the competitors are scoring or have the opportunity to score without a break in the action for calling points.

During the thirty second break between rounds the referee will check the judges' score counters to determine a leader, the centre referee will then indicate who the leader is, and then the referee will signal for the second round to begin after the judges have exchanged counters.

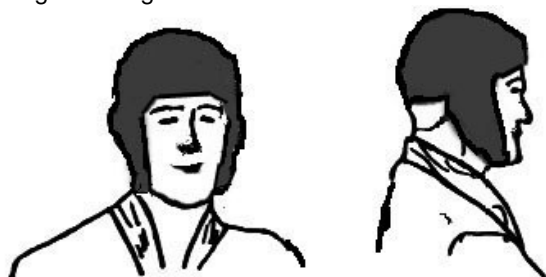
The scoring counters are not to be cleared between rounds, so that the total accumulated points at the end of the match will determine the winner. At the end of round two the centre referee will assemble the competitors in the centre of the ring, he/she will then check the judges' counters and declare the winner.

33.10 **Number of Rounds** - 2 Rounds until the finals. In the event of a tie, additional rounds will be added. (Duration of overtime rounds to be determined by the tournament coordinator).

33.11 **Time Outs** - Only the centre referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He/She may also call time out at the request of one of the judges, the coach, one of the competitors or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

33.12 **Legal Targets** – Sport Jujutsu is a controlled contact sport – Semi Contact. Semi-contact means that the blow would only touch the surface of the clothing or protective equipment with no penetration. Legal targets are the top and side of the head, chest, solar plexus, ribs and abdomen are legal striking areas.



Shaded areas are legal head targets (No facial contact)

33.13 **Illegal Targets** - Facial area, neck, spine, kidneys, groin, and all joints are illegal striking areas. Punching below the belt is illegal. Low kicks are illegal unless they are a legal sweep. Any strike to a competitor whilst stranding or ground grappling is illegal.

33.14 **Legal Techniques** - A boot to boot foot sweep, boot to calf (unless called as a low kick) and calf to calf sweeps are considered legal techniques. All controlled hand strikes, kicks, throws, and submission holds to legal target areas as well as chokes are acceptable legal techniques, except those listed as illegal. Arms, wrists, ankles and legs locks are allowed (heel hooks for black belt competitors only). Light contact to the head is allowed, but it is imperative that judges and referees distinguish the difference between, light contact hard, and excessive contact. (See article 19 excessive force)

33.15 **Illegal Techniques** - Head butts, Hair pulling, Scratching, Biting, Elbow or knee strikes, Any finger strikes, Any blind techniques, Kicking a competitor on the ground, Striking to the head while on the ground, Kick to the legs, Any finger and neck locks. Juniors - Any chokes and locks are illegal.

33.16 **Scoring:**

Points	Technique	Description
1	Strikes	- Crisp, clean striking techniques delivered with either hand or foot to legal target areas. (To score a point to the body light or touch contact only is mandatory) - Hand strikes to the head (to the head gear area) with light or touch contact only, will be awarded one point. (The head contact must indicate that the potential was there for a harder blow). - Each strike must be seen to be a potentially damaging or injurious blow and will be awarded one point. (except for head kick) - Striking to the facial area is not allowed. - Once stand up grappling commences, striking is not allowed.
	Kicks to Body	All kicks above the waist, with the exception of the head.
	Flurry	- A flurry may be considered a repetitive number of doubtful strikes and only one point will be awarded. (At judges discretion).
2	Kicks to Head	- Will be awarded for a controlled kick to the head that makes no more than light or touch contact to head gear area.
	Half-throw/Sweep/Takedowns	- Will be awarded for a legitimate and controlled half-throw, sweep or takedown scored on an opponent that causes one foot to leave the mat, (Such as O'Soto Gari, or Ko Soto Gari).

	Rear Hook	- The Rear Hook is when a competitor has taken full control of their opponent's back by hooking both feet inside his hip or thigh area, thus exposing him/her to the possibility of being submitted by means of chokes or strangles. (Other definitions / terms are the Back grab and Grape vine)
	10 Second Pin	- Will be awarded if one competitor is able to pin their opponent to the ground for a 10 second count.
3	Full-throw/Sweep	- Will be awarded for a full throw or sweep scored on an opponent that causes both feet to leave the mat. (Such as various hip throws, or shoulder throws).
Win	Submission	- Will be awarded for a submission by referee intervention, (this is when, in the opinion of the centre referee there would be severe injury caused if the lock or choke continued).
2	Hold Downs	- Will be awarded for achieving any legitimate hold down position (like osae komi in judo) during the allotted ground time. - The time will be monitored and determined by the referee. The hold down time will start officially by a signal from the centre referee (his/her arm extended out over the competitors and calls "hold down").
	Combination Flurry	Any combination strikes will be considered on their own merit, they may be considered as multiple points or as a flurry, at judge's discretion.
Deductions	Penalties	If there has been a penalty assessed to a competitor that deems he/she loses 2 points, two points are to be added to the opponent's score, since the counters cannot deduct points.

