

# FIRE PHOENIX MARTIAL ARTS

## TOURNAMENT RULES





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# General Information

- We plan to provide a welcoming, fair and supportive environment for all competitors
- We have a competitor cap of 70 competitors per event
- Different events will be chosen for each competition and they will rotate at different competitions through the year
- Spectators are always free
- Disrespect from competitors, spectators or coaches will not be tolerated in any form
- Contact divisions will be set on height weight and experience **NOT** gender
- Non contact events will be set on skill level
- Judges will be provided by Fire Phoenix Martial Arts, although any adult (over 18) attending can volunteer to be table officials or referees as long as you have a clear understanding of the Fire Phoenix Tournament Rules



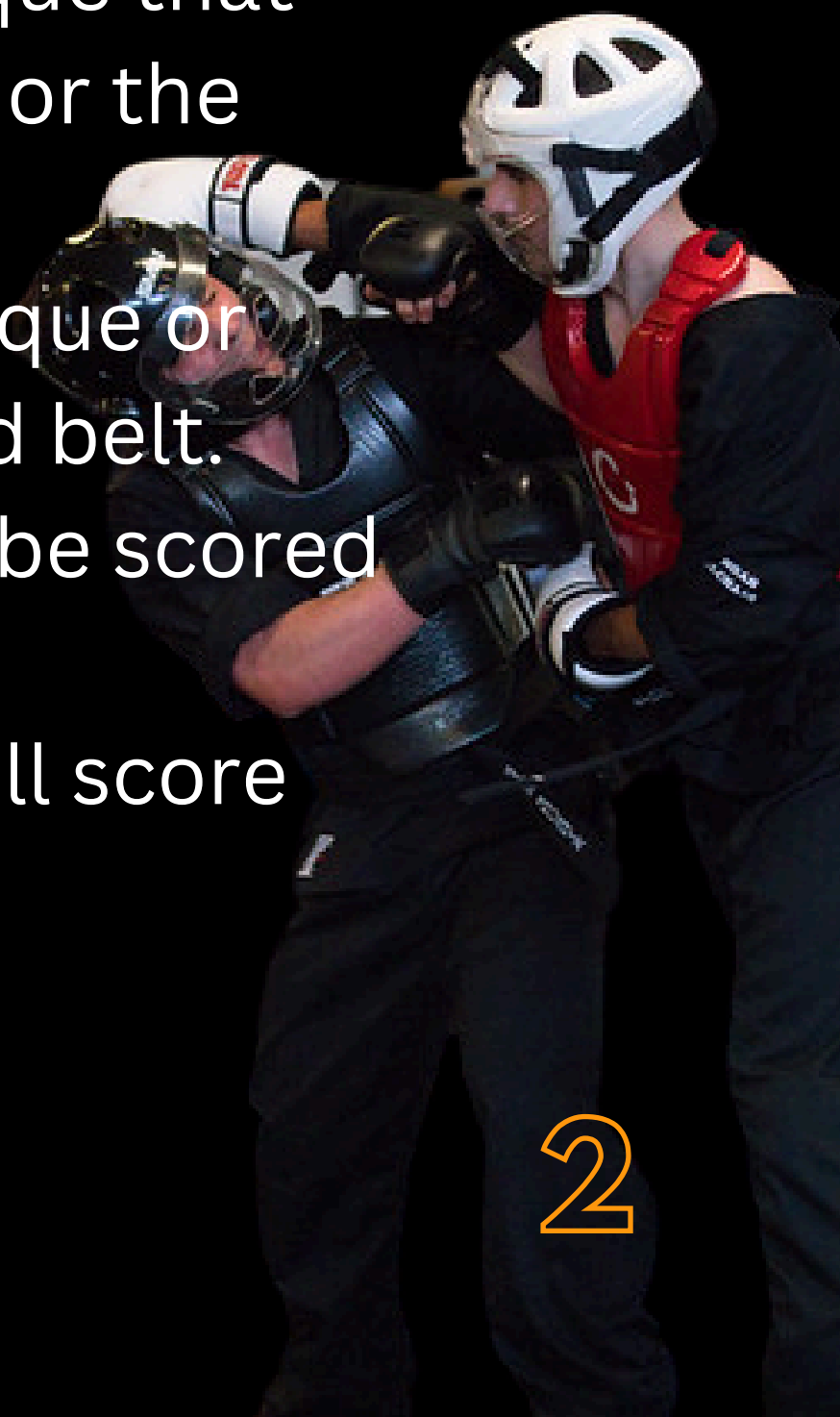


# Point Sparring

- Competitors begin by standing in the marked area of the mats (if the mat does not have a clearly marked starting square, the referee will assure competitors are starting 1 meter apart)
- Point sparring matches go for 90 seconds or 5 points (where a competitor reaches 5 points first)
- The referees will indicate the beginning of the round clearly
- Point sparring is an event with light contact to the head and body
- When the referees believe there has been a point scored they will clearly stop the fight and score simultaneously. Competition will pause until the judges have decided on the point (the time does not stop)

## **Points will be called for the following techniques:**

- 2 Points will be called for any kick that strikes the side or front of the head
- 1 Point will be called for any hand technique that lands to the side or front of the headgear or the front of the face
- 1 point will be scored for any hand technique or kick that lands between the shoulders and belt.
- If the exchange is messy or unclear it will be scored as a “clash” (no points given)
- If a referee does not see the point they will score as not seeing the point





## Illegal techniques and targets:

- Competitors may not strike the back, below the belt or back of head
- Competitors may not perform hook punches to the head, elbow strikes or knee strikes
- Competitor may not hold the other competitors legs or perform and sweeps
