



SIMAC TOURNAMENT RULES

Approved recognised and certified

1. Scoring System & Allowed Techniques

- 1 point – Punch to the body
- 2 points – Punch to the head
- 2 points – Kick to the body
- 3 points – Kick to the head
- +1 additional point – Any successful jumping technique

All scoring techniques must be delivered with control and proper technique.

2. Age-Specific Rules & Illegal Techniques

Participants under 7 Years

- **X** No punching or kicking to the head
- **X** No punching or kicking below the waist

Note:

Participants aged 7 years and above may score to the head and above the waist with control only.

Rules for all Participants

The following actions are strictly prohibited:

- **X** Attacks without control (e.g. blind or swinging techniques)
- **X** Excessive contact or intentional striking to cause injury
- **X** Attacks to the groin
- **X** Attacks to joints (knee, hip, elbow, shoulder, instep)
- **X** Use of the head to strike
- **X** Elbow strikes
- **X** Holding, grabbing, or pushing
- **X** Kicks to the back
- **X** Illegal techniques including biting, gouging, or any form of unsportsmanlike conduct
- **X** Attacks to the nose or eyes
- **X** Intimidating, disrespectful, or provoking behaviour



Any competitor displaying unsafe or unsportsmanlike conduct may be penalised or disqualified at the discretion of the judges or officials.

3. Sparring Rules

- Matches consist of 1 round of 1.5 minutes
- Finals: 2 rounds of 1.5 minutes each
- Draw: One additional round of 1 minute
- Extra draw: Sudden Death — first point scored wins
 - (Decision must be confirmed by a minimum of two judges)
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4. Forms (Kata / Patterns)

- 3 Judges using score cards to determine the winner. Selections are based on performance quality, technique, control and overall presentation

5. Breaking

- Winners are determined by participants demonstrating the highest power successfully using correct techniques.



6. Official Dress Code, Sparring Gear & General Rules

Uniform

- All competitors must wear their full standard club uniform
- **X** No jewellery of any kind permitted (including hair clips, bangles, watches, or similar items)

Mandatory Protective Equipment

- Head guard
- Gloves
- Shin pads and foot pads (heel must be covered)
- Mouth guard
- Groin protector (mandatory for males)

⚠ Competitors without the full required sparring gear will not be permitted to participate.

(Please see provided examples for approved equipment.)

