



TOURNAMENT RULES & REGULATIONS 2025

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DEFINITIONS:

Acrobatics:	Extraordinary feats of balance, agility, and motor coordination.
Judges:	Three or five qualified individuals responsible for controlling and maintaining the competition floor. Also referred to as referees.
Floor Officials:	Two individuals trained and qualified for time and scorekeeping.
Dobok:	Traditional karate-style uniform with a crossover front top.
V-neck:	Traditional Korean-style uniform with a closed top.
Kickers:	Safety gear worn over the foot.
Punches:	Safety gear worn over the hands.
Headgear:	Safety gear worn over the head.
Face shield:	Safety gear on the front of the headgear covering the face.
Groin guard:	Safety gear worn by male competitors inside the uniform pants to guard against injuries to the groin area.
Chest guard:	Sleeveless padded safety vest worn over the top to prevent injuries to the chest area and vital organs.
Shin pads:	Padded safety gear worn on the front of each shin to prevent injury.
Forearm pads:	Padded safety gear worn on the forearms to guard against injury.
Mouth guard:	Also known as a mouthpiece, worn over the upper teeth to guard against cuts, injuries, and concussion.
Combat weapon:	Padded short stick-like weapon used in combat weapon point sparring competition.
Gup/rank:	Level of experience of an individual competitor, typically indicated by a colour or black belt worn around the waist.
Form:	Also known as Hyung, Poomsae, or pattern, describing a set series of movements and martial arts techniques memorized for competition or rank advancement.
Traditional form:	Set pattern of movements style-specific and part of the traditional curriculum of a specific style used for rank advancement and/or grading.
Traditional wooden weapons form:	Traditional form involving a wooden or similar weapon such as nunchaku, short stick, staff (bo staff), etc.
Traditional bladed weapons form:	Traditional form involving a bladed weapon such as a sword, sai, kama, knife, etc.
Creative form:	Non-traditional form created by the student, including all traditional movements and techniques, excluding acrobatic or dance movements.
Extreme form:	Non-traditional form created by the student, including traditional movements and must contain acrobatic or gymnastic movements, with or without music, and may include a weapon.

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Musical form	Non-traditional form created by the student, performed to music, and may include a weapon.
Set	Command to call competitors to attention.
Bow	Bowing motion to show respect towards fellow competitors and Judges/referees.
Begin	Command indicating the competitor may start their form.
Stop	Command indicating the competitor must stop and return to the set point in the middle of the floor.
Fight	Command for competitors to start the sparring match.
Break	Command to stop a sparring match to award points, indicate warnings, or stop competitors advancing away from the safety of the competition floor.
Judges ready	Command used by the Centre Judge/referee to ascertain if fellow Judges are ready to score the competitor. Used in form competitions and sparring matches.
Judges score	Command given by the Centre Judge to facilitate a simultaneous score by all Judges.
Time	Command used by any Judge to stop time during competition to assess a situation, such as loose sparring gear, attending to an injury, or instructing spectators coaching from the sidelines.
Time on	Command indicating to the timekeeper that time is to resume.
Tie:	Term describing an equal amount of points scored during form or sparring competition.
Sudden victory:	Command indicating the next competitor who scores a clear point will be the decided victor of a sparring match.
Warning:	Command given when a transgression has been observed and may be called by any Judge. Warnings must be indicated after "break" is called to allow competitors time to stop fighting.
Medic:	Command indicating that a moderate to serious injury has occurred and that medical personnel and assistance are required, signalled by crossing both wrists high above the head.
Competition area:	Area allocated for a division to compete, fully controlled and regulated by the Centre Judge/referee.
On deck:	Indicates the next competitor(s) to compete upon completion of the current form or match.
Bye:	System used to determine the order of competitors during a sparring draw sheet setup.
Incomplete form:	Form is not complete whereby at least an entire segment of the form was omitted.
In bounds:	Competitors active within the legal borders of the competition area with at least one or both feet remaining inside the border.
Out of bounds:	Both feet of a competitor are outside the competition floor border, and therefore, the competitor cannot score upon an opponent.
Light contact:	Contact made between opponents with little or no penetration.
Moderate contact:	Contact made between opponents with moderate penetration into the target area of the body or safety gear but without the chance of physical injury under normal circumstances.
Excessive contact:	Contact made with enough force that may cause injury.

