

JEFF SPEAKMAN'S



5.0 FIGHTER



RULES AND REGULATIONS

October 2016

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MISSION STATEMENT

The purpose of the tournament rules is to provide for the smooth and fair administration of the tournament event and to ensure the safety of its participants and the enjoyment of its spectators.

All participants, athletes and non-athletes alike must adhere to the tournament rules and act in accordance with the spirit of the martial artist or risk being censured from participating in all or part of the tournament event at the discretion of the Chief Judge or Mr. Speakman.

Any and all problems, issues or circumstances not clearly regulated by the tournament rules will be decided at the discretion of the Centre Judge or Mr. Speakman.

DEFINITIONS

ADULT 18 years and older, **YOUTH/JUNIOR** under 18. Tournament director reserves the right to change categories as needed.

FORMALITIES: FORMS, SELF-DEFENSE, & TEAM DEMONSTRATION DIVISIONS

1. Each ring will be 6 meters x 6 meters.
2. Each ring will have a minimum of 3 judges.
3. Each ring will have minimum of 1 score keeper.
4. All competitors will line up together at the bottom of the mat until collectively called up by the head judge to bow in and then follow his/her directions.
5. They will be in full clean approved uniform, karate, Jiu-jitsu, Judo, Kung-fu, Taekwondo.
6. When called, they will individually bow and enter the ring from the bottom centre with the judges at 12:00.
7. Competitors will position themselves in front of the judges close enough that the judges can hear them introduce themselves and their demonstration.

FORMS COMPETITION

1. Judges will present their scores firstly to the competitor and then to the scorer and finally to the audience.
2. The scorer will record the overall score given, respective to the categories listed below in scoring section.
3. The highest score will be deemed to be in 1st place and this process will continue until 2nd and 3rd place winners have been determined.
4. Each student will demonstrate form and/or set from their respective program. (Kenpo Kids, Teen Kenpo or their respective styles etc.). Combined forms will be allowed.
5. In the event of a repeating tiebreak the involved competitors will demonstrate a different form or set from their respective program.

SELF-DEFENSE COMPETITION

1. The competitor will enter the mat as described in '*Formalities (6)*'. (The attacker(s) will enter with the competitor and immediately position themselves in the centre of the ring and await the competitors instruction).
2. The competitor will move to a position that best highlights their demonstration before beginning, and will return to a training horse at completion of the demonstration and await their score.
3. Self-defense techniques will be demonstrated at a slow 'instructional' pace first. Then, they will be conducted at full speed/power.
4. Juniors will perform at least two techniques & Adults at least three techniques. Techniques may be grafted or modified.
5. Additional points will be awarded for complexity of chosen techniques.
6. Additional points will be awarded for logic and realism related to sequencing.
7. They will then acknowledge the judges and leave the mat from where they entered without turning their back to the judges and return to their seated position with the other competitors.

TEAM DEMONSTRATION COMPETITION

1. Two or more participants in each team.
2. All members have to be signed up for team demonstration.
3. Approved weapons may be used in demonstration.
4. There is a three minute maximum time limit. (Clock starts after permission is granted to begin).
5. Music is optional. (Must bring your own 'boom-box').

SCORING

1. Technical accuracy of the demonstrated form or self-defense technique.
2. Intensity of the demonstrated form or self-defense technique.
3. Attitude/overall presentation of the competitor during the demonstrated form or self-defense technique.
4. Complexity of presentation or "degree of difficulty including reality of choreography" should be factored into the final score.
5. A guideline for scoring will be determined with the centre judge and will be shared with subsequent judges prior to the competition.

5.0 FIGHTING – CONTROLLED CONTACT

GENERAL

1. Colored belt matches (below brown belt) shall each consist of one round of two minutes.
2. Finals and brown or black belt levels shall consist of one, two minute round with a one minute break followed by a one minute round.
3. Competitors shall be identified by judges according to the colored belt (blue or red) in place of their normal belt, tied prior to entering the mat.
4. Coaching is permitted by one single coach per competitor at the side of the ring and re-hydration for competitors is permitted at break period.
5. Tiebreak/overtime rounds shall each be up to one minute in duration.