- Competitors may not strike their opponent if they are on the ground
- Competitors may not perform blind techniques (you must look at your opponent if you are going to do a spinning technique)

## Mandatory Equipment

- **Non Weighted Gloves:** covering all striking areas of the hand including, fingers, back of the hand and knuckles
- **Foot Covers:** covering the whole foot including toes and heel
- **Headgear:** headgear must cover the back and sides of the head. A face shield is optional although recommended as contact to the head and face is allowed
- **Mouth Guard**
- **Groin Guard** (mandatory for male competitors)

## Optional Equipment

- Shin guards
- Forearm guards
- Chest guards





# All Styles Free

## Sparring

- All styles free sparring is a continuous sparring match in which the competitors fight in their chosen style of martial arts, in order to test out the skills and techniques of their style against other styles
- There is a medium contact level to the head and body
- Takedowns / Leg sweeps are allowed
- Competitors will fight for 90 seconds
- There will be 4 referees (3 on the outside of the ring, 1 refereeing from the centre)
- Competitors will fight in a 7 x 7m square
- Judges will base their decision on the competitors skill, technique and control of the fight
- The fight will be momentarily stopped if a technique is considered to be something that would have caused significant damage to your opponent, in order for your opponent and referees to acknowledge this technique.

### **Illegal techniques and targets:**

- Competitors may not strike the back, below the belt or back of head
- Competitors may not perform hook punches to the head, elbow strikes or knee strikes
- Competitors may not strike their opponent if they are on the ground
- Competitors may not perform blind techniques (you must look at your opponent if you are going to do a spinning technique)





## Mandatory Equipment

- **Non Weighted Gloves:** covering all striking areas of the hand including, fingers, back of the hand and knuckles
- **Foot Covers:** covering the whole foot including toes and heel
- **Headgear:** headgear must cover the back and sides of the head. A face shield is optional although recommended as contact to the head and face is allowed
- **Mouth Guard**
- **Groin Guard** (mandatory for male competitors)