GENERAL RULES:

If a competitor enters any MASA tournament but does not compete, is unable to continue competing, or is disqualified, there will be no refunds given under any circumstances.

1. To accommodate all parties involved and the differences in terminology, the official language at any MASA tournament is English.
2. No parents or spectators are allowed on or directly next to the competition area.
3. No competitor who is not competing on a specific floor will be allowed on that floor at that given time.
4. All bags, gear, weapons, and other equipment must be kept away from the competition floor to avoid competitors or Judges tripping over obstructions.
5. Delaying a floor by taking excessive time to put on sparring gear and equipment may result in disqualification.
6. Unsportsmanlike conduct, disrespect, or aggression shown towards a fellow competitor, spectators, or Judges may lead to disqualification.
7. No foul language, obscene remarks, or gestures are allowed by competitors or spectators. Such transgressions may result in disqualification of the competitor or the related competitor if the offending person is a spectator, coach, or instructor.
8. Judges and other floor officials will not engage in argumentative discussions with spectators. Issues should be brought to the attention of the Tournament Director or floor coordinator/manager immediately.
9. No coaching is allowed from spectators, instructors, or coaches during competition.
10. Judges' decisions are final. All disputes should be directed to the Tournament Director. If unavailable, complaints can be made to an allocated floor coordinator/manager. If the division is finalized before a formal complaint is lodged, the Judges' decisions will stand. Formal complaints can be logged in writing to MASA via electronic mail for further investigation.
11. Competitors must be correctly dressed in accordance with the style of martial arts they are competing in. Incorrect uniform will result in disqualification.
12. All weapons must be inspected before competition commences.
13. Appropriate sparring gear and equipment should be worn and be in good repair.
14. Competitors must be available to compete when their division is called. No late entries will be allowed once a division has started.
15. Competitors should validate their entry tickets and confirm their names to ensure correct event participation.
16. All Judges must arrive on time.
17. Judges must not leave their allocated floor or area unless given permission by the Tournament Director, floor coordinator/manager.
18. Judges must not leave the tournament beforehand without specific permission from the Tournament Director.
19. All score sheets and equipment (stopwatch, bean bag, colour indicator, clickers, etc.) must be checked and verified by the Centre Judge before the division starts.
20. Centre Judges are responsible for the equipment on their allocated floor(s) and will be held accountable for any missing or intentionally broken equipment.

JUDGES RESPONSIBILITIES

All Judges must sign a declaration acknowledging their understanding of the rules and regulations and their commitment to judge impartially and without bias.

SECTION A (Form Competition)

1. The Centre Judge must ensure the safety of all competitors on their competition floor.
2. The Centre Judge checks all documentation to ensure correctness before closing a division.
3. Judges focus on overall performance, memorization, attitude, showmanship, technique, power, and flow.
4. Centre Judges concentrate on overall performance, memorization, attitude, showmanship, technique, power, and flow (see forms section for specific criteria).

SECTION B (Sparring Competition)

1. The Centre Judge must ensure the safety of all competitors on their competition floor.
2. Corner Judges (A, B, C, D) assist with judging and scorekeeping.
3. Centre Judge positions in the middle, opposite corner Judges, facing the time and scorekeeper.
4. Corner Judges indicate the competitor's side with coloured flags (red and white).
5. All Judges are responsible for calling points, warnings, and time-outs, regardless of the other Judges' observations.
5. No Judge outranks another, but the Centre Judge announces points, warnings, penalties, and manages the sparring match.
6. Corner Judges must maintain the square formation relative to the Centre Judge to ensure the best vantage point (see sparring section for specific criteria).

FLOOR OFFICIALS AND DUTIES

TIMEKEEPER

1. Responsible for timekeeping in both form and sparring competitions.
2. Start and stop time as directed by the Centre Judge.
3. Indicate when time has elapsed, or other specified conditions are met.

SCOREKEEPER

1. Responsible for administrative duties on the competition floor.
2. Completes draw sheets and records all points, warnings, and penalties.
3. Ensures legibility and accuracy in documentation.
4. Verifies scores announced by the Centre Judge and assists in verbal confirmation with the timekeeper.
5. Tracks draw sheet setup and announces participant order to the Centre Judge.

