

## General Rules and Regulations

**The competition rules and regulations for the Mac Martial Arts are strictly enforced by a panel of Judges/Coaches. During the competition, any disputes regarding the rules and regulations should be filed to Lawrence Macaraeg at [Macmartialartsclub@shaw.ca](mailto:Macmartialartsclub@shaw.ca)**

### **Competition Dress Code**

All competitors are required to dress appropriately. For example, Chinese martial arts divisions, competitors may wear traditional Chinese martial arts uniforms (preferred), or school T-shirt. For Karate divisions, competitors may wear Karate-type Gi's. For Taekwondo division, competitors may wear Taekwondo uniform. For sparring divisions, competitors may wear T-shirt and shorts, Karate type Gi's, or Taekwondo uniform or point sparring top and bottom. We will not be allowing individuals wearing jeans.

### **OFFICIATING - Tournament Management**

All tournaments shall be managed by the Tournament Director, who shall designate his officials and staff.

Officials -Each match shall have a center referee and three (3 or 5) judges depending on belt level division. They will be designated by the tournament director or the arbitrator.

Removal of a referee or judge - A referee may not be removed upon request of a participant. A referee may be removed if the Tournament Director/ Manager or Tournament Arbitrator feels that it is necessary for the fairness of the event.

Rule briefing - Before the start of all tournaments, officials and players shall be briefed on rules, regulations, modifications, and any other concerns the Director wishes to impose.

**Referees** - Pre-match duties. Before each match begins it shall be the duty of the referee to:

1. Check the ring for proper markings, cleanliness, or hazards.
2. Check availability of materials such as time clocks, referee staff, padded weapons, paper and pencils, whistles, towel, or similar object to use as a time over signal.
3. Check on the readiness and qualifications of the judges to ensure understanding of all rules and regulations.
4. Check each competitor for the required safety equipment.

### **Decisions**

During the match the referee will call commands to control the match. The referee will also call commands that will indicate to the judges to prepare to make their decisions. The referee will be the one who will indicate to the score keeper who will be awarded the point or who has been penalized for an infraction and is the one who will be indicating who has won the match.

Forfeiture - A match can be announced as forfeited when:

1. Any player refuses to abide by the referee's decision or accumulates a total of three infractions to the rules.
2. A player does not report to the ring when called three consecutive times.
3. Default. A player or team may be forfeited by the tournament director or official for failure to comply with host facilities rules while on the premises or between matches

## Staging Area

The staging area will be marked "Staging area." It is the responsibility of the competitor or representative to be checked in when they are being confirmed in their respected category. It is also the area where competitors must be prepared to enter his match.

1. Coordinator. The roster will be checked by the coordinator to ensure all competitors are accounted for and to ensure no one from the same school are competing against each other on their first match when possible. Player cards will be randomly shuffled, and the odd number of competitors dictates a "BYE".
2. The referee will have the competitors face and salute the timekeeper table or head table then turn and salute the judges and referee then salute each other. The referee will then have the competitor's step back to the designated marked positions on the floor.

## Grouping of Competitors

For forms divisions, competitors are grouped first by age groups and then by level of experience. Learn more on the rules page of each of these divisions. If there are any discrepancies with age. The competitor will be placed by height. **Please be honest when filling out the registration form.**

## Start of the Match

1. The referee will check with the judges, timekeeper, and score keeper for ready status. When acknowledgements from all officials are given, the referee will give the command to the competitors to commence by using the words "Ready, fight!" For Sport Arnis, please refer to the rules and regulations indicated in the Sport Arnis rule book.
2. The timekeeper will start the clock and time will run continuously until a time out is called by the Referee or when the two minutes have elapsed.
3. A time-out can only be called by the Referee. The Referee can call a time out for injury, equipment adjustments, or discussion with the Tournament Director and Judges.

## Points

1. Stop action by the Referee when a possible point has been made. Points will be made only by the center Judges. The Referee will use his hand/stick to interrupt the match and call break. The Judges can also call points and stop the match by using the open palm hand signal to indicate a point has been scored. In either case a confirmation will then need to take place. The Referee and competitors will now return to their starting points.
2. At the end of 2 minutes, the timekeeper will blow the whistle or throw in a towel or similar device to indicate time is over.

