

General Rules and Regulations

Mac Martial Arts Tournament • 2026

These rules are intended to promote fair, safe, and consistent competition. All competitors, coaches, judges, and officials are expected to understand and follow the rules applicable to their divisions.

Rules questions or disputes should be directed to Lawrence Macaraeg at Macmartialartsclub@shaw.ca.

Official Dress Code

- All competitors must dress appropriately for their division.
- Chinese martial arts divisions: traditional Chinese martial arts uniform (preferred) or school T-shirt.
- Karate divisions: karate-style gi.
- Taekwondo divisions: Taekwondo uniform.
- Sparring divisions: T-shirt and shorts, karate-style gi, Taekwondo uniform, or point-sparring top and bottom.

Officiating and Tournament Management

- The Tournament Director manages the event and designates officials and staff.
- Each match will have a center referee and three (3) or five (5) judges, as designated by the Tournament Director or arbitrator.
- A referee or judge will not be removed solely at a participant's request. The Tournament Director, Tournament Manager, or Tournament Arbitrator may remove an official when necessary to preserve fairness.
- Before competition begins, officials and competitors will be briefed on the rules, regulations, modifications, and event-specific instructions.

Referee Pre-Match Duties

- Inspect the ring for proper markings, cleanliness, and hazards.
- Confirm that required materials are available, including timing equipment, scorekeeping materials, whistles, padded weapons where applicable, and a suitable time-over signal.
- Confirm that judges are ready, qualified, and understand the applicable rules.
- Check each competitor for required safety equipment.

Decisions and Forfeiture

The referee controls the match, coordinates judge decisions, communicates points and penalties to the scorekeeper, and announces the winner.

- A competitor may forfeit a match by refusing to follow the referee's decision or by reaching the applicable disqualification threshold for the division.
- A competitor who does not report to the ring after being called three consecutive times may forfeit the match.
- The Tournament Director or official may declare a forfeit for failure to comply with host-facility rules while on the premises or between matches.

Staging Area

The staging area will be clearly marked. Competitors or their representatives are responsible for checking in when their category is confirmed and for being ready to enter the ring when called.

- The coordinator will verify the roster and, where possible, avoid matching competitors from the same school in the first round. Brackets/cards may be randomly arranged, and an odd number of competitors may result in a bye.
- Competitors will face and salute the timekeeper/head table, salute the judges and referee, salute each other, and then move to their designated starting positions.

Grouping of Competitors

For forms divisions, competitors are grouped primarily by age and experience level. When necessary, the Tournament Director may use height or other reasonable criteria to create fair divisions. Competitors must provide accurate registration information.

Start of the Match

- The referee will confirm that the judges, timekeeper, and scorekeeper are ready, then start the match with the command “Ready, fight!” Sport Arnis follows the applicable Sport Arnis rules.
- The clock runs continuously unless the referee calls time-out or the scheduled match time expires.
- Only the referee may call time-out, including for injury, equipment adjustment, or consultation with the Tournament Director and judges.

General Points and End of Match

- The referee may stop action when a possible point is scored. Judges may also signal a point. Competitors then return to their starting positions while the point is confirmed.
- At the end of the scheduled time, the timekeeper signals that time has expired.
- The referee confirms the final score and identifies the winner. Competitors then return to the center, salute each other, and the winner confirms their name with the scorekeeper for bracket advancement.

Forms Grand Championships

Advanced-level gold medal winners in forms divisions, from children through adult age groups, are eligible for the Grand Championships. If there are fewer than two competitors in an age group, organizers may combine appropriate groups.

- Grand Championship categories: Colored Belt Forms, Black Belt Forms, and Black Belt Sparring.
- Eligible competitors must have earned an advanced-level gold medal in their division.
- Grand Championship belts will be awarded to the winners.

Form Rules: Kata / Poomsae / Team Forms / Weapons

General Rules

- There is no time limit for kata/forms.
- Competitors salute the judges upon entering the ring and announce their name and the form they will perform to the chief judge.

- Forms are evaluated on stance, balance, power, coordination, structure, characteristics of the style performed, and representation of combat effectiveness.
- Competitors may be grouped by Freestyle and Traditional Style.

Judging Criteria

- Proper sequence of movement and technical accuracy.
- Strength, concentration, body expansion, changes in speed, and fighting spirit.
- Correct direction and smooth footwork.
- Demonstrated understanding of the purpose of each movement.
- Overall performance and the essential characteristics of the chosen kata/form.
- Power and accuracy of basic techniques.
- Proper stances, posture, and mental focus.

Experience Levels and Forms Scoring

- Beginner: less than 2 years of experience — 7.0 to 8.0 points.
- Intermediate: 2 to 4 years of experience — 8.0 to 9.0 points.
- Advanced / Black Belt: more than 4 years of experience — 8.5 to 10 points.

Weapons Forms

Weapons forms follow the same general performance and judging criteria described above unless otherwise announced by tournament officials.

Weapons Forms Scoring

- Beginner: 8.0 to 9.0 points.
- Intermediate: 8.0 to 9.0 points.
- Advanced / Black Belt: 8.5 to 10 points.