UNIFORMS

1. Uniforms must be clean, ironed, and adhere to the specific style requirements.
2. Competitors **must** wear the correct uniform for their style.
3. Female competitors must wear a plain white shirt underneath the uniform top (optional for males).
4. Footwear must be appropriate for the uniform colour (white shoes for white uniforms, black shoes for black uniforms) or bare feet/socks matching the uniform colour.
5. No jewellery is allowed except for wedding bands and medical bracelets (taped over or temporarily removed for safety).
6. No nail polish is allowed.



FORMS

1. Forms can be traditional, creative, musical, or extreme.
2. Judged by either 3 or 5 Judges (Centre Judge and 4 corner Judges).
3. The competitor must announce the specific form's name before starting.
4. Competitors must present forms relevant to their rank.
5. Black belts must perform their current rank form in its entirety.
6. No competitor may perform a form from a different style without prior permission.
7. Techniques execution may vary and should not be penalized.
8. In the event of a tie, resolution follows specific guidelines for two-way and three-way ties.

Traditional Forms (Open Hand Forms)

Three to 5 Judges; Overall, Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization

1. Must be recognised by the traditional discipline represented.
2. Relevant to belt rank.
3. Performance and presentation take precedence in the absence of detailed knowledge by the Centre Judge.
4. Incomplete forms score lower, with second attempts allowed for colour belts.

Traditional Wooden Weapons Forms

Three to 5 Judges; Overall, Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization

1. Same guidelines as open-hand forms.

2. No throws or acrobatic movements allowed.
3. Weapon inspection before competition.
4. Dropping a weapon results in a 1-point deduction.

Traditional Bladed Weapons Forms

Three to 5 Judges; Overall, Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization

1. Same guidelines as wooden weapons forms.
2. No sharpened edges or dangerous weapons allowed.
3. Dropping a weapon results in a 1-point deduction.

Creative Forms/Weapon Forms

Three to 5 Judges; Overall, Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization

1. Non-traditional forms created by the student, without music, acrobatics, or high rotations.
2. Performed solo within 1-2 minutes.

Synchronized Forms (Open Hand and Weapons)

Three to 5 Judges; Overall, Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization

1. Performed by three members from the same style.
2. Can be traditional or musical.
3. Must be 1-2 minutes long.

Team Forms

Three to 5 Judges; Overall, Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization

1. Performed by 2-6 members to music.
2. Must be 1-2.5 minutes long.
3. No dancing allowed.

Extreme Forms/Weapons Forms

Three to 5 Judges; Overall, Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization

1. Performed to music with acrobatics and gymnastic movements.

2. Must be 1-3 minutes long.
3. No dancing allowed.

Musical Forms/Weapons Forms

Three to 5 Judges; Overall, Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization

1. Performed to music without acrobatics or high rotations.
2. Must be 1-2 minutes long.
3. No dancing allowed.



TRADITIONAL POINT SPARRING

1. Light to moderate contact allowed to legal target areas.
2. Single round eliminations with 2-minute rounds.
3. First to 10 points or most points when time elapses wins.
4. Sudden victory in case of a draw.

Warning Calls:

1. Friendly warning: For low kicks, turning back, moving out of scoring area.
2. Non-contact warning: For kicking towards illegal target areas without contact.
3. Contact warning: For making contact with illegal target areas.
4. Disqualification: For unsportsmanlike conduct, aggression, profanity, or equipment throwing.

Sparring Gear:

1. Inspected for good repair.
2. Includes headgear, kickers, punches, mouth guard, groin guard, face shield, chest guard, shin pads, and forearm pads.

Legal/Illegal Target Areas and Points Awarded

Technique	Legal	Illegal	Points
Controlled punch to the face	X		1
Punch to the front of the body	X		1
Kick to the front of the body	X		1
Kick to the head	X		2
Kick to the throat		X	
Kick to the back		X	
Kick below the belt		X	
Kick to the back of the neck		X	/
Open hand techniques		X	/
Back fist to the head or face	X		1
Spinning back fist		X	/
Jump kick to the body	X		2
Jump kick to the head	X		3
Spinning kicks to the head	X		2
Spinning kicks to the body	X		1
Axe kick with the ball of the foot to body	X		1
Axe kick with the ball of the foot to head	X		2
Axe kick with the heel		X	/

CONTINUOUS SPARRING COMPETITION

1. Light to moderate contact allowed to legal target areas.
2. Single round eliminations with 2-minute rounds.
3. Two 2-minute rounds for the final match.
4. Additional 1-minute round for draws.

