

360 Fighting Systems Kombatan Arnis

Padded Baston Competition Rules

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1. Contest Area

The contest area shall be 14m square. The ground shall be flat and smooth with a non-slippery material made out of wood, vinyl, or similar.

The contest area is divided into two areas: the match area and the safety area.

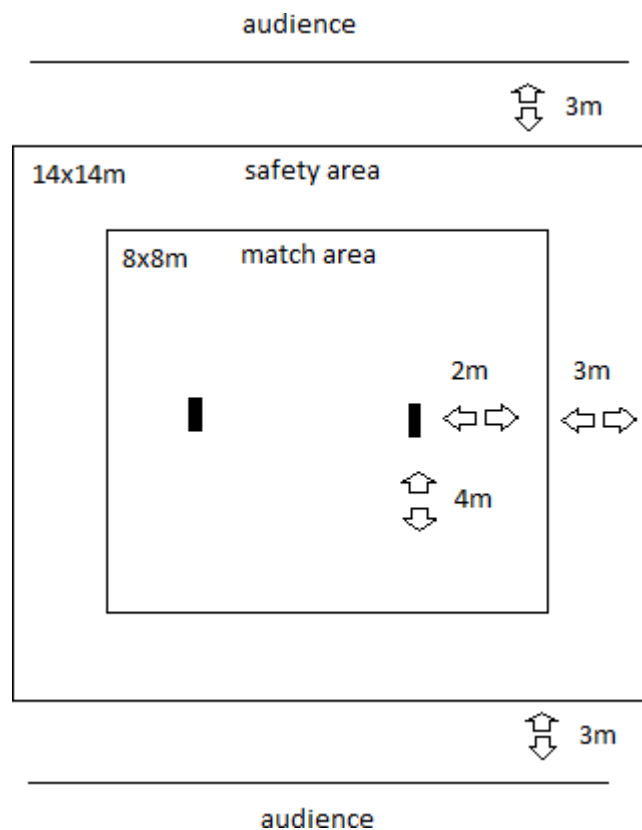
The inner area is the match area and shall be 8m square with edges clearly marked with tape or a reasonable substitute.

The outer area is the safety area shall be 3m wide around the match area, with edges clearly marked with tape or reasonable substitute.

The starting position for each contestant shall be clearly marked as well with a 10x50cm tape or reasonable substitute. The starting positions shall be 2m away from the centre point of contest area, i.e. 4m apart.

If possible, one of the starting points shall be coloured blue and the other red, to make it easier for the staff to assign the contestants to their starting points before each round starts.

When two or several contest areas are used, a common shared safety area of 3m is allowed between the adjacent contest areas





The audience distance to the contest areas outer border shall be at least 3m.

2. Contest Area Equipment

Each contest area shall have a scoreboard that is clearly visible for all referees, competitors, and other contest staff members as well as for the audience. The scoreboard is updated in between each round.

Each contest area shall have an electronic time board that is visible for all referees, competitors, and other contest staff members as well as for the audience. The scoreboard must be able to show which competitor has won a round, so that the audience easier can see who is in the lead.

3. Contest Area Staff

Each match is led by a referee and 3 corner judges.

The judges are supported by an arbiter, a time keeper and a result registrar. If possible, they shall be supported by one extra person acting as supervisor to ensure that no errors are committed.

The judges are also supported by two competition officials who make sure the contestants are ready to enter the contest area.

The referees shall have white t-shirts with black text on the back stating their function.

The corner judges shall have red t-shirts with white text on the back stating their function.

4. Referee Position and Function

The referee is responsible for the start and temporary stops of the fighters' activities in the match but also, most importantly, for the safety of the contestants. The referee shall be inside the match area at all times.

Before the match starts the referee is responsible for checking the contest area (match area and safety area), so that no objects are present on the floor.

Before the match starts, the referee is responsible for checking that all corner judges are ready, and that they have working tally counters.

Before the match starts, the referee is responsible for checking which sound signal will be used to end the match.

After each round, the referee uses the corner judge's combined votes to determine the winner of the round.

After the match ends, the referee is responsible for checking that the secretary has registered the correct decisions from each round.



5. Corner Judge Position and Function

The corner judges are responsible for counting points (see “Scoring” last in this document) and to vote for the winner of each round.

The corner judges shall stay outside of the match area at all times but may move around freely in the safety area if needed, but at most only halfway along the match area so that there is no risk of corner judges running into each other.

The corner judges must keep clear of the contestants at all times.

The corner judges are also responsible for signalling if a contestant is stepping outside of the match area (see details later in this document).

The corner judges are also responsible to ensure that no audience, photographer nor coaches stand inside the contest area.

