

World Eskrima Kali Arnis Federation

Rules and Regulations Governing
International Tournament Competition



- This document is based on the original WEKAF rules formulated and authored by SGM Diony Cañete for the first WEKAF World Championships in 1988
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Chapter 1: Live Stick

Article I: Contest Area

Section 1: The Ring

The contest area or ring shall be not less than five meters and not more than seven meters square. The edges should be clearly marked with tape or a reasonable substitute. The ground shall be flat and smooth and made of wood, vinyl, or other suitable material. Mats can also be used. More than one ring can be used when the number of competitors warrants it.

Section 2: Commands

The bell, whistle, or other sound device must be sufficiently loud so that the officials and competitors can hear it. Verbal commands are acceptable if sufficiently loud. To avoid confusion, the same sound device should not be used in adjacent rings.

Section 3: Officials

Each ring will have a referee, 3 judges, time keeper, and scorer. A ring adjudicator is desirable if sufficient senior officials are available. The Tournament Director or a Adjudication Panel with oversee disputes. Proper attire of the technical officials includes black pants, all black leather/ rubber shoes, barong with white shirt underneath or other formal/sanctioned attire.

Article II: The Contest or Match

Section 1: Rounds

The contest shall consist of three (3) rounds of one (1) minute each, with thirty (30) seconds rest in between rounds.

Section 2: Target Areas

Striking or target points shall be any part of the body above the knee except the groin and the neck. This includes the front and the sides of the thighs and body, both arms and hands, and the top, front and sides of the helmet. Hitting the back of the body is only allowed when the competitors are facing each other (i.e., through the use of curving strikes). Hitting the back of the head is not allowed, due to insufficient padding on the back of the helmet. Only two (2) consecutive strikes to the same target area are permitted.

Section 3: Protocol for Starting Each Round

The match shall begin with the competitors standing two to three meters apart, facing the Referee. At the command of the Referee, the competitors will execute the formal salutation (*yuko*). The competitors then each other and repeat the salute. (The salutation of each competitor's style may be used.)

After the salutations, the competitors shall assume the guard position with their sticks crossed. The contest begins when the Referee brings his stick up through the center of the crossed sticks, simultaneously issuing the command of "fight" ("*laban*" or "*palo*").

Section 4: Protocol for the End of the Match

When the contest comes to an end, the competitors shall return to the original position, standing face to face. At the command of the Referee, they will salute each other, then the Referee. They then stand and await the decision.

Section 5: Time Keeper Protocols

The timekeeper, using a bell or a whistle, shall indicate the end of a round or a match. As a substitute, a towel or similar item may be thrown into the ring in such a way that the Referee is alerted. Any hit or technique applied simultaneously with signal indicating the end of the round shall be judged as valid.

Section 6: Strikes Outside the Contest Area

Any strike or technique applied while either or both competitors have both feet outside the ring shall be judged as null and void. In this case, the competitors shall be directed to return to the center of the contest area and the Referee shall resume the match. Stick blows or other legal techniques executed while the competitors are in the ring shall be valid even if the opponent subsequently falls down or lands outside the perimeter of the ring.

Section 7: Stopping the Match

In the following cases, the Referee shall stop the match:

- a) When either competitor goes outside the ring with both feet.
- b) When a competitor commits any of the prohibited acts.
- c) When the competitor is required to adjust his uniform or his protective equipment.
- d) When a competitor is injured, or some accident or difficulty takes place.
- e) When an *olisi* is split or broken, or otherwise becomes unusable.

If a competitor finds that his protective equipment requires adjustment, he/she must notify the Referee by raising both hands and backing up, but must not turn his/her back.

If a stoppage of the match results in a minimal time delay (i.e., a competitor stepping outside the ring), the clock will continue to run. If a substantial amount of time elapses, the clock should be stopped, and should resume when the Referee restarts the bout. The referee should indicate to the timekeeper that he/she wishes the time to be stopped and then again indicate when the time should be resumed.

Article III: Judgment of the Contest

Section 1: Panel of Judges

A panel of three (3) Judges shall decide the winner of the match. A Referee shall supervise the match but has no decision in the scoring. The Referee will be provided with an *olisi* to facilitate managing the match. A timekeeper will manage the rounds and the intermissions. An Arbitrator may be assigned to a ring or group of rings, who will have authority over the Referees. The Tournament Director will be the highest authority. The Ring Arbitrator or the Tournament Director has the power to stop a contest at any time should he/she see fit, and also have the power to remove / replace any Judge or Referee at any time if it is felt those officials are not doing their job properly.

Section 2: Judge Positions

The Judges shall take positions at the corners of the ring and remain outside the perimeter.

Section 3: TKO

When the time limit for the match expires without either competitor having lost by a technical knockout (TKO), or a Referee stopped contest (RSC), the Referee shall require both competitors to return to the position taken at the start of the match. The Referee will then gather the scorecards, and verify that they

have been filled out according to the rules. He shall return any invalid card to the owner and see that the mistake is corrected. The Referee will then hand the cards to the jury or announcer, and wait for the official decision to be announced. The competitors may not remove any of the protective gear except the head guard after the time limit has expired, in case an overtime round is necessary.

Section 4: Contest Extension

A judgment of “draw” (“*patas*”) shall be made when neither competitor has been able to win the match according to the rules of scoring. In the event of a draw, the winner of the contest will be determined by a single extension round of one (1) minute.

Section 5: Fouls

The following acts shall be prohibited:

- a) Hitting when the opponent is down or in the act of rising, is unconscious, turns his back, or signals surrender.
- b) Pushing or striking with any part of your body.
- c) Deliberately going outside of the ring.
- d) Adjusting the uniform or protective gear without the permission of the Referee.
- e) Hitting while holding the opponent’s *olisi*.
- f) Holding the opponent to avoid action.
- g) Hitting the groin, neck, back of head, or any area below the thigh.
- h) Any unsportsmanlike conduct causing embarrassment to an opponent, official, or the audience.
- i) Thrusts, butt strikes (*punyo*), or two-handed strikes
- j) Grappling, wrestling, or hooking.
- k) Application of joint locks for any purpose, including disarming.
- l) Application of throws or sweeps.
- m) More than two consecutive strikes to the same target area.
- n) Checking to the face.
- o) Deliberately delaying the match in order to gain additional rest time.
- p) Removing head gear or other protective equipment in between rounds. (Head gear may be lifted but not removed.)
- q) Useless, aggressive, or offensive utterances during the match.
- r) Failure to step back when ordered to break (*buwag*).
- s) Striking or attempting to strike an opponent immediately after the Referee has ordered break (*buwag*).
- t) The use or application of prohibited drugs such as steroids, stimulants, marijuana, opiates, etc.
- u) Complete failure to use defensive tactics and maneuvers.
- v) All other things that may be prejudicial to the spirit of *eskrima*.