Warning Calls

1. Same as point sparring competition.

Sparring Gear

1. Same as point sparring competition.

COMBAT WEAPON SPARRING COMPETITION

1. Light to Moderate contact allowed to legal target areas.
2. Single round eliminations with 2-minute rounds.
3. Sudden victory in case of a draw.

Warning Calls

1. Friendly warning: Moving out of the scoring area.
2. Non-contact warning: For striking or stabbing towards illegal target areas without contact.
3. Contact warning: For making contact with illegal target areas.
4. Disqualification: For unsportsmanlike conduct, aggression, profanity, or equipment throwing.

SPARRING GEAR AND WEAPON

1. All sparring gear must be inspected before the competition. Any gear not in good repair will not be allowed.
2. Headgear: Covers the sides, back, and top of the head.
3. Kickers: Cover the entire foot, including the back of the heel and the toes.
4. Gloves: Must have an open hand and detached thumb to allow the competitor to securely hold the combat weapon.
5. Mouth Guard: Must be fitted correctly.
6. Groin Guard: Mandatory for all male competitors.
7. Face shield: Mandatory for all competitors in combat sparring
8. Chest guard: Optional for combat sparring – covers the front and side of the torso.

Legal/Illegal Target Areas and Points Awarded

Technique	Legal	Illegal	Points
Strike to the front of the body	X		1
Strike to the back of the body	X		1
Strike to the legs above and including ankle	X		1
Strike to the side, back, top of the head and face	X		2
Stab to the face		X	/
Strike to the neck area not protected by head gear		X	/
Strike to the back, top or front of shoulders	X		1
Strike to the arm not holding the weapon	X		1
Strike up to the elbow of the weapon arm including the hand holding the weapon	X		2
Stab to the front leg	X		2
Stab to the throat		X	/
Stab to the groin		X	/
Strike to the groin		X	/
Strike to the buttocks	X		1
Disarming an opponent by way of strike on the weapon	X		1

Disarming an opponent by way of strike on the hand holding the weapon or below the elbow of the weapon hand	X		3
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CONTINUOUS FREE-SPARRING

Overview

Continuous free-sparing is a new division aimed at bringing back the artistic skills of Korean martial artists. It differs from the traditional kickboxing structures of sparring and focuses on light and semi-contact sparring. The main objective is to balance hand techniques and leg movements, ensuring that no brawling is allowed. The division encourages clean, proper Korean martial arts techniques with control.

General Rules

1. **Purpose:** To promote artistic Korean martial arts techniques and control.
2. **Contact Level:** Semi-contact, very light.
3. **Gloves:** Point-sparing gloves are allowed. Boxing gloves are not permitted.
4. **Duration:** One round of two minutes.
5. **Scoring:** The match will not be stopped for scoring. Points will be counted using counters or clickers.
6. **Winning Criteria:** The competitor with the most points at the end of two minutes wins.
7. **Technique Balance:** No brawling is allowed. After every third punching technique, competitors must follow up with at least two to three kicking techniques.

Specific Rules

1. **Scoring Techniques:** The same rules and principles used in traditional point-sparing apply. Proper scoring techniques towards the opponent are necessary to earn points.
2. **Point Limit:** There is no specific point limit to stop the fight. The fight continues for the full two minutes.
3. **Technique Variety:** Competitors must balance hand and leg techniques. Overuse of hand techniques without sufficient kicking techniques is not allowed.
4. **Equipment:** Only point-sparing gloves are allowed. Boxing gloves are prohibited to maintain the light-contact nature of the division.
5. **Judging:** Points are awarded based on clean and controlled techniques. Judges will use counters or clickers to keep track of the score throughout the match.
6. **Winning:** The competitor with the highest score at the end of the two-minute round is declared the winner.