33.16.1 Force required to Score:

Light Contact: Indicates no target penetration as a result of a striking technique. This type of contact is legal to the head (sides and top only. No facial contact). Touch, or Light contact to the head is permitted in all divisions, as specified in legal techniques, and legal striking areas.

Excessive Contact: A call for excessive contact indicates that a referee saw a competitor using strength or force in excess of the force necessary to score a point. Any strike, throw, takedown, or submission hold delivered with malicious intent will be considered excessive force and may result in immediate disqualification. Though it is largely a judgment call, indications that contact has been excessive are to be seen in the following reactions:

- 1) Negligent and reckless malicious intent by using techniques without control.
- 2) Visible severe movement of the head from the force of a blow.
- 3) The appearance of severe swelling or other obvious internal or external injury during the match, is of itself grounds to be called excessive contact. (A bleeding nose would be judged on the force of the blow, not by the blood alone, but would be an automatic penalty for illegal target).

33.16.2 Automatic Wins:

33.16.2.1 Any submission that causes a competitor to tap out is an automatic win.

33.16.2.2 Highest total points at the end of the bout .

33.16.3 **Definition of a Submission** - A competitor tapping out, from a joint lock or choke, or a competitor who receives a strike to the body (without malicious intent), or a throw (without malicious intent) and who cannot continue after a 10 second count is given, will constitute a submission. Submission results in an automatic win.

33.16.4 **Definition of Grappling** - The criteria for grappling allows a competitor to hold his/her opponent in any legal manner for approximately ten (10) seconds while in a standing position, after which time if there has been no takedown or throw, the competitors must release the hold, (on a command by the centre referee). The referee will start a 30 second ground time when one or both competitors have been taken to the ground by use of a legal technique.

Competitors may also score with counter throws, hold downs or submissions. At the end of the time limit they will be separated, brought to their feet and will resume in stand up position. If a hold down has started, or it looks like a submission is close, the referee can use his/her discretion as to calling out of bounds.

Absolutely no neck restraint techniques. No chokes or locks for juniors will be allowed, the

primary objective for juniors on the ground is to achieve a hold down. A competitor who ends up on the ground because of an illegal technique may not be scored upon.

If there is a penalty call while competitors are on the ground, depending on the position of the competitor, the referee may stop the match and assess the penalty, or he/she may let it continue, (if the penalty was against the competitor that was being held down), and assess the penalty after they stand up. During the ground time if in the opinion of the referee there is a stalemate and no action is happening, the referee can order the competitors to stand up without waiting for the ground time to run out.

33.17 **Cause for Penalization** - Warnings & Penalties will be issued to any competitor who:

- 1) Uses excessive contact, (a major penalty).
- 2) Attacks illegal target areas (kicks to knee area will be a major penalty and will be treated the same as excessive contact)
- 3) Uses illegal techniques.
- 4) Runs out of bounds to avoid engagement (engagement out of bounds does not apply).
- 5) Falls on the ground to avoid an attack (A competitor attempting a throw or takedown is exempt from this penalty).
- 6) Continues to engage after being ordered to stop.
- 7) Uses negligent or reckless attacks (regardless if contact is made).
- 8) Is disrespectful to officials or other competitors.
- 9) Displays unsportsmanlike conduct.

33.18 **Method of Penalization** - The Centre Referee is empowered to penalize a competitor at any time with - warning - loss of points – disqualification. Guidelines are as follows:

Offence	Description	Penalty
1 st	Minor Infractions	Warning
	Excessive contact , Knee Kicks (unintentional)	Loss of 2 Points
	Excessive contact , Knee Kicks (intentional)	Disqualification
	Disrespect, or Unsportsmanlike Conduct	Disqualification
2 nd (Same Infraction)	Minor Infractions	Loss of 2 Points
	Excessive contact, Knee Kicks	Disqualification
2 nd (Different Infraction)	Minor Infractions	Warning
	Excessive contact, Knee Kicks	Loss of 2 Points
	Excessive contact , Knee Kicks (intentional)	Disqualification
	Disrespect, or Unsportsmanlike Conduct	Disqualification
3 rd	Any rule infractions minor or major	Disqualification

33.18.1 **Excessive Contact Warning** - When a penalty is issued for excessive contact the centre referee must be specific in his/her instructions, and within hearing of the judges and competitors. For example "The next time you use excessive force you will be disqualified, do you understand?" He/she should wait for the competitor to acknowledge his/her official warning and penalty, and the recording of same before allowing the match to continue.

33.18.2 **Definition of Loss of two points** - Because points cannot be deducted, the centre referee will instruct the judges to add these penalty points to the opposing competitor's score.

33.19.1 **Disqualification** - An act of disqualification against a competitor may eliminate the competitor from further participation in that tournament. All disqualifications should be classified as Minor or Major. Details are as follows:

Minor Disqualification: Will be for the existing contest only (providing there is double elimination or round robin).