Section 6: Legal Blows

Legitimate strikes or blows include cut or slash, wrist-snapping or flicking (*witik*, *kurbada*), *abaniko* (fan), etc. Thrusting, butting (*punyo*), and foot sweeps have been legal in the past, but have been eliminated because the protective gear is presently not sufficient to allow these techniques to be used safely. Improvement in the protective equipment may result in the re-instatement of these techniques. Two-handed strikes are prohibited.

Section 7: Penalties for Fouls

Any competitor guilty of a prohibited act may be penalized by a reduction of points in scorecard or by disqualification. The Referee should follow the guidelines when enforcing prohibited acts:

1st infraction – casual warning (usually verbal, within the flow of the match)

2nd infraction – official warning (match is stopped and Judges are notified)

3rd infraction – point deduction (match is stopped and Judges are notified)

4th infraction – 2nd point deduction (match is stopped and Judges are notified)

5th infraction – disqualification

In the case of blatant or malicious acts, the Referee can and should skip one or more of the steps.

Any competitor who loses by disqualification may be subject to additional penalization by WEKAF, including possible suspension from the next two (2) WEKAF events or more.

Article IV: System of Scoring

Section 1: Scoring the Contest

Scoring shall be based on the following:

- a) The competitor who scores more hits to the head, hands, and all other legitimate target areas.
- b) The competitor who scores more powerful hits to the head, hands, and all other legitimate target areas.
- c) Strikes that would end an actual confrontation (i.e., without protective gear) are given a higher value. (For example, blows to lethal areas such as the temple or eye, or extremely powerful blows to any area of the head.)
- d) When a competitor loses his *olisi* (disarm or *agaw*) through other than foul means. (See Section 2.)
- e) Use of defensive skills (blocking, checking, parrying, footwork, angling, slipping, ducking, sidestepping, etc.). It should be noted that use of defensive skills is mandatory, and the lack thereof can result in a penalty. The protective armor should not be viewed as an excuse to take repeated blows.

When a round is too close to call by these parameters, the following will be taken into consideration:

- a) Variety of target areas.
- b) Variety of techniques used.
- c) Ring generalship/dictation of the action.
- d) Accuracy of strikes.
- e) The combination of offensive and defensive actions

Section 2: Disarming (*Laglag*)

A competitor is considered “disarmed” when:

- a) A clean disarming technique is applied, and the opponent’s stick is taken from him. The disarming technique must be applied instantaneously with no second motion or locking of any joint.
- b) A competitor loses control of the stick and it hits the ground. If the stick is lost, but is caught before it hits the ground, no disarm is recorded.

The Referee determines whether the disarm is to be scored as valid by the Judges. He/she shall stop the match, and inform each judge of the decision, replace the lost *olisi*, and restart the match. A disarm is not scored as a point deduction, but is weighed into the scoring, similar to how a knockdown is scored in boxing.

Section 3: Scoring the Match via the 10 Point Must System

Scoring shall be done using the “10 point must” system. The winner of the round is always awarded 10 points (prior to deductions), while the loser receives anywhere from 9 to 7 points, depending on how decisively the round was won.

The “10 point must” system of scoring is applied as follows:

Even Round	10 - 10
Slight edge	10 - 9
Wide Edge	10 – 8
One Sided	10 – 7

Most reasonably competitive rounds are scored “10-9”. A “10-8” round is usually the result of one competitor dominating consistently for the entire round, or possibly a clean victory in addition to a disarm. A “10-7” round is very rare, and should only be scored when a competitor has his arms at his sides, is being hit constantly, and is almost unable to defend him/herself. It could also result from a round in which a competitor is disarmed several times.

The use of foul strikes, foul tactics, or other prohibited acts can result in a one-point penalty, at the discretion of the Referee’s. If a point is to be deducted, the Referee should stop the action and advise the Judges of the point to be deducted immediately after the commission of the foul. For each round, the Judge scores the round according to the rules, then applies any deductions assigned by the Referee.

Section 4: Judgement of the Contest

Judgment for the winner of the match shall be made on the following conditions:

a) Win on Points

On completion of the three rounds of the match, each Judge will total the score on his card for each of the two competitors. The winner will be the competitor with the largest point total for three rounds. If the point totals are equal, the judge will score the match as a draw on his/her card.

The winner of the match will be determined according to the cards of the three (3) Judges as follows:

Win-Lose-Draw	
Unanimous decision	3-0-0
Majority Decision	2-0-1
Split Decision	2-1-0
Majority Draw	1-0-2
Draw	0-0-3
Draw	1-1-1

b) Win by Technical Knockout (TKO)

The contest is terminated and Judged a Technical Knockout (TKO) when:

- i) An overwhelmingly one-sided match. If, in the opinion of the Referee, a competitor is totally outclassed or is receiving excessive punishment, the bout shall be stopped and the opponent will be declared the winner.
- ii) Injury. If a fighter, in the opinion of the Referee, is unfit to continue because of injury or other physical reasons, the bout shall be stopped and the opponent will be declared the winner. The right to make the decision rests with the Referee, who may consult with the available qualified medical personnel. After consultation, the Referee must follow the medical advice. When medical personnel are called into the ring, only the medical person and the Referee shall be

present inside the ring. The medical personnel have the right to request that the bout be stopped, if, for medical reasons, a competitor appears to be unfit to continue.

- iii) A competitor's refusal to continue or a voluntary surrender. If a competitor wishes to surrender, he/she must notify the Referee by raising both hands and backing up, but must not turn his/her back.
- iv) Disarm. When a competitor is disarmed a total of three (3) times within the course of the match, a TKO results. It should be noted that the fourth (4th) round is considered as part of the match and therefore the three (3) disarm rule applies to all rounds, including the extension round, as the whole match.

c) Win by Disqualification

If a competitor is disqualified, his opponent shall be declared the winner. If both competitors are disqualified, the decision shall be announced accordingly. A disqualified competitor shall not be entitled to any prize, medal, or honorable award, relating to any stage of the competition in which he has been disqualified.

Any competitor who loses by disqualification may be subject to additional penalization by WEKAF, including possible suspension from two future WEKAF events or more.

d) No Contest

The Referee may terminate a match at any time due to events that are outside the control of the competitors, such as the ring becoming damaged or slippery, failure of the lighting system, etc. Under these conditions, the bout shall be declared "No Contest". In this case, the Tournament Officials will decide the new course of action.

e) Win by Walkover or Default.

When a competitor presents himself in the ring fully attired for the match at the prescribed time, and his opponent fails to appear within three minutes after his name has been properly announced, the Referee shall declare the competitor who is present as the winner. The Referee shall first inform the Judges to mark their scorecards accordingly, collect them, and then summon the competitor to the center of the ring. He/She shall be announced as the winner.

Section 5: Downed Competitor

A competitor is "down" ("*bagsak*") when any part of his body except for his feet is on the floor.

Section 6: Injuries to Competitors

In the event that a competitor cannot continue the match because of injury, the result of the match shall be determined by the following conditions:

- a) When the cause of the competitor's injuries is by any means except a foul blow or technique, the injured shall be the loser.
- b) When the cause of the competitor's injuries is the result of a foul blow or technique, the opponent shall be the loser.