Safety and Conduct

1. **Control:** Competitors must maintain control throughout the match, ensuring techniques are clean and precise.
2. **No Brawling:** Continuous brawling or excessive use of hand techniques without balanced leg movements will result in penalties.
3. **Semi-Contact:** Only light and controlled contact is permitted. Excessive force will result in warnings or disqualification.
4. **Compliance:** All competitors must adhere to the general rules and principles of traditional point-sparring adapted for continuous free-sparring.

Legal/Illegal Target Areas and Points Awarded

Technique	Legal	Illegal	Points
Controlled punch to the face	X		1
Punch to the front of the body	X		1
Kick to the front of the body	X		1
Kick to the head	X		2
Kick to the throat		X	
Kick to the back		X	
Kick below the belt		X	
Kick to the back of the neck		X	/
Open hand techniques		X	/
Back fist to the head or face	X		1
Spinning back fist		X	/
Jump kick to the body	X		2
Jump kick to the head	X		3
Spinning kicks to the head	X		2
Spinning kicks to the body	X		1
Axe kick with the ball of the foot to body	X		1
Axe kick with the ball of the foot to head	X		2
Axe kick with the heel		X	/

Summary

Continuous free-sparring aims to highlight the artistic and technical aspects of Korean martial arts, balancing hand and leg techniques while maintaining control and light contact. By incorporating the foundational rules of traditional point-sparring and emphasizing technique variety, this division provides a unique and challenging format for martial artists.



MASA Unified Kumite Competition Rules for Multi-Style Karate & Traditional Martial Arts

This unified rule set ensures fair, safe, and structured competition across various martial arts disciplines while maintaining the principles and traditions of Kumite combat.

1. Competition Format & Match Rules

1.1 Match Duration & Victory Conditions

All matches will be 2 minutes long or will end when the first competitor reaches 6 points. If neither competitor reaches 6 points by the end of the match, the competitor with the higher score wins.

Alternatively, a competitor may win by scoring 3 Ippons (full points) before reaching 6 total points.

In the event of a tie at the end of regulation time, a 1-minute sudden death round (Encho-Sen) will be held, where the first clean point wins.

If neither competitor scores during Encho-Sen, the match will be decided by judges' decision (Hantei) based on control, aggression, and technical execution.

1.2 Scoring System & Criteria

Points are awarded based on clean, controlled, and effective techniques, following traditional martial arts principles.

An Ippon (2 points) is awarded when a technique is decisive, controlled, and delivered with proper form, distancing, and effectiveness. Examples include:

- Jodan (head) kicks executed with full control.
- Clean sweeps followed by an immediate scoring attack.
- Effective counterattacks executed with superior timing.
- A Waza-Ari (1 point) is awarded for effective but less decisive techniques, such as:
- Chudan (body) punches executed with proper control.
- Standard strikes with proper distancing and execution.
- Defensive counterattacks that are controlled but lack full impact.

The following techniques are considered valid scoring techniques:

- Punches (Tsuki)
- Strikes (Uchi-waza)
- Kicks (Geri)
- Sweeps (Ashi Barai), provided they are followed by an immediate scoring technique.

Scoring Criteria:

For a technique to be scored, it must meet the following three key criteria:

Form

- Proper execution of the technique with correct posture and balance.
- Clean execution in accordance with traditional martial arts principles.

Execution:

- The technique must be delivered with correct timing and positioning.
- Strikes must be executed with proper distance and targeting.

Control:

- The technique must be fully controlled and appropriate to the level of contact permitted for the division.
- No excessive force should be applied.
- A technique that does not meet all three criteria will not score.

2. Legal & Prohibited Contact Rules

2.1 Contact Rules for Juniors (Under 18)

For all competitors under the age of 18, contact rules are as follows:

- Controlled contact to the head (Jodan) is allowed, but only light contact that does not cause injury.
- Controlled contact to the body (Chudan) is permitted, but it must not be excessive.
- Sweeps and controlled takedowns are allowed, but the competitor executing them must follow up with a scoring technique and ensure safety.
- Techniques must demonstrate control and precision – excessive or forceful contact is penalised.

