**General Rules and Regulations**

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**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**

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 or Macmartialarts.ca

**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.

**Competition Dress Code**

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.
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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

**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.

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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.

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Required Gears:

1. ARNIS HEADGEAR

2. Padded sparring stick – Provided by the tournament

3. Padded knife – Provided by the tournament

4. Groin Cup

5. You can also purchase the following at Macmartialarts.ca or 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.

6. Forearm protector

7. 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.

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**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.

**Continuous stick**

**Ages 5 and up**

**Three rounds, two minutes each round**

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.

1. 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.

If you have any Questions, Please call

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