Section 7: Draw

Judgment of a draw (patas) shall be made when a neither competitor has been able to win at least two (2) of the Judge's cards. In this case, a single extension round is held, the winner of which will be the winner of the match. (The scoring of the first three rounds is now obsolete, with the exception of the points that have been deducted for foul play, and the number of disarms that have occurred. For example, a third disarm which occurs in the overtime round still results in a TKO. Similarly, a disqualification can occur for an infraction for which points have already been deducted.) In the extension round, each Judge must

determine a winner (i.e., a score of 10-10 is not allowed). This is done by a show of simultaneous show of hands on the call of the Referee.

Article V: Competitor's Attire, Protective Equipment, and Weapons

Section 1: Protective Equipment Requirements

All competitors must use WEKAF approved equipment, as determined, by the Board of Directors. Equivalent equipment may be substituted with approval of the Tournament Director.

Each competitor shall be required to wear:

- regulation WEKAF headgear and body protector
- protective gloves (regulation WEKAF, hockey, lacrosse, or reasonable substitute)
- groin protector (male competitors only)

Optional recommended equipment includes:

- elbow and/or forearm pads
- mouth guard
- thigh pads
- athletic shoes
- a plastic chest protector under the WEKAF Jacket (female competitors only)

Section 2: The *Olisi*

The *olisi* or stick shall have the following specifications:

Length shall be no more than 70 centimeters

Weight shall not be more than 200 grams

Diameter shall not be more than 2.6 centimeters

The tournament organizers will provide the competition *olisi*. A personal *olisi* can be substituted with prior approval of the Referee.

Section 3: Uniform and Hygiene

Competitors must be clean and must wear normal *eskrima* attire of loose t-shirt and trousers or a legitimate uniform. The competitors must keep their fingernails and toe nails cut short and must not wear any articles such as rings, necklaces, or ornaments. Hair shall be cut and/or tied in such a way that it does not interfere with the competitor's vision. The first time a competitor's hair interferes, it shall be corrected by the second. Subsequent problems shall result in warnings and point deductions, following the normal rules for prohibited acts.

Section 4: Ring Officials

Proper attire of the technical officials, black pants, all black leather/ rubber shoes, *barong* with white shirt underneath or other formal/sanctioned attire.

Article VI: Tournament Structure

Section 1: Sparring Divisions

Sparring Divisions are shown in the Table below. At the discretion of the Tournament Director, additional weight division can be created within the Children's and Junior Divisions, in order to accommodate more competitors, minimize bracket sizes, and minimize height and weight differences within each division.

Live Stick – Single Stick Sparring Divisions			
Juniors (Mixed Boys and Girl) (0-9 yrs)	SJ01	<u>Height</u> Under 130 cm	
	SJ02	130.1-138 cm	
	SJ03	Over 180 cm	
Juniors Boys (10-11 yrs)	SJB01	<u>Height</u> Under 136 cm	
	SJB02	Over 136 cm	
Juniors Boys (12-13 yrs)	SJB03	<u>Height</u> Under 148 cm	
	SJB04	Over 148 cm	
Juniors Boys (14-15 yrs)	SJB05	<u>Height</u> Under 160 cm	
	SJB06	Over 160 cm	
Juniors Boys (16-17 yrs)	SJB07	<u>Height</u> Under 170 cm	
	SJB08	Over 170 cm	
Juniors Boys (10-11 yrs)	SJF01	<u>Height</u> Under 136 cm	
	SJF02	Over 136 cm	
Juniors Boys (12-13 yrs)	SJF03	<u>Height</u> Under 146 cm	
	SJF04	Over 146 cm	
Juniors Boys (14-15 yrs)	SJF05	<u>Height</u> Under 156 cm	
	SJF06	Over 156 cm	
Juniors Boys (16-17 yrs)	SJF07	<u>Height</u> Under 160 cm	
	SJF08	Over 160 cm	
Adult Men Single Stick (18-39 yrs)	SM01	<u>KGS</u> under 51	<u>LBS</u> under 112.4
	SM02	51.1-53	112.5-116.8
	SM03	53.1-56	116.9-123.5
	SM04	56.1-58	123.6-127.9
	SM05	58.1-62	128.0-136.7
	SM06	62.1-65	136.8-143.3
	SM07	65.1-68	143.4-149.9
	SM08	68.1-73	150.0-160.9
	SM09	73.1-77	161-169.8
	SM10	77.1-82	169.9-180.8
	SM11	82.1-87	180.9-191.8

	SM12 SM13 SM14	87.1-93 93.1-100 Over 100	191.9-205.0 205.1-220.5 Over 220.5
Senior Mens Single Stick (40-56 yrs)	SM15 SM16 SM17 SM18 SM19	<u>KGS</u> under 62 62.1-67 67.1-75 75.1-84 Over 84	<u>LBS</u> under 136.7 136.8-147.7 147.8-165.3 165.4-185.2 Over 185.2
Senior Mens Single Stick (57+ yrs)	SM20 SM21 SM22 SM23	<u>KGS</u> under 64 64.1-73 73.1-82 Over 82	<u>LBS</u> under 141.1 141.2-160.9 161.0-180.8 Over 180.8
Adult Women Single Stick (18-39yrs)	SW01 SW02 SW03 SW04 SW05 SW06 SW07	<u>KGS</u> under 49 49.1-53 53.1-58 58.1-64 64.1-71 71.1-78 Over 78	<u>LBS</u> under 108.0 108.1-116.8 116.9-127.9 128.0-141.1 141.2-156.5 156.6-172.0 Over 172
Senior Womens Single Stick (40-56 yrs)	SW08 SW09 SW10 SW11 SW12	<u>KGS</u> under 52 52.1-59 59.1-71 71.1-78 Over 78	<u>LBS</u> under 114.6 114.7-130.1 130.2-156.5 156.5-172.0 Over 172
Team Sparring	TJ.01 TJ.02 TM.01 TW.01	Team Sparring 14-17 years M Team Sparring 14-17 years F Team Sparring 18+ years M Team Sparring 18+ years F	

Live Stick – Double Stick Sparring Divisions		Live Stick – <i>Bangkaw</i> Sparring Divisions	
DJ.01	Double Stick 0-10 years Mixed -136.0cm	BM.01	<i>Bangkaw</i> 18-39 years M -53.0kg
DJ.02	Double Stick 0-10 years Mixed 136.1-146.0cm	BM.02	<i>Bangkaw</i> 18-39 years M 53.1-58.0kg
DJ.03	Double Stick 0-10 years Mixed +146.1cm	BM.03	<i>Bangkaw</i> 18-39 years M 58.1-64.0kg
DJ.04	Double Stick 11-13 years M -148.0cm	BM.04	<i>Bangkaw</i> 18-39 years M 64.1-69.0kg
DJ.05	Double Stick 11-13 years M 148.1-158.0cm	BM.05	<i>Bangkaw</i> 18-39 years M 69.1-75.0kg
DJ.06	Double Stick 11-13 years M +158.1cm	BM.06	<i>Bangkaw</i> 18-39 years M 75.1-82.0kg
DJ.07	Double Stick 11-13 years F -146.0cm	BM.07	<i>Bangkaw</i> 18-39 years M 82.1-91.0kg