The corner judges are also responsible for checking that the score board matches the decision taken after each round. . If they note an error they shall notify the referee and the secretaries (arbiter, score keeper, time keeper) as soon as possible.

If a contestant needs to change parts of his clothes outside of the contest area, a corner judge with corresponding gender shall assist the contestant with this. If no corner judge with corresponding gender is present, the organizer will appoint someone to accompany the contestant.

Between each round, the corner judges must turn in their scores to the score keeper. This information is used for quality assurance and follow-up, and to be used in the case of when a player or coach files a complaint about a round winner decision, possibly changing the way scores are counted in subsequent tournaments. Note that the corner judges’ decision in the current tournament stands, and can’t be changed

6. Arbiter Position and Function

The arbiter shall be located at the contest area’s secretary table.

The arbiter will announce each fighter’s name and their designated colour, red or blue, as they prepare to enter the contest area.

The arbiter will announce the final match outcome consisting of naming the winner with the number of rounds won.

7. Registrar Position and Function

The registrar shall be located at the contest area’s secretary table. The registrar will note the score in between each round and also register any warnings that have been issued by the referee.

The registrar is also responsible for updating the score board visible to the audience after each round.



8. Time Keeper Position and Function

The time keeper shall be located at the secretary table. The time keeper starts the match clock when he hears the “Fight” command from the referee and stops it when he hears the “Break” command from the referee.

When the match time is over the time keeper informs the referee of this by using a clear and predetermined audio signal.

9. Contest Equipment Officials Position and Function

The contest equipment officials will stay outside of the contest area at all times.

The contest equipment officials are responsible for checking each contestant before each fight to ensure that they wear the correct protective gear, and that this gear is not broken in any way before the contestants are allowed to enter the contest area.

The contest equipment officials are responsible for handing out the stick that will be used in each the match by contestants, and also replacing it if broken during a match.

The contest equipment officials are also responsible for making sure that the stick handed out has the correct colour and that the “blue” corner helmet is either blue or is marked with a highly visible patch of plastic tape.

If the contest equipment officials find that the contestant can’t comply with the tournament equipment rules, they shall notify the referee about this.

10. Referee Commands and Signals

Before the match starts the referee summons the contestants using a waving hand motion and then pointing to each contestant’s marked starting position.

Before the fight starts, the referee points simultaneously to both contestants and issues the word “salute” in order for the contestants to greet each other.

Before issuing the first “fight” command, the judge will point to each contestant with an open vertical palm and ask them with the word “ready” if they are ready to start.

Combat pauses are called out verbally by the referee using the "fight" and "break" commands.

The “fight” command is supported by a clear arm motion from above the judge’s head towards hip with the arm fully extended.

The “break” command is supported by a clear straight arm motion extending forward with an open palm. After the break command the referee normally assigns the contestants back to their starting positions by pointing towards those locations.



If a doctor's assistance is needed the referee raises one arm straight to the secretary's table with an open palm facing the secretary and points to the contestant who needs assistance with the other arm.

After each round the referee will announce the winner of the round by saying "round" and clearly pointing to the winner of the round.

If a penalty is to be given to a contestant the referee issues the word "warning" and then points using the index finger of his fist toward the contestant receiving the warning.

After the final round, the referee will announce the winner of the match by raising the hand of the winner straight into the air, followed by saying "winner [colour]". The announcer in the secretary is then obliged to report the outcome of the match as well, announcing the corner colour and the name of the contestant.

11. Contestant Mandatory Equipment

1. Sticks.

Weapons for the contest will be provided by the contest organizer. Padded sticks will be used. It will not be permitted to bring your own sticks to the tournament. The sticks are coloured red and blue and assigned to the corresponding contestant before the fight starts.

2. Contestant clothing.

Contestants have to wear the uniform for which school he/she represents.

3. Helmet. The following type of helmets are approved.

Standard WEKAF helmet (www.eljansports.com/protective-gear/74-arnis-headgear.html)

Standard fencing 350N mask (<https://www.thehemashop.com/red-dragon-fencing-mask>) is allowed.

Competitors can bring their own helmet if it is listed amongst the approved ones. The contest organizer must be able to provide approved helmets in all sizes.

4. Gloves. The following types of gloves are approved:

Arnis Handgloves (<http://www.eljansports.com/protective-gear/79-arnis-hand-gloves.html>) .

Bandy Handgloves (<https://www.intersport.se/tillbehor/handskar/kosa-5055-bandyhandskar/>).

Competitors can bring their own gloves if they are listed amongst the approved ones. The contest organizer must provide be able to provide approved gloves in all sizes. Competitors need to carry gloves on both hands.



All protective gear that is allowed in the contest will be checked before each fight by the equipment officials supporting the judges and secretary.