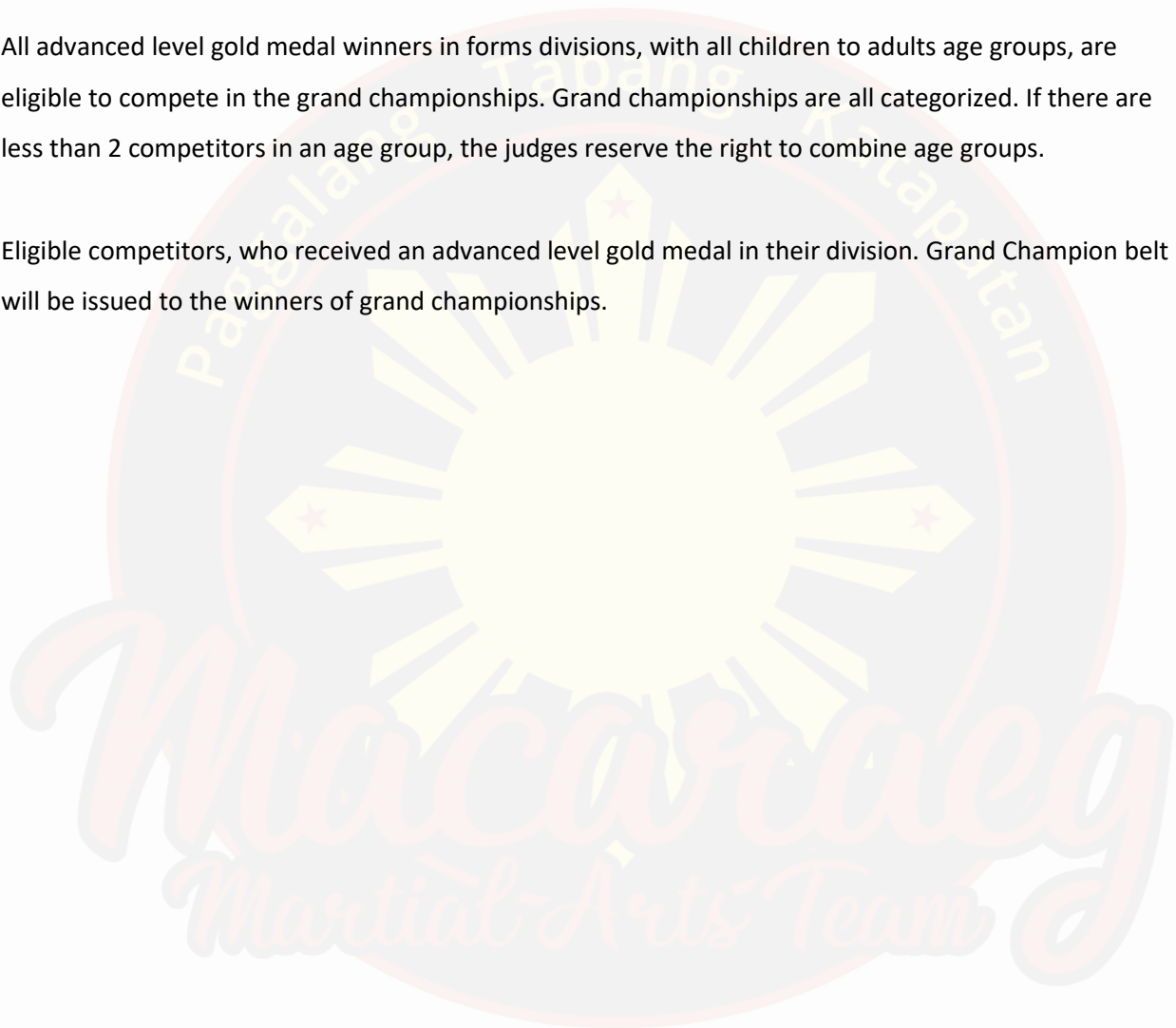
## End of Match

1. The referee will confirm total points and player cards. The referee will then indicate the winner by either raising the competitor's arm or an extended arm pointing to the winner's side.
2. The referee will then have the two competitors in the center of the ring to salute each other. **It is the responsibility of the winning competitor to confirm his/her name and is moved up in the bracket by going to the score keeper and giving his name.**

**Forms Grand championships:**

All advanced level gold medal winners in forms divisions, with all children to adults age groups, are eligible to compete in the grand championships. Grand championships are all categorized. If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.

Eligible competitors, who received an advanced level gold medal in their division. Grand Champion belt will be issued to the winners of grand championships.



## **Form Rules for Kata/Poomsae/team Forms/weapon**

### **General Rules**

- There is no time limit for all katas.
- Salute to the judges upon entering ring, then announce to the chief judge your name and the form you will be performing.
- Once an age group is announced to perform; All katas are scored based on good stance, balance, power, coordination, and structure; characteristics of the style performed and representation of combat effectiveness.