DJ.08	Double Stick 11-13 years F 146.1-158.0cm	BM.08	<i>Bangkaw</i> 18-39 years M 91.1-100.0kg
DJ.09	Double Stick 11-13 years F +158.1cm	BM.09	<i>Bangkaw</i> 18-39 years M +100.1kg
DJ.10	Double Stick 14-17 years M -54.0kg	BM.10	<i>Bangkaw</i> 40+ years M -62.0kg
DJ.11	Double Stick 14-17 years M 54.1-72.0kg	BM.11	<i>Bangkaw</i> 40+ years M 62.1-67.0kg
DJ.12	Double Stick 14-17 years M +72.1kg	BM.12	<i>Bangkaw</i> 40+ years M 67.1-75.0kg
DJ.13	Double Stick 14-17 years F -52.0kg	BM.13	<i>Bangkaw</i> 40+ years M 75.1-84.0kg
DJ.14	Double Stick 14-17 years F 52.1-68.0kg	BM.14	<i>Bangkaw</i> 40+ years M +84.1kg
DJ.15	Double Stick 14-17 years F +68.1kg		
DM.01	Double Stick 18-39 years M -53.0kg		
DM.02	Double Stick 18-39 years M 53.1-58.0kg		
DM.03	Double Stick 18-39 years M 58.1-64.0kg		
DM.04	Double Stick 18-39 years M 64.1-69.0kg		
DM.05	Double Stick 18-39 years M 69.1-75.0kg		
DM.06	Double Stick 18-39 years M 75.1-82.0kg		
DM.07	Double Stick 18-39 years M 82.1-91.0kg		
DM.08	Double Stick 18-39 years M 91.1-100.0kg		
DM.09	Double Stick 18-39 years M +100.1kg		
DM.10	Double Stick 40+ years M -62.0kg		
DM.11	Double Stick 40+ years M 62.1-67.0kg		
DM.12	Double Stick 40+ years M 67.1-75.0kg		
DM.13	Double Stick 40+ years M 75.1-84.0kg		
DM.14	Double Stick 40+ years M +84.1kg		
DW.01	Double Stick 18+ years F -49.0kg		
DW.02	Double Stick 18+ years F 49.1-53.0kg		
DW.03	Double Stick 18+ years F 53.1-58.0kg		
DW.04	Double Stick 18+ years F 58.1-64.0kg		
DW.05	Double Stick 18+ years F 64.1-71.0kg		

DW.06	Double Stick 18+ years F 71.1-78.0kg		
DW.07	Double Stick 18+ years F +78.1kg		

Padded Stick – Sparring Divisions		Padded Knife – Sparring Divisions	
PJ.01	Padded Point 0-9 years Mixed	KJ.01	Knife Point 0-9 years Mixed
PJB.01	Padded Point 10-11 years M -136.0cm	KJB.01	Knife Point 10-11 years M -136.0cm
PJB.02	Padded Point 10-11 years M +136.1cm	KJB.02	Knife Point 10-11 years M +136.1cm
PJB.03	Padded Point 12-13 years M -148.0cm	KJB.03	Knife Point 12-13 years M -148.0cm
PJB.04	Padded Point 12-13 years M +148.1cm	KJB.04	Knife Point 12-13 years M +148.1cm
PJB.05	Padded Point 14-15 years M -160.0cm	KJB.05	Knife Point 14-15 years M -160.0cm
PJB.06	Padded Point 14-15 years M +160.1cm	KJB.06	Knife Point 14-15 years M +160.1cm
PJB.07	Padded Point 16-17 years M -170.0cm	KJB.07	Knife Point 16-17 years M -170.0cm
PJB.08	Padded Point 16-17 years M +170.1cm	KJB.08	Knife Point 16-17 years M +170.1cm
PJG.01	Padded Point 10-11 years F -136.0cm	KJG.01	Knife Point 10-11 years F -136.0cm
PJG.02	Padded Point 10-11 years F +136.1cm	KJG.02	Knife Point 10-11 years F +136.1cm
PJG.03	Padded Point 12-13 years F -146.0cm	KJG.03	Knife Point 12-13 years F -146.0cm
PJG.04	Padded Point 12-13 years F +146.1cm	KJG.04	Knife Point 12-13 years F +146.1cm
PJG.05	Padded Point 14-15 years F -156.0cm	KJG.05	Knife Point 14-15 years F -156.0cm
PJG.06	Padded Point 14-15 years F +156.1cm	KJG.06	Knife Point 14-15 years F +156.1cm
PJG.07	Padded Point 16-17 years F -160.0cm	KJG.07	Knife Point 16-17 years F -160.0cm
PJG.08	Padded Point 16-17 years F +160.1cm	KJG.08	Knife Point 16-17 years F +160.1cm
PM.01	Padded Point 18+ years M -53.0kg	KM.01	Knife Point 18+ years M -62.0kg
PM.02	Padded Point 18+ years M 53.1-58.0kg	KM.02	Knife Point 18+ years M 62.1-70.0kg
PM.03	Padded Point 18+ years M 58.1-64.0kg	KM.03	Knife Point 18+ years M 70.1-78.0kg
PM.04	Padded Point 18+ years M 64.1-69.0kg	KM.04	Knife Point 18+ years M 78.1-86.0kg
PM.05	Padded Point 18+ years M 69.1-75.0kg	KM.05	Knife Point 18+ years M +86.1kg
PM.06	Padded Point 18+ years M 75.1-82.0kg	KW.01	Knife Point 18+ years F -52.0kg

PM.07	Padded Point 18+ years M 82.1-91.0kg	KW.02	Knife Point 18+ years F 52.1-59.0kg
PM.08	Padded Point 18+ years M 91.1-100.0kg	KW.03	Knife Point 18+ years F 59.1-71.0kg
PM.09	Padded Point 18+ years M +100.1kg	KW.04	Knife Point 18+ years F 71.1-78.0kg
PW.01	Padded Point 18+ years F -52.0kg	KW.05	Knife Point 18+ years F +78.1kg
PW.02	Padded Point 18+ years F 52.1-59.0kg		
PW.03	Padded Point 18+ years F 59.1-71.0kg		
PW.05	Padded Point 18+ years F +78.1kg		
PW.04	Padded Point 18+ years F 71.1-78.0kg		
PC.01	Padded Continuous 18+ years M -73.0kg		
PC.02	Padded Continuous 18+ years M 73.1-90.0kg		
PC.03	Padded Continuous 18+ years M +90.1kg		
PC.04	Padded Continuous 18+ years F		
DW.07	Double Stick 18+ years F +78.1kg		

Section 2: Entries in Multiple Divisions

Each competitor can only compete in one single stick division, one double stick division, and one team fighting division. Entering a weight class above one's weight is permitted, but not below. Each sparring division will have a maximum of two competitors from each country. (The defending champion may be a third competitor from one country.)