2.2 Contact Rules for Seniors (18 and above)

For all competitors aged 18 and above, contact rules are as follows:

- Controlled contact to the head (Jodan) is allowed, but it must be light and without excessive force.
- Strikes to the body (Chudan) are allowed with moderate contact, provided they are controlled and do not cause injury.
- No excessive contact to any target area – competitors must demonstrate control at all times.
- Sweeps and controlled takedowns are permitted, but the competitor executing them must ensure safety and follow up with a scoring technique.
- Excessive force or unrestrained techniques that cause injury will be penalised.

2.3 Prohibited Contact & Fouls

The following illegal contact actions apply to all competitors, regardless of age:

- ✗ No full-force or knockout-intended strikes to the head.
- ✗ No excessive or uncontrolled contact to the face or body.
- ✗ No strikes to the spine, back of the head, or joints.
- ✗ No grabbing, holding, or wrestling beyond a brief moment for execution of a legal technique.
- ✗ No excessive force in sweeps or takedowns.
- ✗ No repeated stepping out of bounds (Jogai).
- ✗ No passivity (deliberately avoiding combat).
- ✗ No exaggeration of injury to influence referee decisions (acting or simulation).

3. Penalties for Excessive Contact & Specific Fouls

The following progressive warning system applies to all cases of excessive contact and prohibited actions:

A Keikoku (Caution) is issued as a verbal caution for minor excessive contact or a first minor rule infraction. Examples include:

A punch or kick that makes contact but is slightly harder than permitted.

A competitor who steps out of bounds once.

Minor avoidance of engagement (passivity).

A Chukoku (Warning) is issued when excessive contact is more forceful or repeated but does not yet cause injury. Examples include:

A technique delivered with excessive force that causes a competitor to lose balance but not stop competing.

Stepping out of bounds multiple times.

Avoiding engagement (passivity) after a first caution.

Faking an injury to gain advantage (exaggeration).

A Kaikoku (Penalty) results in a one-point deduction and is issued for excessive contact that causes the match to be paused due to the impact. Examples include:

A strike that forces an opponent to stop momentarily due to pain or discomfort.

A kick or punch that is uncontrolled and lands harder than acceptable.

Repeated excessive contact after receiving prior warnings.

Repeated stepping out of bounds or deliberate running away from combat.

A Hansoku (Disqualification) results in immediate loss of the match and is issued for severe excessive contact or blatant disregard for the rules. Examples include:

A strike that results in an opponent being unable to continue.

A deliberate knockout attempt.

Faking a serious injury to manipulate the match outcome.

Persistent refusal to engage in combat (stalling and passivity).

4. Protective Equipment Requirements

4.1 Mandatory Protective Equipment

To ensure safety, the following protective equipment is compulsory:

Gloves – Lightweight, approved fist protectors.

Mouthguard – Required for all competitors.

Shin and Foot Protectors – Mandatory for all competitors.

Groin Guard – Mandatory for all male competitors.

4.2 Optional Protective Equipment

Chest protectors are optional for all competitors but recommended for younger divisions (Mini Cadets, Cadets, and Juniors).

Headgear is mandatory for Mini Cadets and Cadets (ages 6-11) and optional for Juniors (12-14).

Additional body protection is permitted upon request by competitors, coaches, or parents.

GRAPPLING RULES

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5. **Warnings and infractions**
6. **General rules**

1. COMPETITION AREA:

- 1.1. The competition area must be flat and free of obstacles
- 1.2. The competition area must consist of a minimum area of 4x4 m² and a maximum of 10x10 m². It is mandatory to indicate the safety area with a different colour, one meter on the sizes.
- 1.3. The table referee must stay seated using one table, out of the safety area, using the flags, scorecards, warning signs, and chronometer.

2. TECHNIQUES:

2.1. Legal techniques

- 2.1.1. All wrestling takedowns and sweeps
- 2.1.2. All Judo throws and sweeps
- 2.1.3. All grappling positions and reversals allowed
- 2.1.4. All air and blood chokes, arm and straight ankle locks allowed.

