

Championship Series Rules and Regulations

Fighting Durations

- Each round will last for one and a half minutes.
- The final round will last for two minutes.
- If both fighters have equal points at the end of time then an extra thirty seconds will be added.
- If at the end of those thirty seconds both fighters still have equal points the winner will be decided by sudden death, which means the winner is the first fighter to score the point (Either referee may score this point).

If a competitor fails to show after their name has been called three times they will have two minutes to get to their area fully dressed with the correct safety equipment.

Legal Scoring Techniques

- 1 Point – Hand technique to the body.
- 1 Point – Hand technique to the front, side or back of the head.
- 1 Point – Hand technique to the face (with control)
- 1 Point – Foot technique to the body
- 1 Point – Foot sweep. (Hands and body must not touch floor).
- 2 Points – Foot technique to the front, side or back of the head.
- 2 Points – Jumping foot technique to the body.
- 2 Points – Foot sweep with follow-up (Hands must not touch the floor).
- 2 Points – Foot technique to the face (with control).
- 3 Points – Jumping foot technique to the front, side or back of the head (head guard only),

Points for jumping techniques will only be awarded if both feet leave and return to the floor.

Illegal Techniques

- No scoring and dropping to the floor
- No scoring and stepping out of the area
- No scoring to the top of the head
- No scoring to the back
- No strikes to the neck or shoulders
- No strikes to joints or below the belt
- No grabbing
- No elbow strikes and spinning back fists
- No excessive contact (as by referee on the appropriate area)
- No Jumping Foot technique to the face (no exceptions)

Excessive contact may result in being disqualified.

Exiting the Area

If a fighter should exit the area they will be deducted one point on the third exit and one point for every exit thereafter. (Unless a fighter is kicked, punched or pushed out of the area).

Scoring Rules

Scoring rules are majority rules, which means if one referee scores one point to one fighter and the second referee scores one point to the other fighter it will count as one point each. If one referee scores one point to each fighter and the other referee scores one point to only one fighter the point will be awarded to the fighter being awarded the point by both referees.

The winner will be the fighter with the most points at the end of time. There is no maximum score but if one fighter becomes ten points clear of the other fighter the winner will be the fighter with the ten points clear.

The referee on the appropriate area has control. If you have any disagreement with the referee on your area then the head referee will make the final decision.

Round Robin

If a category should be drawn with only three persons in it then there will be a round robin. Each fighter will fight both of the other fighters. The fighter with the most wins will be declared the winner. If the fighters should have equal wins then the fighter with the most overall scored points will be declared the winner. If two fighters both have equal points then they will fight off for first and second place.

Kata

All contestants must present themselves suitably attired and ready to compete. The competitor shall wear a uniform that in his/her opinion best represents the style or form he/she is to perform.

The Martial Artist must show that he/she is the Master of his/her body and its movements, and that he/she can complete his/her routine with control, ease, style and exactness. With this in mind, the Officials must first look for good posture, continuity, crispness of movement, and proper technique.

Judges shall use a decimal point system for scores (e.g. 6.5). No music in traditional Kata's.

Grapple & strike

Compulsory equipment - Gum Shield, Groin Guard, MMA Style Gloves.

Optional Equipment - Shins Pads, Headguard

All contact is light. Striking allowed to torso, inner and outer thighs. NO head contact. Throws and take downs allowed, but must be performed with control. Grappling is allowed with submissions allowed to ankle, knee, elbow, neck and chokes. NO small joint manipulation.

WIN by submission or after time limit judge's decision,

Rounds are two 1 1/2 minutes.

Protective Equipment and Dress Code

All competitors must wear their club uniform in good condition (long trousers, no shorts) with their correct graded belt (if you practice more than one style the highest ranked belt must be worn).

All fighters must wear semi-contact, closed fingered gloves, foot pads (these must cover the entire foot and toes), shin guards (not elasticated), mouth guard and groin guard (must be worn inside trousers). All safety equipment must be in good condition.

No jewellery must be worn whilst competing.

If any of the above is incorrect and not approved by the referee on the appropriate area you will have two minutes to correct it or you will be disqualified.

Warnings

An official warning will be issued for:

- Anything un-sportsman like
- Refusing to fight
- Arguing with any of the officials
- Illegal techniques
- Talking on the fighting area
- Not wearing the correct uniform

All of these are at the discretion of the referee on the appropriate area and can only be overruled by the chief referee.

Any other queries must be taken up with the organisers of these events.

Grand Championship

You must attend at least three events from the series (one of which must be the final) to be awarded with the Grand Championship for your category.

School Grand Championship

The School / Club with the most overall points and the end of the series will be awarded the School / Club Grand Championship Trophy. The School / Club must attend at least three events from the series (one of which must be the final) to be awarded the School / Club Grand Championship..