LEVEL OF EXPERIENCE

If you have MMA, Kick-boxing, or Maui-Tai training up to 6 months then you will compete in the Brown Belt division. If you have more than 6 months or have at least one amateur or one professional fight you will fight in the Black Belt division. If the competitor is ranked in more than one system, then the competitor will compete on the highest level of their ranking.

SAFETY EQUIPMENT

Mandatory Protective Equipment:

1. Head protection (Plastic only facemask is optional).
2. Groin guard.
3. Shin-instep protector or Foot Guard.(Forearm protection optional)
4. Mouth Guard.
5. Padded fingerless hand mitts 6 oz minimum (dipped foam gloves are allowed for kids only).
6. Jewellery is to be removed and finger and toenails are to be neatly trimmed. Eyeglasses are not permitted. Contestants shall have two minutes to conform.

FORMALTIES

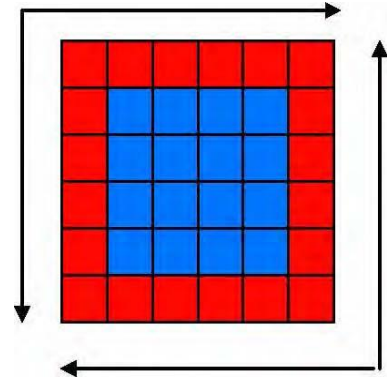
1. All competitors will be present and ready to take the mat with correct protective equipment.
2. Competitors will acknowledge the mat and judges when called upon the mat to compete.
3. Competitors are responsible for knowing all scoring regulations etc and the centre referee will explain any rule clarifications.
4. Competitors bow first to the centre referee, then to each other before stepping backwards and away with hands held high in a guard position to signal their readiness.
5. During match stoppages competitors will return to their starting position and face the outside of the mat.
6. At the completion of the match competitors will, as directed, acknowledge each other, then the centre referee and then in good sportsmanship demonstrate a disengage from the match by the shaking hands or touching of gloves, etc leaving all emotions on the mat.
7. The fighters must stop immediately when the referee calls 'Break'.
8. If necessary to reset the fighters, the referee will bring them back to the centre of the ring and restart them in the standing position only.
9. Fights going to ground must maintain a level of "activeness" or they will be reset after a total of ten seconds, including the three second controlled position point count.

COMPETITION ARENA

1. Each competition area shall measure 6 meters x 6 meters.
2. Competition areas shall be separated from the spectator areas by a physical barrier. Nobody except the competitor, coach and officials are allowed on the competition side of the barrier.

POINT SCORING

The referee and judges will award points at their own discretion if in their opinion a legal point has been scored. Two corner judges freely score 'stand up' points and 'ground points' as determined solely by the centre referee.



STAND-UP POINTS

1. **One point** is awarded for legal strikes to the trunk, side of head with control, and legs with the joints only.
2. **One point** shall be awarded for each controlled kicking technique or legal hand technique delivered to the sides of the head including controlled contact with any part of the ear areas. The face, throat and forehead as well as back of neck and spine area are excluded. No punches to the head! Only ridge-hand, conventional back-fist or a sighted spinning back-fist are permitted. **Acceptable power to the head region is considered as 'Controlled Contact'**.
3. **One point** shall be awarded for each hand strike or kicking technique delivered accurately and with sufficient power to the mid-section area and sides of the torso, in the absence of any violations.
4. **One point** shall be awarded for kicks to the inside and the outside of the upper leg (above the knee) that are delivered with enough controlled force. Do **NOT strike** against the direction of motion of the knee!
5. **One point** shall be awarded for rear leg sweep below knee and above ankle with sufficient power to warrant a point.
6. **One point** shall be awarded for all direct intentional strikes to the groin while standing; striking to the groin on the ground is permitted but without a point awarded.
7. **One point** shall be awarded for legal techniques which result in an 'intended' takedown irrespective of what position is taken once they hit the ground. This point is awarded by the centre judge only as directed in the 'Ground Points' section.
8. **A maximum of five points** only will be awarded by the corner judges for a standing clinch where one of the competitors is scoring striking points while the other is engaged in the attempted take down. This is an accumulative award from any type of point striking during the clinch. If the clinch breaks, or the centre judge breaks the competitors instead of going to the ground, then there is a reset and another five points can be awarded under the same circumstance.