12. Contestant Equipment Colouring

Before each fight, the contestants will be assigned either blue or red corner and given a stick with the matching colour. If possible a red or blue coloured helmet shall be used. If the helmets available are not coloured with the appropriate colours, plastic tape can be used on one of the helmets to mark the “blue” corner contestant.

13. Contestant Optional Equipment

Only the following extra non-mandatory protection equipment is allowed.

1. Mouth-guard
2. Groin protection
3. Upper body protection for women

14. Contestant Positioning and Signals

The contestants shall fight inside the match area and are not allowed to leave it unless instructed by the referee. The contestants are only allowed to leave the match area in exceptional cases such as medical treatment or need to change torn clothes.

All activities such as attack, defence, movements etc. are allowed as long as both contestants have both their feet inside the match area. Note however, that a contestant is allowed to temporarily have one foot outside of the match area for 1 second while moving along the match area border. During those circumstances the contestant is still considered to have both feet inside the match area.

When entering the match area, the contestants may salute the referee and their opponent using the normal salute belonging to their style or dojo.

If a contestant for any reason wants to stop the fight the raises both arms straight in the air, if safety permits, and steps out of the match area.

15. Match Length and Breaks

For World and European Championships the match length shall be:

	Qualification Fights	Semi-finales and Finales
Rounds	2 or 3	2 or 3
Length	1.5 minutes/round	2 minutes/round
Break/Round	30s	30s

The duration is effective time, meaning that the clock is stopped every time the referee issues a "break" command, and resumed every time the referee issues a "fight" command.



16. The Start of the Match

The match begins with the arbiter announcing the contestants and the referee inviting the contestants to the match area after checking that the equipment officials have given clearance.

The referee assigns the contestants to their respective starting position, and issues the “salute” command. The contestants then greet each other.

After the salutation, the contestants keep standing at their respective positions, and wait for the referee to ask them using the command "ready". The contestants now nod or raise their stick into the air to acknowledge a yes. The referee then, in the same manner, checks each corner judge and the secretary that they also are ready.

Once both contestants, all corner judges and the secretary have acknowledged the referees question, the referee will signal the start of the fight using the command "fight".

17. Temporary Stops in the Match

The combat is temporarily stopped by the referee issuing the “break” command in the following cases:

- a) Excessive exchange of blows in close quarters, see "disengagement rule".
- b) Either one or both competitors have both feet outside of the match area
- c) Participants are engaged in struggle/grappling-like situations.
- d) A participant has a hand, or a knee, touching the ground for more than 1 (one) second.
- e) Referees need to convene in order to assess warnings.
- f) Equipment is broken or needs to be checked.
- g) A participant is injured. Up to 3 minutes can be used to ensure whether a participant can proceed or not.

For each break in the match, the contestants go back to their original starting position and await the command “fight” from the referee.

18. The End of the Match

The match is ended in the following cases:

- a) Period time is up.
- b) If one of the participants is unable to continue the fight due to injury or other reasons.
- c) If one of the participants is disqualified.
- d) If a participant refuses to continue the fight, or is unable for other reasons than injury to continue the fight, the opponent wins by technical knockout.

Once the match is ended, the participants go back to their original starting position facing each other and await the judges’ decision.



After the referee and arbiter have announced the winner of the match, the participants salute each other and may leave the match area.

After the end of the match, participants must immediately return any borrowed equipment to the equipment officials.

19. Striking

Approved strikes have to be either of the jab (retracting), abanico (wittik) or follow-through (full swing) style. Strikes have to be fast, strong and distinct against the allowed parts of a standing opponent's body in order to awards points.

A strike that lands with only the tip of the stick with none or little impact force (a grazing strike), shall not be counted.

Any strike applied simultaneously with the signal indicating the end of the round is not counted.

Any strike applied while either one, or both, competitors have both feet outside of the match area shall not be counted.

20. Allowed Targets

Striking is allowed against all parts of the front and sides of the body except the groin and throat.

Striking against the back of the legs up until the start of (but not including) the hip is allowed.

Striking against the top of the head is only allowed from the front.

21. Not Allowed Targets

Strikes against the groin of throat are not allowed.

Striking against the back of the upper body, starting from the hip and including the head, is not allowed.

Striking against the top of the head from the back is not allowed.

22. Prohibited Techniques

- a) Strikes towards the throat or the groin are not allowed.
- b) Thrusting towards the opponent with the stick is not allowed.
- c) Hitting the opponent with the short end of the stick (punio) is not allowed.
- d) Throwing the opponent is not allowed.
- e) Striking the opponent with the empty hand is not allowed.
- f) Kicking the opponent is not allowed.
- g) Sweeping the opponent with the legs is not allowed.
- h) Any action against an opponent on the ground is not allowed.