### **Kata Styles**

- Competitors are grouped either by Freestyle or Traditional Style

### **Judging Criteria**

- Proper sequence of movement and correct accuracy of the techniques
- Showing the key elements of kata: levels of strength, concentration, and expansion of the body, change in the speed of the techniques, and fighting spirit
- Following the proper course of direction and showing smoothness in the feet movements
- Demonstrating an understanding of the meaning of each movement
- Overall performance and illustrating the essential characteristics of the chosen Kata
- Power and accuracy in the performance of basic techniques
- Proper use of stances and postures, and the ability to focus the mind

### **Level of Experience & Scoring for Forms Divisions**

- Beginner less than 2 years of experience
- Intermediate 2 to 4 years of experience
- Advanced more than 4 years of experience
- Beginner: 6 - 7.5 points
- Intermediate: 7 - 8.5 points
- Advanced/ Black Belt: 8.5 - 10 points

## Rules for Weapons Forms

### General Rules

- There is no time limit for all katas.
- Salute to the judges upon entering ring, then announce to the chief judge your name and the form you will be performing.
- All katas are scored based on good stance, balance, power, coordination, and structure; characteristics of the style performed and representation of combat effectiveness.

### Kata Styles

- Competitors are grouped either by Freestyle or Traditional Style

### Judging Criteria

- Proper sequence of movement and correct accuracy of the techniques
- Showing the key elements of kata: levels of strength, concentration, and expansion of the body, change in the speed of the techniques, and fighting spirit
- Following the proper course of direction and showing smoothness in the feet movements
- Demonstrating an understanding of the meaning of each movement
- Overall performance and illustrating the essential characteristics of the chosen Kata
- Power and accuracy in the performance of basic techniques
- Proper use of stances and postures, and the ability to focus the mind

### Level of Experience & Scoring for Forms Divisions

- Beginner: 6 - 7.5 points
- Intermediate: 7 - 8.5 points
- Advanced/ Black Belt: 8.5 - 10 points

## Rules for Point Sparring

### General Rules

- There Is No Age Limit for Point Sparring Competitors. All brackets are single elimination.
- Mandatory Safety Equipment: Headgear, karate gloves, mouthpiece, groin cup, shin guard, and foot protector. Chest protector is optional for youth groups 17 years and younger.
- No Contact Areas: Front of face, spine, back of the head, eyes, neck, groin, and knees.
- Prohibited Techniques: elbows, knees, headbutt, choke, joint locks, sweeps or throws, takedowns, body slam, and knockout punches or kicks. No contact to the back or below the waist.
  - Boot to boot leg sweep are allowed. Once the opponent is down on the ground the standing fighter has 3 seconds to follow up with a punch.
- Contact is not continuous, punching and kicking with light or No force only.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.

### Duration of Bout (Point)

- Each bout is 2 minutes for under belts (beginner and intermediate levels)
- Each bout is 2 minutes for advanced level or Black Belt

### Scoring Points

- (1) One point for hand strike, (1) one point for body kicks, (1) point for head kicks
- Automatic winner when the bout reaches a 10-point spread

### Awarding Points

- If the referee sees an action that is a valid point, the referee will command STOP and immediately signal the point.
- If one of the judges sees an action that is a valid point, the judge must signal to the referee immediately, the referee will command STOP and immediately signal the point.
- After the referee commands STOP, each judge must make an immediate decision by hand pointing to the competitor who is to receive the valid point. The referee counts the decisions of the judges and then point to the appropriate competitor being awarded the score. Points can be awarded when there is a clear majority call from the judges.

### **The Winner of the Bout is Determined by:**

- The winner is the competitor with the most points at the end of the bout.
- Forfeit by a competitor or his/her coach result in an automatic win for the competitor's opponent.
- To forfeit, the competitor must raise one hand and then verbally tell the referee that he/she is forfeiting this bout.
- The competitor's coach can also make the decision to forfeit by throwing in a white towel.

### **Warning**

- Punching and kicking with heavy force.
- Punching and kicking to the "No Contact" areas.
- Using "Prohibited Techniques" against the opponent.
- Disrespecting the referee, judges, or the opponent.
- Disregards the instructions of the referee and the judges.

The referee has the right to disqualify a competitor from the bout or competition if:

- The competitor commits 2 fouls or draws blood.
- The competitor injures his/her opponent using prohibited techniques or attacks to the no contact area, depending on the seriousness of the injury.