Major Disqualification: Will be for the balance of the tournament or a designated period of time, to be suggested by the involved ring referee and submitted to the tournament director and the governing body for that country or area.

Every penalty call should be taken as a very serious offence by competitors and officials, because it could be one of the calls that leads to disqualification.

PART 6 - Self Defence

ARTICLE 34. REALITY BASED SELF DEFENCE

- 34.1 **Description** - The Self Defence Divisions are demonstrations of how Martial Arts Techniques may be applied in a violent encounter. The object of the Self Defence Division is not to glamourise violence, or to imply that it is the primary response of a Martial Artist to dangerous situations, but to demonstrate the ability of a trained Martial Artist in a situation which necessitates the use of force to overcome an attacker, or attackers.
- 34.2 **Age Divisions** - The Age Divisions for Reality Based Self Defence will be under 14, under 18, under 35 and 35 and over
- 34.3 **Grade Divisions** - The Grade Divisions for Reality Based Self Defence will be Under Black Belt and Black Belt.
- 34.4 **Uniform** - All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

If a weapon is used, it is considered a part of the uniform and must be free from any defects, or sharp edges.

- 34.5 **Performance** - Attacks, attackers and the defence can be chosen by the competitor. The competitor must demonstrate **at least 6** self-defence combinations. Each combination will be demonstrated first at slow speed, and then at full speed.
- 34.5.1 **Time Limit** - The time of the performance is ca. 90 seconds, but not less than 60 seconds and not more than 120 seconds.
- 34.5.2 **Partners** - The competitor can have one or more partners. No one shall be injured during the performance.
- 34.5.3 **Props** - Competitors are permitted to use props during their demonstration, e.g. Rubber knives, Batons, etc. All Props must be presented to the judging panel for inspection before the division begins. The Judging panel may request the changing of any Prop which they feel would cause danger to the participants or spectators.
- 34.6 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.
- 34.7 **Number of Judges** - There shall be three referees. The referees award points from 1 to 10 (one decimal).
1. A single line at one side of the area
 2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

- 34.8 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

They will then present their weapon for inspection by the Judges/Main Judge who may if not satisfied regarding the safety of performance with that weapon, request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

34.9 **Scoring** - Competitors will be scored on the following criteria:

- 1) Technical quality of the self-defences shown
- 2) Difficulty of the attack (realism, more attackers, combined attacks, difficulty of the attacks)
- 3) Effectiveness of the self-defences shown

34.9.1 **Deduction of points** - 0.1 points must be deducted if any of the following occur:

- 1) Performance exceeds the time limit (less than 60 sec or more than 120 sec.)
- 2) Performer or partner leaves the Contest area of the mat.
- 3) A partner is injured by the Performer (active).

34.9.2 **Draw** - In case of a draw, each competitor must perform two more techniques. The judges will then show their final decision via show of hands.

PART 7 - Breaking Demonstration

ARTICLE 35. TRADITIONAL BREAKING

- 35.1 **Description** - Breaking Demonstration is a controlled display of the destructive ability of an individual's Martial Arts Technique.
- 35.2 **Age Divisions** - Breaking Demonstration Divisions shall be restricted to competitors over 18 years of age.
- 35.3 **Grade Divisions** - The Grade Divisions for Breaking Demonstration will be Under Black Belt and Black Belt.
- 35.4 **Uniform** - All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Protective eyewear must be worn during the performance.

- 35.5 **Performance** – Techniques, Materials and Set-up will be chosen by the competitor. Each combination will be demonstrated first at slow speed, and then at full speed.
- 35.4.1 **Time Limit** - The time of the performance must not be more than 60 seconds..
- 35.5.2 **Props** - Competitors are required to supply their own Breaking Material and Props. This must be submitted to the judging panel for investigation before the event begins.
- 35.5.3 **Stands** - Any stands used to support any break material must be of sufficient size so as support the material being placed in it, but cannot be of such size as to encourage the material to break. This will be determined by the Judges based on the Material begin broken and set on the day. It will remain the same during the event for all competitors in that category.
- 35.6 **Performance Area** - The performance area (mats) size will be not less than 5 meters by 5 meters. Each competitor/second will be expected to clean and make safe the Performance Area following the demonstration. The Judges will be seated on one side, or at the corners of the area.
- 35.7 **Number of Judges** - There shall be three referees. The referees award points from 1 to 10 (one decimal).

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

- 35.8 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

When the competitors name is called, they will enter the area to set up for the break.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

The judges will then inspect the set up and make request changes. The judges must always explain to the competitor and his/her second the reasons for the change.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

35.9 **Scoring** - Points will be awarded for the following:

The Break:

Material Broken (Depth, Density, etc)
Clean Break

The Technique:

Technicality of Techniques Used
Variety of Techniques Used

Scores will be awarded between 6 and 7 for Underbelts and 7 and 8 for Black Belts

**THE WORLD MARTIAL ARTS GAMES
TOURNAMENT RULES**

Established in 2005
as the Official Rules Governing the
World Martial Arts Games

First Amendment - March 15, 2006
Second Amendment – May 31, 2007

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