23. Prohibited Non-techniques

- a) Turning your back against the opponent is not allowed.
- b) Stepping out of the match area is not allowed.
- c) Simulating injury or faking (to be thrown or swept for example) is not allowed.
- d) Improper behaviour, verbal harassment against the opponent, assistants or judges.

24. Disarms

The following disarms are allowed:

- a) Grabbing the opponents stick and pulling.
- b) Grabbing the opponents stick and twisting.
- c) Knocking away the opponents stick using own stick, or empty hand.

Disarming must be done quickly and according to the above. Slow disarms, or disarms preceded by struggle situations, shall not award any points.

25. Blocking

Blocking can be done using either the stick against the opponents stick/arm, or in single stick contest by using the free hand to block the opponent's striking hand or arm. Contact with the blocking hand or arm to other parts of the opponent's body is not allowed.

26. Point System

Points are awarded for the following actions:

- a) The strikes with the stick must be one of the approved strikes.
- b) Any approved strike to an allowed area of the opponent's body gives 1 point.
- c) Disarming an opponent using allowed disarming techniques gives 2 points.
- d) Dropping your stick without any of the above actions awards the opponent with 1 point.

27. First-strike Rule

Fights are not reset (temporarily stopped) when participants score points, however, the premier rule for awarding points is the following, where the participant who strikes first in a single engagement is called "the initiator". The other participant is called "the responder".

- a) If both participants land a strike simultaneously, 0 points are awarded.
- b) If the initiator lands one strike first, and that strike is not returned from the responder within 1 second, points according to the point system in the previous section are awarded to the initiator.
- c) If the initiator lands one strike first, and the responder strikes back with a strike that hits within 1 second, only the initiators hit is counted and points



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are awarded according to the previous section.



- d) If the initiator lands one strike first, and the responder lands two consecutive strikes where the responder's second strike is not countered by the initiator, the participants will be awarded 1 strike each with points according to the previous section.
- e) If the initiator lands two strikes, and the responder is replying with two landing strikes as well. Then the contestant who hits first within each pair of strikes is awarded points to the previous section.

The 1s time mentioned in sections a-e exists in order to decide whether a responder's strike back shall be counted or not, unless he strikes back with multiple strikes.

28. Disengagement Rule

If the contestants end up in a lengthy exchange of blows in close-quarter, the main referee will call out a "break". The contestants have then to step away from each other and are not allowed to start to fight again until the referee calls out a "fight" command. This rule exists due to the difficulty of accurately counting lengthy exchanges, and in order to promote more of the long-range play.

29. Winner Determination

Winner is decided by:

- a) Winning the majority of rounds as described in section 30.
- b) Disqualification of one the participants.
- c) If one of the participants is unable to start or continue the fight.
- d) Win by walk-over.

30. Best of Three Rounds

The system of "best of three rounds" is used when determining the winner of a match. The first contestant to win two rounds is announced as the winner of the match. Each round is won by getting the majority of the corner judges' votes.

31. Winning a Round

After the round end, each corner judge looks at his scores and decides the winner of the round. The referee asks the corner judges to be ready to give their votes and also waits for the arbiter to be ready to announce the winner. The referee then signals the corner judges to pass their votes by raising a red or blue flag corresponding to the helmet colour assigned to the contestants. The referee then raises the hand of the contestant with the most corner judge votes.

If a corner judge counts equal scores, he must decide the winner of the round by the following criteria, using the second criterion if the first criterion is not sufficient.

- a) The contestant who was most active or dominated the round.
- b) The contestant who showed the most will to win the round.



32. Warnings

Warnings are given in case of rule violations.

- a) A participant uses any of the prohibited technique actions listed in previous sections.
- b) A participant performs any of the prohibited non-technique actions listed in previous sections.
- c) A participant is too passive, not striking any strikes or trying to take any action against his opponent.

If the referee identifies a situation which potentially could result in a warning, the fight is temporarily stopped in order to assess whether a warning should be issued or not. If the referee and judges are in agreement that the participant did perform an illegal action, the participant will receive one warning.

33. Disqualification

A participant can be disqualified if either the participant receives three warnings or if the referees deem that any of the prohibited techniques, or non-techniques was used with clear intent to harm or harass the other participant. Verbal harassment of the referee team may also lead to immediate disqualification.

34. Walk-over

If a competitor presents himself in the ring fully attired for the match at the prescribed time and the opponent fails to appear within three minutes after the opponent's name has been announced three times, the referee will announce the present competitor as the winner of the match by walk-over.

35. Cases beyond the Existing Rules

Cases that are not mentioned within this document will be considered and decided upon by the judging team and the organizers of the competitions.