The referee has the right to stop the contest if:

- There is a big gap in the skill level between the 2 competitors. The competitor with the skill advantage wins the bout.
- A competitor is injured because of a legal maneuver, depending upon the seriousness of the injury. The opponent wins the bout.

## **Sport Arnis Rules for Padded Knife/Stick/Double Stick Fighting**

Acknowledgements: We would first and foremost would like to give thanks to all students, members, instructors, coaches, staff, family, and friends who came together for the uplifting promotion and propagation of Sport Arnis Alberta, and The Martial Arts of the Philippines.

This years Sports Arnis Arbitrator – TBD

Thank you for all your support, patience, advice, and belief into making this program and tournament successful since its inception.

for further information please contact: [www.sportsarnis.com](http://www.sportsarnis.com) ARNIS BC FMA MAHARLIKA

### **CONCEPT:**

This form of contest is a safe form of competition which simulates bladed weapon competition. The philosophy of padded point sparring is “One Hit, One Kill”. The credit of this competition comes from the Eskrima, Kali, Arnis Coalition.

Points are awarded to the contestant who scores with a controlled strike to the targeted areas of the opponent’s body as one would use a sword. One (1) point is awarded when there is a “hit or strike” to the body areas from the head, upper shoulders, torso, arms, legs and down to the feet.

A match is won when one competitor accumulates most points before the two-minute round has expired. Upon the expiration of time and should the score be even, the match will continue without a time restriction until an opponent scores a point or gets a violation to end the match (Sudden Death rule).



## General Rules

- Competitors are not required to bring their own stick. (Approved sticks will be provided)
  - There is an age limit for Amis Stick Fighting competitors. All competitors must be 5 years old.
- Competitors are categorized by age and belt level, not by weight classes.
- Mandatory Safety Equipment: Helmet with face protector, gloves, and groin protector for men.
- Competitor who is disarmed or drops his/her stick 2 times in one round automatically loses.
- Competitors have 5 seconds to execute a disarm. A competitor who is disarmed loses one point automatically.
- No punching, kicking, or takedowns permitted. No contact to the back.
- The format is continuous. Referee stops and restarts the fight if one or both competitors fall on the ground, one or both weapons fall on the ground, or one competitor grabs the handle and takes away the opponent's weapon.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.

**Active Judges – The tournament director will provide a judging staff with experience, knowledge, and skill to ensure the highest level of fairness, safety, and action.**

All Players must wear the same type of sparring gears for safety, fairness, and consistency. Best to bring your own gears for hygienic reasons and for quick transition of matches.

You can purchase your own ARNIS Stick-Fighting Gears directly from Mac Martial Arts or at the tournament. A limited number of supplies will be available at the tournament for sale.

Required Gears:

1. ARNIS HEADGEAR
2. Padded sparring stick – Provided by the tournament
3. padded knife – Provided by the tournament
4. You can also purchase the following at your local sporting goods stores: a. Street Hockey or La Crosse Gloves/Helmet (look for good protection on thumb, forefinger, and pinky) b. Knee Pads (look for good protection for front and sides) c. Groin Cup (recommended for men, boys, and women) Optional for Girls/Women: 1. Can wear chest/body protector.
5. Full body armor is optional.

### **Duration of Bout (point) – Single/ Double stick & Knife**

- Each bout is 1 round; each round is 2 min.
  - Point Scoring
- Scoring is a point system.
- Automatic winner when the bout reaches a 10-point spread

### **Duration of Bout (continuous) – Single/ Double stick**

- 3-minute rounds
- Judges unanimous call

### **Warning**

- If the competitor disregards the orders and instructions of the referee and the judges.
- Disrespecting the referee, judges, or the opponent.
- Attacking with excessive force.
- Using violent actions.
- Using the techniques of kicking, punching, and takedowns.
- If the competitor continues to attack his/her opponent after the opponent's weapon falls on the ground.
- Using performance-enhancing drugs prior or during the bout.
- The referee has the right to disqualify a competitor from the bout or competition if:
  - The competitor receives 2 or more warnings from the referee.
  - the competitor engages in unsportsmanlike conducts.
  - the competitor injures his/her opponent using prohibited techniques or attacks to the no contact area, depending on the seriousness of the injury.

### **The referee has the right to stop the contest if:**

- There is a big gap (10-point spread) in the skill level between the 2 competitors. The competitor with the skill advantage wins the bout.
  - A competitor is injured because of a legal maneuver, depending on the seriousness of the injury. The opponent wins the bout.
- Courtesy Rule: Salute to the judges first and then competitors salute to each other before the bout begins. After the bout finishes, salute to the judges again and then competitors salute to each other.