## Optional Equipment

- Shin guards
- Forearm guards
- Chest guards





# Flag Sparring

- Flag sparring is an event based on footwork and speed
- Competitors compete to remove 4 flags off their opponents waist (one on each side and two on the back)
- Flag sparring is played in a 7x7 meter ring
- Competitors have 60 seconds to remove as many flags off their opponent. The round is although stopped before the 60 seconds if all flags are removed from an opponent

## Mandatory Equipment

- **Mouthguard**
- **Head Gear** (face shield optional although recommended)
- **Velcro belt** (provided)
- **4 fabric flags** (provided)



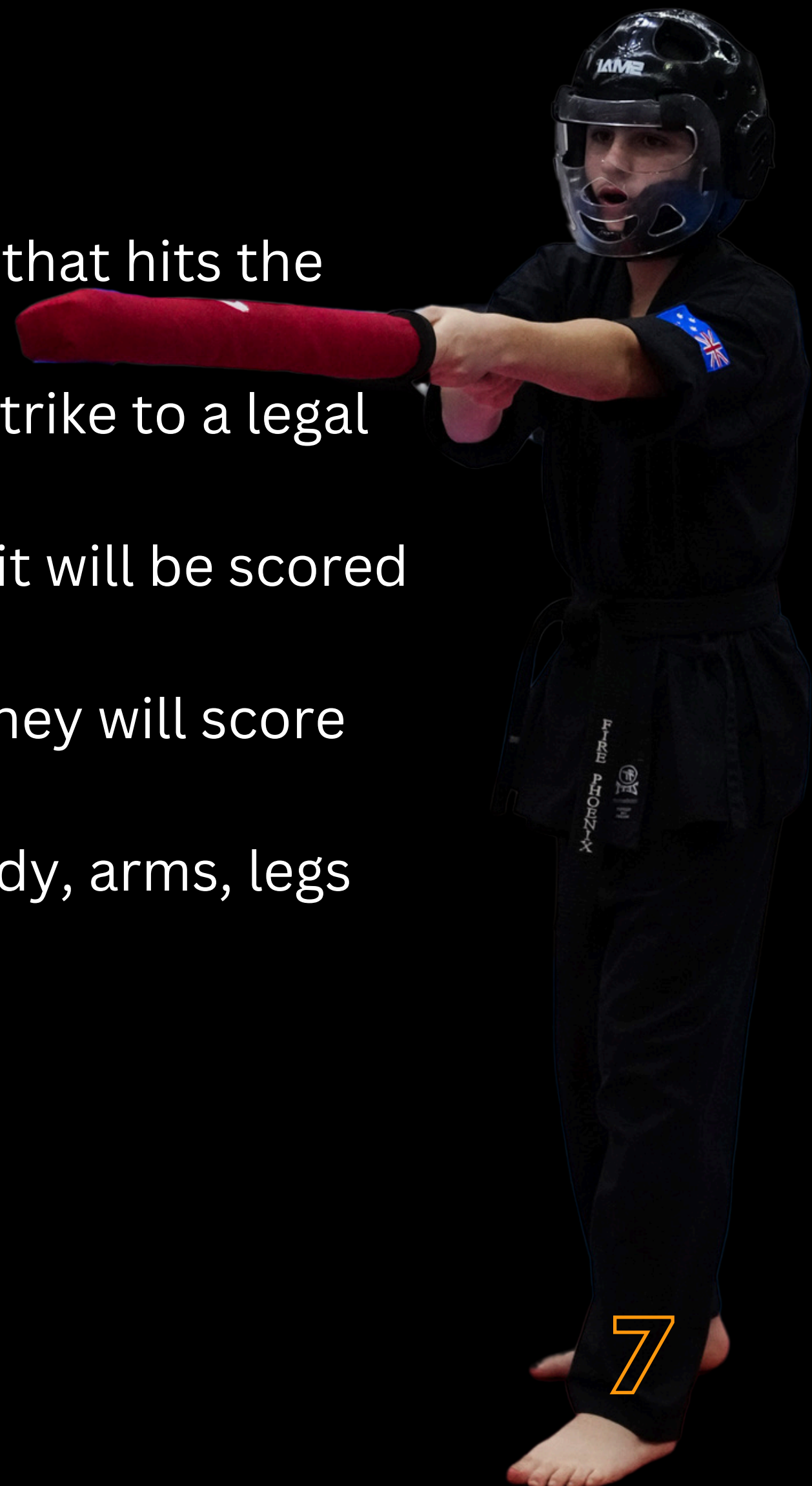


# Sword Combat

- Competitors begin by standing in the marked area of the mats (if the mat does not have a clearly marked starting square, the referee will assure competitors are starting 1 meter apart)
- Point Sparring matches go for 90 seconds or 5 points (where a competitor reaches 5 points first)
- The referees will indicate the beginning of the round clearly
- When the referees believes there has been a point scored they will clearly stop the fight and score simultaneously. Competition will pause until the judges have decided on the point (the time does not stop)

## Points will be called for the following:

- 2 Points will be called for any strike that hits the head
- 1 Point will be called for any other strike to a legal target
- If the exchange is messy or unclear it will be scored as a “clash” (no points given)
- If a referee does not see the point they will score as not seeing the point
- Legal target areas include: head, body, arms, legs





## Illegal techniques and targets:

- Competitors may not strike the back of the head or back
- Competitors may not strike the groin
- Competitors may not swing the sword behind their head before they strike.

## Mandatory Equipment

- **Head Gear:** head gear with plastic face cover must be worn
- **Foam Sword:** These will be provided
- **Mouthguard**





# Highest Kick

- Competitors compete to see who can kick the highest target
- This event is judged based off of each competitors height
- Competitors will take turns kicking a target held at different heights; for example, in round 1 all competitors will kick at **their** shoulder height, in round 2 they will kick at **their** head height ect...
- Competitors can kick with any technique they wish
- Competitors must land on their feet for the technique to count