Section 3: Bracketing and Byes

- Bracketing of the competitors in each division shall be the responsibility of the Tournament Director and/or his appointees. This can be done drawing numbers, randomly selecting entry sheets, or other fair method. Adjustments can be made so competitors from the same club or country do not meet until the last possible level in the bracket.
- All byes must occur in the first level in the bracket. (i.e., after completion of the 1st series of matches, the number of remaining competitors must be 1, 2, 4, 8, or 16. No competitor shall receive more than one bye under any circumstances.
- No competitor can receive a bye in the first level of the bracket and a walkover in the second level. Similarly, no competitor may receive two successive walkovers in two successive levels of the bracket. If this occurs, a fresh draw shall be made of the remaining fighters to re-establish the bracket, which then proceeds in the normal way.
- No "co-champions" shall be declared. Refusal to compete will be considered a disqualification.

Section 4: Novice Divisions

At local level tournaments, divisions should be created for Novice and Advanced participants. Novices have competed in less than two (2) WEKAF sanctioned events.

Article VII: Rules and Regulations on Doble Olisi Sparring Competition

Section 1: Double Stick Scoring Specifics

For double stick sparring divisions, all the same rules and scoring principles are applied. The exception is with regards to disarming, where the match will be allowed to continue (two (2) *olisi* against one (1) *olisi*) until the next break in the action. At this time, the competitor who was disarmed is allowed to retrieve his weapon and the match is continued. If a competitor loses both weapons (simultaneously or consecutively), the match ends in a TKO.

Chapter 2: Padded Sparring

Note: Unless specified in the padded stick explicitly, the live stick sparring rules will apply.

Article I: Contest Area

Section 1: The Ring

The contest area or ring shall be not less than five meters and not more than seven meters square. The edges should be clearly marked with tape or a reasonable substitute. The ground shall be flat and smooth and made of wood, vinyl, or other suitable material. Mats can also be used. More than one ring can be used when the number of competitors warrants it.

Section 2: Commands

The bell, whistle, or other sound device must be sufficiently loud so that the officials and competitors can hear it. Verbal commands are acceptable if sufficiently loud. To avoid confusion, the same sound device should not be used in adjacent rings.

Article II: The Contest or Match

Section 1: Rounds

The contest shall consist of one two-minute round. As an alternative format, three (3) rounds of one (1) minute each, with thirty (30) seconds rest in between rounds can be used. When the number of competitors is large, the one round format will be more time efficient.

Section 2: Target Areas

Legal target areas include the head, upper shoulders, torso, arms, legs and down to the feet.

Section 3: Protocol for Starting Each Round

The match shall begin with the competitors standing two to three meters apart, facing the Referee. At the command of the Referee, the competitors will execute the formal salutation (*yuko*). The competitors then each other and repeat the salute. (The salutation of each competitor's style may be used.)

After the salutations, the competitors shall assume the guard position with their sticks crossed. The contest begins when the Referee brings his stick up through the center of the crossed sticks, simultaneously issuing the command of "fight" ("*laban*" or "*palo*").

Section 4: Calling Points

The Referee will stop the action when a possible point has been made and ask the judges for a call. (See "Judgement of the Contest".)

Section 4: Protocol for the End of the Match

When the contest comes to an end, the competitors shall return to the original position, standing face to face. At the command of the Referee, they will salute each other, then the Referee. They then stand and await the decision. The referee will indicate the winner of match to the judges and the ring officials.

Section 5: Timekeeper Protocols

The timekeeper, using a bell or a whistle, shall indicate the end of a round or a match. As a substitute, a towel or similar item may be thrown into the ring in such a way that the Referee is alerted. Any hit or technique applied simultaneously with signal indicating the end of the round shall be judged as valid.

Section 6: Strikes Outside the Contest Area

Any strike or technique applied while either or both competitors have one foot outside the ring shall be judged as null and void. In this case, the competitors shall be directed to return to the center of the contest area and the Referee shall resume the match. Stick blows or other legal techniques executed while the competitors are in the ring shall be valid even if the opponent subsequently falls down or lands outside the perimeter of the ring.

Section 7: Stopping the Match

In the following cases, the Referee shall stop the match:

- a) When either competitor goes outside the ring with one foot.
- b) When a competitor commits any of the prohibited acts.
- c) When the competitor is required to adjust his uniform or his protective equipment.
- d) When a competitor is injured, or some accident or difficulty takes place.
- e) When an *olisi* is broken or otherwise becomes unusable.

If a competitor finds that his protective equipment requires adjustment, he/she must notify the Referee by raising both hands and backing up, but must not turn his/her back.

If a stoppage of the match results in a minimal time delay (i.e., a competitor stepping outside the ring), the clock will continue to run. If a substantial amount of time elapses, the clock should be stopped, and should resume when the Referee restarts the bout. The referee should indicate to the timekeeper that he/she wishes the time to be stopped and then again indicate when the time should be resumed.

Article III: Judgment of the Contest

Section 1: Judge Positions and Manner

All three (3) Judges shall be located directly across from the center referee at all times. Judges must maintain a manner that will not mislead the decision of the Referee or other Judges in the playing area. In an encounter, Judges point to the player who scored the point.

Section 2: Scoring the Match

The objective is to win the match by accumulating the majority of points in a two-minute match, or in each round of a three-round match. Points are awarded to the contestant who scores with strikes 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.

Points are awarded as follows:

- a) The Referee will stop the action when a possible point has been made and ask the judges for a call.
 - i. The Judges can call points by raising color-coded flags or by using the open palm hand signal pointing to the player who scored to indicate a point has been made.
 - ii. Judges can cross their flags or hands in front of their face to indicate that no point was scored, based on:
 - No point was scored by either competitor
 - the strikes were simultaneous ("clash"), or
 - their view was obstructed and they could not conclude that a point was scored
 - iii. A confirmation will then take place. Points will be awarded only when a majority of the Judges award the point to the same player

- iv. The Referee will then confirm the point and ensure the score keeper makes the appropriate number change on the score keeping device. He will do this by shouting, "Puntos!" and indicate the color of the player (Pula or Bughaw)
- v. The Referee and competitors will now return to their starting points or from where they stopped depending on time constraints.

At the round, the time keeper will blow the whistle or throw in a towel or similar device to indicate time is over.

Section 3: Disarming (*Laglag*)

A competitor is considered "disarmed" when:

- a) A clean disarming technique is applied, and the opponent's stick is taken from him. The disarming technique must be applied instantaneously with no second motion or locking of any joint.
- b) A competitor loses control of the stick and it hits the ground. If the stick is lost, but is caught in the air before it hits the ground, no disarm is recorded.

The Referee determines whether the disarm is to be scored as valid by the Judges. He/she shall stop the match, and inform each judge of the decision, replace the lost *olisi*, and restart the match.

In the single round format, if a player is disarmed twice, then he/she loses the match by TKO. In the three round format, if a player is disarmed twice in the same round, then he/she loses the round, and the match then proceeds to the next round (unless the match is in the third and final round).