GROUND POINTS

1. When the fight is taken to the ground the centre judge immediately takes control of awarding any scoring points from the point of, and including the takedown. The judge will indicate ground point/s to the fighter that earns the point/s with a loud, verbal command while pointing to same fighter with one hand and holding the finger/s up of the other indicating number of points given. The corner judges then add these points as directed.
2. **Two points** shall be awarded for gaining and maintaining a dominant position; these being “Full Mount”, “Back Control” and “Side Control” held for at least three seconds before awarding the point.
 - Full mount must have both knees/shins on the ground where ever possible.
 - Back Control they must have both feet hooks in.
 - Side control must be past both legs of the opponent on the ground for at least three seconds or one “knee in the belly”. These two variations of side control will be accumulative for the three second control for point award.
 - If a competitor is face down in the turtle position and the opponent takes their back with a controlling mount with hooks in but within the 3 second time frame the competitor on the bottom rolls over while the controlling opponent remains in control the time continues toward the score of 2 points.
 - Points can only be gained by advancing positions of control only.
3. **One point** will be awarded for a reversal or escape from an arm bar, rear naked choke, or other established locks or chokes. Once the reversal has been awarded, all ground points return to the beginning stage.
4. **Three points** shall be awarded for an arm bar, lock or choke or any submission resulting in a tap from the opponent. This will immediately cause the fight to stop. Submission is when a fighter “taps out” (continuous tapping on the mat or opponent to alert the referee). The fighters will immediately return to the centre of the ring to continue the fight.

The centre judge has the right to stop the fight if he thinks the technique will render the opponent to injury, and award 3 points. This rule is in place to protect the safety of the competitors.

Techniques must be applied in a controlled manner in order to be awarded.
5. **The winner is determined by superior point totals of successful hits (solid contact) using hands, feet, knees and elbows during stand up and also takedowns, advancing controlling positions and submission techniques.**

PROHIBITED ACTS

Warnings are done at the discretion of the centre referee.

Deductions - Full point deductions for prohibited acts at the centre referees discretion are done during a break in action and in time and are shown as points being awarded to the opponent.

1. **No punching or striking to the face/neck or spine area is allowed any time.** Penalty points will be given for intended contact to unauthorized areas including the spine, face/neck and back of the head.
2. Using the elbows and/or knees to strike the joints or face/neck area.
3. Evading by turning the back to the opponents attack or avoiding the match.
4. Biting or scratching.
5. Attacking the eyes.
6. Feigning or exaggerating injury.
7. Head butting.
8. Blind Spinning back technique to the face or head area.

PROHIBITED ACTS(Continued)

9. For reasons of safety, throws where the opponent is thrown without being held onto, or thrown or slammed dangerously are prohibited and will incur a warning or penalty.
10. Standing or rising with both knees off the ground for body slam.
11. Jump guard from standing while holding opponent in guillotine.
12. Deliberately striking the joints of the opponent.
13. Crossing the Boundary Line to avoid the contest.
14. Uttering undesirable remarks by competitor, coach or supporters.
15. Intentionally attacking the fallen opponent after break is called by the referee. (A fallen competitor is deemed to be when one or both knees and one or both hands/arms touch the ground).
16. Interrupting the progress of the match on the part of a contestant or a coach.
17. Violent or extreme remarks or behaviour on the part of a contestant or a coach.
18. Striking techniques employed that miss such as kicks and punches etc must not wildly cross the centreline of the opponent thus showing a lack of control or an intent to injure.

DISQUALIFICATION

1. Total of 3 minus points. (Penalty points awarded to opponent).
2. Competitor or coach intentionally disobeys the referee or the competition rules. Competitor has one minute to conform.
3. An intentional, illegal strike to an opponent which results in rendering him or her unable to continue the match or creates significant injury.
4. Un-sportsmen like conduct as determined by the centre referee and/or judges by the competitor or coach.

Penalties and prohibited acts are declared by the referee. In the case of multiple penalties being committed simultaneously, the heavier penalty is declared.

WITHDRAWAL

1. If a competitor withdraws then the opponent is declared the winner.
2. A competitor who disrespectfully withdraws may not continue in the following matches.
3. If due to injury the medical advisor stops the match then 'withdrawal' is given and the opponent is declared the winner. It is at the medical advisors discretion if the participant may continue in matches after that.