Rules for Point Sparring

General Rules and Safety

- There is no age limit for point-sparring competitors. All brackets are single elimination.
- Mandatory safety equipment: headgear, karate gloves, mouthpiece, groin protector, shin guards, and foot protectors. A chest protector is optional for youth competitors age 17 and younger.
- Point sparring is stop-action. Contact must be controlled and light. Excessive or knockout-level contact is prohibited.
- Prohibited techniques include elbows, knees, headbutts, chokes, joint locks or throws, takedowns, body slams, and knockout punches or kicks.
- No kicking below the hips.
- No punching to the back or behind the head.
- If there are fewer than two competitors in an age group, officials may combine appropriate groups.

Points and Matches

- Each match is two (2) minutes or ends when a competitor reaches a 10-point spread, whichever occurs first.
- Two (2) points: controlled kick to the head.
- One (1) point: controlled kick to the body.
- One (1) point: controlled punch to the head.
- No kicking below the hips.
- No punching behind the head.
- A warning will be issued for a rules infraction. Two (2) warnings result in disqualification from the match.

Awarding Points

- When the referee sees a valid scoring action, the referee calls “STOP” and signals the point.
- If a judge sees a valid scoring action, the judge signals the referee. The referee calls “STOP” and requests the officials’ decision.
- After “STOP,” judges make an immediate decision. A point is awarded when there is a clear majority call.

Determining the Winner

- The competitor with the most points when time expires wins, unless the match ends earlier by a 10-point spread.
- A forfeit by a competitor or coach results in an automatic win for the opponent.
- A competitor may forfeit by raising a hand and verbally advising the referee. A coach may forfeit on the competitor’s behalf by throwing in a white towel.

Warnings and Disqualification

- Warnings may be issued for excessive contact, attacks to prohibited areas, prohibited techniques, disrespect toward officials or an opponent, or failure to follow referee/judge instructions.
- Two (2) warnings result in disqualification from the match.
- The referee may immediately disqualify a competitor for serious misconduct, deliberate dangerous conduct, or an illegal technique that causes significant injury.
- The referee may stop a contest when there is a significant skill mismatch or when an injury makes continued competition unsafe.

Sport Arnis: Padded Knife / Padded Single Stick / Padded Double Stick

This competition is intended as a safe simulation of bladed-weapon competition using padded equipment. The guiding concept is “One Hit, One Kill.” Points are awarded for controlled strikes to designated target areas.

- One (1) point is awarded for a valid controlled hit or strike to designated target areas, including the head, upper shoulders, torso, arms, legs, and feet.
- The competitor with the most points at the end of the two-minute round wins. If the score is tied, the match continues under sudden-death rules until a point or violation determines the result.

Sport Arnis Grand Championship

Each player has the opportunity to earn points toward the Sport Arnis Grand Championship based on their placement in each eligible division.

- 1st Place - 5 points
- 2nd Place - 3 points
- 3rd Place - 1 point
- The coordinator will update the results after every match and will maintain up-to-date Grand Championship standings throughout the competition.

Sport Arnis General Rules

- Approved sticks will be provided; competitors are not required to bring their own.
- Competitors are categorized by age and belt level rather than weight class.
- Mandatory safety equipment: helmet with face protection, gloves, and groin protection for male competitors.
- A competitor who is disarmed or drops their stick twice in one round automatically loses.
- Competitors have five seconds to execute a disarm. A competitor who is disarmed loses one point.
- No punching, kicking, takedowns, or contact to the back.
- Competition is continuous. The referee stops and restarts action when a competitor falls, a weapon falls, or a weapon is successfully taken away.
- If there are fewer than two competitors in an age group, officials may combine appropriate groups.

Officials and Equipment

The Tournament Director will provide experienced judging staff to promote fairness, safety, and consistent officiating. Competitors should use comparable protective equipment. Bringing personal equipment is recommended for hygiene and efficient match transitions.

- Arnis headgear: \$150 each.
- Padded rattan sparring stick: \$25 each.
- Live rattan sparring stick: \$20 each.
- Suitable street-hockey or lacrosse gloves/helmet may be used where approved. Knee pads and groin protection are recommended. Chest/body protection is optional for girls/women.
- Full-body armor is recommended but optional.

Continuous - Live Stick

- 10/9 scoring.
- Single-elimination format.
- Each round is two (2) minutes.

Sport Arnis Match Duration and Warnings

- Each bout is one (1) round of two (2) minutes.
- Scoring uses a point system. A 10-point spread results in an automatic win.
- Warnings may be issued for disregarding officials, disrespect, excessive force, violent conduct, prohibited kicking/punching/takedowns, continuing to attack after an opponent's weapon falls, or other unsafe/unsportsmanlike conduct.

- Two (2) or more warnings may result in disqualification. Serious unsportsmanlike conduct or injury caused by a prohibited technique may also result in disqualification.
- The referee may stop the contest for a significant skill mismatch or an injury that makes continued competition unsafe.
- Courtesy rule: before and after the bout, competitors salute the judges and then each other.