Article IV: System of Scoring

Section 1: Judgement of the Contest

A round is won when one competitor accumulates the majority of points before the round has expired. In the event that the scores, disarms, and fouls are the same at the end of the round, the Advantage Point principle shall be applied to break the tie.

The Advantage Point Principle

- a) The Advantage Point is the very first score gained by either one of the two players. If the red player is the first to score in the match, the red player gets the advantage point. If the blue player is the first to score in the match, then the blue player gets the advantage point.
- b) In every match, the first score is immediately recorded as the advantage point corresponding to the player. The recorder notes and documents the player who gets the advantage point.
- c) In the sword concept events, the player who gets the advantage point wins the match to break the tie or the draw score.
- d) In the three-round format. Advantage point is applied to each of the three-round independently

In the three round format, a competitor that wins two of three rounds is declared the winner. If one competitor wins the first two rounds, it is not necessary to conduct the third round.

Article V: Competitor's Attire, Protective Equipment, and Weapons

Section 1: Protective Equipment Requirements

All competitors must use WEKAF approved equipment, as determined by the Board of Directors. Equivalent equipment may be substituted with the approval of the Tournament Director.

The padded point helmet and body armor are of lighter construction and less restrictive than the live stick protective gear because the padded stick offers additional safety compared to the live stick.

Each competitor shall be required to wear:

- regulation WEKAF headgear and body protector
- protective gloves (regulation WEKAF, hockey, lacrosse, or reasonable substitute)
- groin protector (male competitors only)

Section 2: Padded Weapon Specifications

The padded weapon or padded stick will be used to simulate a bladed weapon.

- a) The padded stick made of rattan and foam shall be the official weapon of the competitors to be used in any local, national or international competition. Substitutes can be used provided these are approved by the Technical Committee.
- b) Each weapon shall be foam-cushioned and shall have a maximum grip diameter of not more than 1½ inches and the following length:
 - 25 inches for players under 13 years of age
 - 28 inches for players 13 years old and above
 - Padded Daggers shall have the same grip diameter (of not more than 1½ inches) and a length of 12 inches.
- c) Padded weapons (and padded daggers) shall be color coded, red for the red-coded player and blue for the blue-coded player.

Section 3: Uniform and Hygiene

Competitors must be clean and must wear normal *eskrima* attire of loose t-shirt and trousers or a legitimate uniform. The competitors must keep their fingernails and toe nails cut short and must not wear any articles such as rings, necklaces, or ornaments. Hair shall be cut and/or tied in such a way that it does not interfere with the competitor's vision. The first time a competitor's hair interferes, it shall be corrected by the second. Subsequent problems shall result in warnings and point deductions, following the normal rules for prohibited acts.

Section 4: Officials

Each ring will have a referee, 3 judges, time keeper, and scorer. A ring adjudicator is desirable if sufficient senior officials are available. The Tournament Director or a Adjudication Panel will oversee disputes. Proper attire of the technical officials includes black pants, all black leather/rubber shoes, *barong* with white shirt underneath or other formal/sanctioned attire.

Article VI: Padded Stick vs. Padded Knife

Section 1: Differences Between Padded Stick and Padded Knife

The only difference between is that padded knife matches allow the use of thrusts to the body for adults and teens. Thrusting is not permitted in the children's divisions.

Chapter 3: Rules and Regulations on Form (*Sayaw*) Competition

Article 1: Contest and Equipment

Section 1: The Ring

The contest area or ring shall be not less than seven (7) meters and not more than nine (9) meters square. The ground shall be flat and smooth and made of wood, vinyl, or other suitable material. Mats can also be used. More than one ring can be used when the number of competitors warrants it. However, divisions using music cannot be run simultaneously with divisions that do not use music.

Section 2: Competitor's Attire

For traditional *sayaw* divisions, competitors are allowed to use any standard training uniform. In the open *sayaw* divisions, any costume appropriate to the *sayaw* may be used. If competitors have long hair, it must be fixed in a way that does not interfere with the performance.

Section 3: Weapons

All weapons used in the *sayaw* divisions must be a legitimate part of an established, Filipino martial arts system. This includes solo *olisi*, double *olisi*, indigenous Filipino long and short blades (*kris*, *kampilan*, *barong*, *bolo*, *pinuti*, etc.), or *espada y daga*.

Article 2: Contest Criteria

Section 1: *Sayaw* Time Limits

An individual *sayaw* must be at least one minute and not exceed two minutes in duration. A team *sayaw* must not exceed five (5) minutes. The time begins with the first movement after the salutation has been completed.

Section 2: Open Division Criteria

The *sayaw* shall be "open form", but meeting the following criteria:

- a) The *sayaw* must follow basic movements and principles of Eskrima-Kali-Arnis
- b) At least eighty percent (80%) of the movements shall emphasize the *olisi* or other weapon being used.

Section 3: Salutations

A salutation must be performed by the competitor prior to beginning the *sayaw*, and immediately after the movements are completed.

Section 4: Protocol to Receive Score

The competitor shall not leave the contest area until after the announcement of the score.

Section 5: Team *Sayaw*

A Team *Sayaw* consists of two (2) or more players. Music is optional, and a maximum of five (5) minutes is permitted.

Section 6: Number of Competitors

Each individual form division will have a maximum of two competitors from each country. Each competitor can only compete in one individual forms division. Each country is allowed one entry into the Team *Sayaw* division at the world level, or one entry per club at the local level.

Article 3: Judgment of the Contest

Section 1: Judges

A panel of five (5) judges shall decide the contest. If practical, all judges shall be of neutral countries, organizations, or clubs. If this is not feasible, an attempt should be made to balance the panel in comparison to the competitors (i.e., one judge from each of the competing countries, clubs, etc.).

Section 2: Scoring Criteria

The following criteria shall be used to as the basis for judging a *sayaw* competition:

- a) Gracefulness
 - a. execution of technique with the weapon
 - b. footwork and stances
 - c. balance and posture
 - d. coordination of body, hand and weapon
- b) Power
 - a. coordination of breathing and footwork with technique
 - b. delivery of strikes (angles, lines, zones, etc.)
 - c. dynamic tension
- c) Speed
 - a. speed of strikes, combinations, and transitions
 - b. mixing fast and slow tempos
- d) Impact
 - a. precision of movement (ending at starting point, utilization of entire contest area)
 - b. uniform or costume, other indigenous native garb with relevance to Eskrima-Kali-Arnis
 - c. music, tribal songs, etc. (open divisions only)
- e) Variety of Techniques
 - a. a greater number of well executed techniques
 - b. lack of repetition
- f) Authenticity of Techniques
 - a. combat effectiveness of techniques
 - b. correct use of edged weapons
 - c. acrobatics, gymnastics, and techniques of other martial arts not relevant to Eskrima-Kali-Arnis shall be ignored (unless they are executed poorly, in which case a deduction shall be made)

Article 4: Scoring of the Contest

Section 1: Scoring

Each competitor shall be given a score between five (5) to ten (10). Ten (10) shall be the highest score, and five (5) shall be the lowest score. Only whole and half number scores are allowed (10, 9.5, 9, 8.5, 8, 7.5, 7, 6.5, 6). The highest and lowest of the five (5) scores will be dropped, and the remaining three (3) scores will be added to determine a contestant's score.