2.2. Illegal techniques

- 2.2.1. No slams or spiking
- 2.2.2. No fish hooks
- 2.2.3. No cranks
- 2.2.4. No knee bars or heel hooks
- 2.2.5. No crushing chokes

2.3. Restricted techniques – to be practiced with caution:

- | | | |
|---------------------|---|------------------------------------|
| 2.3.1. Novice | - | No leg or ankle locks |
| 2.3.2. Beginner | - | Only straight ankle/leg locks |
| 2.3.3. Intermediate | - | Only straight ankle/leg locks |
| 2.3.4. Advance | - | Any controlled Leg and ankle locks |

2.4. Any technique should be executed in a controlled manner without excessive force.

3. SCORING SYSTEM (STRIKE):

3.1. Strike

- 3.1.1. A strike is a submission that is done technically correct and locked in, but the opponent doesn't tap or get out of the submission. This is considered as one strike for the competitor who attempted the submission

- 3.1.2. All techniques must be applied in a controlled manner, especially leg and ankle locks.

3.2. In case of a “tie”:

- 3.2.1. Competitors with the most strikes will win.
- 3.2.2. If there are no strikes in a fight/match, the referees will decide which competitor engaged in the most attempted submission and this competitor will be declared the winner.

4. Divisions:

4.1. Each Style should group there style in the following classes based on experience:

- 4.1.1. Novice
 - 4.1.1.1. 1 month to 2 years
 - 4.1.1.2. 10th, 9th, 8th, 7th gup/kyu
- 4.1.2. Beginner
 - 4.1.2.1. 2 to 3 years
 - 4.1.2.2. 6th, 5th, 4th gup/kyu
- 4.1.3. Intermediate
 - 4.1.3.1. 3 to 4 years
 - 4.1.3.2. 3rd, 2nd, 1st, gup/kyu
- 4.1.4. Advanced
 - 4.1.4.1. From 4 years and up
 - 4.1.4.2. Black and Above

5. WARNINGS AND INFRACTIONS

- 5.1. The referee has the authority and discretion to issue warnings, penalties, and disqualifications. These include the following (not necessarily in the below order):
 - 5.1.1. Verbal warning/minor infringement – No penalties or disqualifications.
 - 5.1.2. Formal warning – Formally noted on the scorecard, the competitor can only win by submission.
 - 5.1.3. Second formal warning – Competitor Automatic disqualification
 - 5.1.4. Disqualification – in case of severe infringement or unsportsmanlike conduct
- 5.2. The central and/or Table referee must issue a warning for no attack. This will be where one competitor refuses to engage in the contest. These warnings are cumulative as above. Verbal, formal followed by disqualification for 3rd infringement.
- 5.3. The following are considered as offenses and warrant warning/s and/or disqualification based on the discretion of the referees:
 - 5.3.1. Application of movement without technique.
 - 5.3.2. Intentional skip/running/escaping of the mat to avoid an advance from competitor or submission.
 - 5.3.3. Speaking to competitors or referees during the match.
 - 5.3.4. Execution of malicious techniques.

5.3.5. Use of any illegal technique on an illegal area.

6. GENERAL RULES:

- 6.1. Matches/fights are won by submission only
- 6.2. No points are scored for reversals and guard passing etc.
- 6.3. No-Gi attire only.
- 6.4. If the attacker stays in a static position displaying tiredness or does not attempt to engage in the fight, the central referee will count loud from 1 to 5, where after, if the attacker does move, the referee will stop and restart the fight.
- 6.5. Timer/ Chronometer Must be Stopped every time that the Central referee says "MATTE" (stop) and starts on "HAJIME" (start).
- 6.6. The central referee stops the fight on the following criteria:
 - 6.6.1. Warnings
 - 6.6.2. Medical stops.
 - 6.6.3. Restarting as per point 6.1 (failure to move)
 - 6.6.4. Referees' discretion.
- 6.7. The fight will stop when both competitors' heads are out of the safety area and thereafter restarted.
- 6.8. The time limit for rounds will be as follows. (match/fight will consist of only 1 round:
 - 6.8.1. Novice & Beginner - 3 Minutes
 - 6.8.2. Intermediate - 4 Minutes
 - 6.8.3. Advanced - 5 Minutes



NOTES:

We would like to take the opportunity to thank Sensei Bene, Sensei Awie Davis and Master Tjolla for their contribution in setting up and compiling the Grappling Rules and Regulations.