



7TH ANNUAL ATHENS MARTIAL ARTS TOURNAMENT

2017 RULE SET

NOTICE

READ THESE RULES CAREFULLY!

Competitors who use illegal techniques or strike illegal targets will be disqualified from that match. Competitors who are disqualified from three matches will be disqualified from the remainder of the tournament.

SEMI KNOCKDOWN:

A high intensity style of sparring where the focus is on powerful techniques, solid body blows, and leg kicks. Fighting is continuous throughout each round and tests endurance, stamina, and body conditioning.

Legal targets

- front of body
- legs, above and below the knee
- sides of body around to kidneys and liver

Illegal targets

- head and face
- neck and throat
- knees
- groin-middle of back, down the spinal column

Legal techniques

- straight punches
- hooks and uppercuts
- kicks
- knee strikes (without grab)
- sweeps

- open hand techniques (ridgehand, knifehand, palm heel, backhand, spearhand)

Illegal techniques

- elbow strikes
- grabs (defined as holding the opponent with the hands or in the crook of the elbow for longer than a count of “1 one-thousand” by the center judge)
- throws

Rounds and Scoring

- One 2 minute round, followed by one 1 minute tie-breaker round if necessary
- Judges will call for winner by considering who controlled the fight, was the most aggressive, and had the best use of technique and power
- If a competitor strikes another enough to cause them to take a knee, turn around, or otherwise indicate they are not able to continue, the striking competitor is declared winner

Required gear

- headgear
- hand gear
- shin guards
- mouth guard
- cup (for males)
- *Chest protector prohibited*

Forms:

A prescribed pattern of techniques and movements that helps practitioners solidify use of techniques in a style. In competition, forms are a performance and should demonstrate correct stances, precise execution of technique, flow of movement as well as pause and emphasis. Forms display a style in its idealized state.

- Both traditional and non-traditional forms are allowed
- Partner forms are not allowed
- Forms must be empty hand/open hand
- Competitors approach the judges, name their form, ask for permission, then go to ready position and begin
- Upon completion of the form, competitors return to ready position and wait for scoring
- Colored belts who stop or forget their form may restart, though they will receive a .5 deduction in score with each restart
- Blackbelts who stop or forget their form must bow out and will receive a score of zero

- Forms are scored based on stances, technique execution, power, speed, focus, and intensity

Weapons:

A weapons form should demonstrate proficiency with a weapon and understanding of its use within a style. Control of the weapon as well as practical application should be evident in a weapons form.

- Both traditional and non-traditional forms are allowed
- Weapons must be traditional martial arts weapons
- Competitors approach the judges, name their form, ask for permission, then go to ready position and begin
- Upon completion of the form, competitors return to ready position and wait for scoring
- Colored belts who stop or forget their form may restart, though they will receive a deduction in score
- Blackbelts who stop or forget their form must bow out and will receive a score of zero
- Weapons may leave competitors hands as part of the form as long as they do not hit the floor
- Anyone who drops their weapon must bow out and will receive a score of zero
- Weapons forms are scored based on stances, control of weapon, execution of technique, power, speed, dexterity, focus, intensity, and—to some extent—visual flair and pizzazz

Kiai/Kihap Contest:

Kiai is used in martial arts to regulate breathing, concentrate force, ready oneself for defense, intimidate the opponent, and to show spirit. The kiai contest is intended to see who has the loudest kiai.

Scoring

- A decibel reader will be used to see who has the loudest kiai

Point Sparring:

A speed based style of sparring similar to tag. Points are awarded based on first contact that is a legal technique and fighters reset between points. Power is low as emphasis is on speed and maneuverability.

Legal targets:

- front, sides, and top of headgear
- front and sides of torso, above the belt

Illegal targets:

- face
- neck
- back of headgear (defined as the direct back of the head, above the spine)
- anything below the belt
- middle of back, down the spinal column

Legal techniques:

- punches
- kicks
- open hand techniques
- backfists and hammerfists

Illegal techniques

- blind techniques (you must be looking at the target upon impact)
- grabs (defined as holding the opponent with the hands or in the crook of the elbow for longer than a count of “1 one-thousand” by the center judge)
- throws
- elbow strikes
- knee strikes
- flying techniques (kicks, hand techniques)
- excessive contact (defined as significant displacement of the opponent upon impact of technique)

Rounds and scoring

- One three minute round (time runs continuously unless stopped by the judges)
- The first competitor to five points—or the competitor who has the most points at the end of the three minute round—wins
- If at the end of three minutes competitors are tied, the next person to score a point wins

Required gear

- headgear
- hand gear
- mouth guard
- cup (males)
- shin guards/instep guards
- *foot gear that covers the heel (optional, but recommended)*
- *chest protector (optional)*

Grappling:

A ground based style of sparring where competitors attempt to pin each other (beginner) or cause their opponent to submit by use of chokes (intermediate) or armbars (advanced).

- Matches last four minutes for beginner and intermediate grapplers, five minutes for advanced
- Points are awarded based on a modified jiu-jitsu system
 - 4 points for mount, back mount, or back control
 - 3 points for guard pass
 - 2 points for knee on belly
 - each must be held for three seconds to count for points
- For beginner grapplers, matches can be won by pinning their opponent for 25 consecutive seconds, or two 15 second holds
- For intermediate grapplers, matches can be won by pinning or by submission through chokes
- For advanced grapplers, matches can be won by submission through chokes and armbars
- At the end of time, if no one has won by pin or submission, the grappler with the most points wins