Section 2: Scoring Baseline

As an option, in order to establish a baseline for scoring, the first three (3) contestants in the division will be perform without being scored. Subsequently, the contestants will be scored one at a time in the same order.

Section 3: Deductions

The following actions will result in deductions, which will be assessed by each of the judges as part of their score:

- a) unintentionally dropping a weapon (one (1) point deduction)
- b) exceeding time limit (one half (0.5) point deduction)
- c) starting over (one (1) point deduction)
- d) finishing in place different from where the form started (one half (0.5) point deduction) unless judges have been notified that this will occur)

Section 4: Draw

In the case of a tie, the tie breaker is to reintroduce the high and low and scores that were initially thrown out. If the score is still tied after this correction, then the competitors will be required to perform again and be judged a second time. The new scores will be used to break the tie only, and will not be used to determine results relative to the other competitors in the division. The competitors can do the same *sayaw* the did the first time, or they can perform a different *sayaw* at their discretion.

Section 4: Sayaw Divisions

The following groups shall be used for sayaw divisions.

- Boys and Girls (12 years and under)
- Junior Mens and Junior Women (13-17 years)
- Men and Women (18-40 years)
- Senior Men and Senior Women (40 years and over)

Within each group, there are four divisions.

- Single Stick Traditional
- Single Stick Open
- Double Stick Traditional
- Double Stick Open

Sayaw Divisions	
CJ.01	Sayaw/Carenza 0-10 years Mixed Single Stick Traditional–Musical
CJ.02	Sayaw/Carenza 0-10 years Mixed Double Stick Traditional–Musical
CJ.03	Sayaw/Carenza 11-13 years M Single Stick Traditional
CJ.04	Sayaw/Carenza 11-13 years M Double Stick Traditional
CJ.05	Sayaw/Carenza 11-13 years M Single Stick Musical
CJ.06	Sayaw/Carenza 11-13 years M Double Stick Musical

CJ.07	Sayaw/Carenza 11-13 years F Single Stick Traditional
CJ.08	Sayaw/Carenza 11-13 years F Double Stick Traditional
CJ.09	Sayaw/Carenza 11-13 years F Single Stick Musical
CJ.10	Sayaw/Carenza 11-13 years F Double Stick Musical
CJ.11	Sayaw/Carenza 14-17 years M Single Stick Traditional
CJ.12	Sayaw/Carenza 14-17 years M Double Stick Traditional
CJ.13	Sayaw/Carenza 14-17 years M Single Stick Musical
CJ.14	Sayaw/Carenza 14-17 years M Double Stick Musical
CJ.15	Sayaw/Carenza 14-17 years F Single Stick Traditional
CJ.16	Sayaw/Carenza 14-17 years F Double Stick Traditional
CJ.17	Sayaw/Carenza 14-17 years F Single Stick Musical
CJ.18	Sayaw/Carenza 14-17 years F Double Stick Musical
CM.01	Sayaw/Carenza 18-39 years M Single Stick Traditional
CM.02	Sayaw/Carenza 18-39 years M Double Stick Traditional
CM.03	Sayaw/Carenza 18-39 years M Single Stick Musical
CM.04	Sayaw/Carenza 18-39 years M Double Stick Musical
CM.05	Sayaw/Carenza 40-56 years M Single Stick Traditional–Musical
CM.06	Sayaw/Carenza 40-56 years M Double Stick Traditional–Musical
CM.07	Sayaw/Carenza 57+ years M Single Stick Traditional–Musical
CM.08	Sayaw/Carenza 57+ years M Double Stick Traditional–Musical
CW.01	Sayaw/Carenza 18-39 years F Single Stick Traditional
CW.02	Sayaw/Carenza 18-39 years F Double Stick Traditional
CW.03	Sayaw/Carenza 18-39 years F Single Stick Musical
CW.04	Sayaw/Carenza 18-39 years F Double Stick Musical
CW.05	Sayaw/Carenza 40-56 years F Single Stick Traditional–Musical
CW.06	Sayaw/Carenza 40-56 years F Double Stick Traditional–Musical
CW.07	Sayaw/Carenza 57+ years F Single Stick Traditional–Musical

CW.08	Sayaw/Carenza 57+ years F Double Stick Traditional–Musical
CT01	Team Sayaw/Carenza All Ages Mixed

Chapter 4: Referee and Judges Calls and Hand Signals

(Credit to PEKAF for developing the contents of this Chapter.)

Article 1: Official Calls and Hand Signals for Full Contact Competition

Referee shall use hand signals for the following calls:

- a) *HANDA, LABAN!* (Ready, Fight) for Padded Sticks

Right foot forward, extend one arm with thumb up at shoulder level with open palm in vertical position, placed between the two players. Upon ***Laban*** command, hand drawn upward and with right foot retracted simultaneously.



HANDA, LABAN! (Ready, Fight!) for Live Sticks (Cross sticks)





Cross Sticks!



Handa!



Laban!

b) *HINTO!* (Stop!) or *HINTO, PUWESTO!* (Stop, Position!)

Is said with the stop sign outstretched arm forward, palm facing front with fingers pointing upward. Use to stop a fight or to call for a time-out.



c) *HINTO! PUNTOS Pula/Bughaw!*



d) *HIWALAY!* (Separate/Break!) or *HIWALAY, LABAN!* (Break, Fight!)

Extend arms forward then spread out laterally, while simultaneously saying the command. Done in instances when the competitors are in close body contact after a period of 2 seconds, provided that there is no foul committed.



e) *PAYO!* (Consultation!)

From out-stretched arms, bring both arms together, palms towards the stomach. The referee points at the center of the playing area (Consultation Area), signaling the Judges for a consultation.



f) *HATOL!* (Decision!)

Right arm raised above the head with palm facing the left.



g) *PANALO!* (Winner) for Padded Sticks

One arm is raised obliquely at approximately 45 degrees to the direction of the winning contestant.



Right arm for the red player.



Left arm for the blue player.

PANALO! (Winner) for Live Sticks

Referee raises the hand of winning player. Example: *Panalo, Bughaw!*



Example: Tabla!

h) *LAGLAG!* (Disarm) with *DAGDAG PUNTOS!* (Plus Point)

One foot forward towards the disarmed player and one arm pointing downward at 30 degrees. Bonus point goes to the other player.



pagdag puntos!

i) MAG-AYOS! (Adjust or Fix!)

Both arms are crossed over in front. Palms facing in, at waist level.



Mag-ayos!



Pula!



Mag-ayos!



Bughaw!

j) *PAGWASTO!* (Correction!)

Sway arms and palm in front of the head, gesturing an erasing movement. (Addressed to the Scorer and Scoreboard). Bring open palm in front of the head facing sideways, move hand twice side to side. (If the Referee misdeclares score, foul, etc.)



k) *PINSALA!* (Injury!)