- Each competitor has 2 chances to kick the target at each round before being eliminated





# Traditional Weapons

- Traditional weapons is an individual event in which the competitor demonstrates the use of their weapon to the judges
- Competitors have a maximum of 4 minutes
- The form must display the traditional use of the competitors chosen weapon. For example a competitor should not throw or release their weapon or perform any “tricks”
- Emphasis should be on power, balance, stances, technique, focus and presentation
- The competition area is 7x7m





# Traditional Forms

- Traditional forms is an individual event in which the competitor demonstrates a form / kata unique to their martial art style empty handed
- Competitors have a maximum of 4 minutes
- Emphasis should be on power, balance, stances, technique, focus and presentation
- The competition area is 7x7m





# Extreme Weapons

- Extreme weapons is an individual event in which the competitor demonstrates an extreme weapons routine with their chosen weapon to the judges
- Competitors may use **music** to elevate their performance in they event although this is not a requirement
- Competitors have a maximum of 4 minutes
- Any movements can be performed that originate from traditional or contemporary martial arts including flips and tricks in this routine
- Competitors may include throws or manipulations in their weapons routines while also focusing on the correct use of their weapons
- Competitor will lose points for any weapons drops or misuse of the weapon
- Emphasis should be on creativity, difficulty of movements, stances, technique, focus presentation, speed and showmanship
- The competition area is 7x7m





# Weapons Trick Battles

- Weapons trick battles is an event in which the competitors highlight their extreme martial arts skills by performing strikes, spins, releases and manipulations of their chosen weapon
- Competitors have 2 passes each, alternating they will perform their combinations. The competitor who goes first will be determined by a game of “paper, scissors, rock”.
- 3 judges will score the competition based on creativity, flow, difficulty of tricks / manipulations and entertainment
- At the end of the competitors 2 passes they will stand in the middle of the mats and the judges will score by raising a hand in the direction of the competitor they believe won. If a judge believes it is a tie they will cross their arms in front of them.
- In a result of a tie, competitors will have 1 more pass each.