Raise one arm above the head, and raise the other arm horizontally at shoulder level, palm facing down.



1) *MALUBHANG PAGLABAG!* (Harmful Intentional Foul!)

Sway hand with thumb up horizontally, from side to side at hip level



m) *PAGLABAG!* (Foul!)

Raise one arm horizontally, with palm facing down.



Point to the offender and simulate the kind of foul committed.



Note: Use right arm for red player and left arm for blue player.

n) *PUNTOS!* (Point!)

Referee: Extend one arm up 45 degrees diagonally to the direction of the player who gained the score.



Puntos, Pula!



Puntos, Bughaw!

Judges: Flaglet held to the direction of the player who gained the score.



o) *WALANG PUNTOS!* (No Point!)

Referee: cross- sways both arms once at hip level



Walang Puntos!

Judges: Cross-sway both flags once at hip level

- p) *MANLALARO, TALIKOD-UPO!* (Players, Turn around and sit!) and *MANLALARO, TAYO! PUWESTO!* (Players, stand up! Position!)

Referee orders the players to turn around and sit while the other player is ordered to do other things.



Mga manlalaro, talikod, upo!



Mga manlalaro, tayo!

Puwesto!

(Hawak Baston!)

Article II: Gestures for Fouls.

a) *PAGTULAK!* (Pushing!)

Point to the part of the body that was used to push the opponent then gesture an outward pushing movement using right/left arm.



Head Push



Body Push



Leg Push



Pushing with Stick



b) *PAGHAWAK!* (Grabbing!)

Grab right/left wrist with the other hand and execute grabbing gesture.



- c) **PAGTUHOD!** (Kneeing!)
Lift one knee up and tap it.



- d) **PAGSIPA!** (Kicking!)
Lift one knee up then extend the foot forward, gesturing the act of kicking.



- e) **PAGSALAG!** (Blocking with the use of the arm!)
Lift right/left arm overhead simulating the act of blocking, while the other hand shall simulate the act of striking.



- f) **PAGSIKO!** (Elbowing!)
Raise arm horizontally to chest level then touch the elbow, simulating an elbow strike gesture.



- g) **PAGSUNTOK! (Punching!)**
With one hand balled to a fist, simulate a punching gesture to the other open hand.



- h) **PAG-IPIT! (Clinching)**
Raise one arm horizontally to chest level with hand balled to a fist. Vertically lift the other arm with hand open and clinch the horizontal arm.



- i) **LABAS! (Outside!)**
Point to the boundary line with an open hand arm, then swing arm outward pointing to area beyond the boundary line.



- j) **PAGBAYO!** (Butting!)
Strike palm with hammer fist.



- k) **MALING GAWI!** (Unsportsmanlike Conduct)
Wrists crossed into an "X" at chest level.



- l) **PUWESTO!** (Position!) Point to the match lines with open hands and direct players to hold their sticks



Puwesto!



(Hawak Baston!)

Article III: Other Commands



Warning and/or Team Foul



Player Request for Time-Out:

Note: For Live Stick: 1 Point Deduction

The Referee faces all three Judges one at a time to signal a Point deduction



Judge 1, Minus 1!



Judge 2, Minus 1!



Judge 3, Minus 1!

Article IV: Referee Commands before a Round

- 1.0 *Manlalaro, pasok!*
- 2.0 *Handa sa pagpugay! Pugay!*
- 3.0 *Taga-oras, Taga-hatol, Taga-tala!*
- 4.0 *Handa, Laban!*



Coach Red! Coach Blue!



Manlalaro!

Pasok!



Handa sa Pagpugay, Pugay!



Taga-Oras!



Tagahatol! Tagatala!



Unang Labanan!



Handa!



Laban!

Live Stick Procedural



Manlalaro Pasok!



Cross Sticks!



Handa!



Laban!

Article V: Referee Commands after the Match

1. *Manlalaro! Handa sa pagpugay! Pugay!*
2. *Magkamay!*
3. *Pugay sa Tagapayo!*
4. *Labas!*



Handa sa pagpugay, Pugay!



Magkamay!



Pugay sa Tagapayo!

Article VI: Official Flag Signals of Judges

- a) Judges use the following flag signals:

1. DECLARING A WINNER

When the time limit has lapsed, the Timer whistles/presses the buzzer. Upon Referee's "Hatol!" command, the Judge raises the flag corresponding with the color of the winning player above the head.



Winner Red



Winner Blue

2. **DECLARING A DRAW**
Judge raises both flags above the head.



3. **CONSULTATION/REQUESTING TIME OUT**

Judge sounds the alarm then crosses the flags above the head.



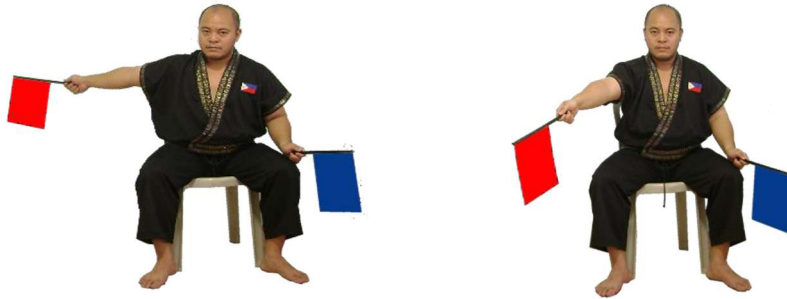
4. **LABAS (OUTSIDE)**

Judge points flag to the boundary line in question, then points to the outside area.



5. *LOOB* (INSIDE)

Judge points flag to the boundary line in question, then points inside the playing area.



Article VII: Timer's Signal

The timer blows the whistle for the following signals:

- | | | |
|----|------------|---|
| 1. | START | - Sound the alarm ONCE in abrupt manner (about half second) |
| 2. | FINISH | - Sound the alarm TWICE in a prolonged manner (5 seconds) |
| 3. | TIME OUT | - Raise yellow flag on top of the table. |
| 4. | RESUMPTION | - Yellow flag is placed down |

Revisions Table

Revision No.	Date	Revisions
v3.1	28AUG2025	<ul style="list-style-type: none">• A Footer was added to the entire document with page #s.• Updates were to page 1 with some limited history of this rule book.• An error in Table of Contents corrected<ul style="list-style-type: none">○ Chapter 2, Articles VI and VII were listed, but did not exist in the Document. These listings were removed.• A new Section, Chapter 2, Article VI added, "Padded Stick vs. Padded Knife"• Chapter 3, Article 4, Section4: Draw. This Section was corrected to say:<ul style="list-style-type: none">○ In the case of a tie, the first tie breaker is to reintroduce the high and low and scores that were initially thrown out.○ If the score is still tied after this correction, then the competitors will be required to perform again and be judged a second time.○ The competitors can do the same <i>sayaw</i> they did the first time, or they can perform a different <i>sayaw</i> at their discretion.• A Revisions Table added to document to track updates over time.