

SWEDISH FMA ASSOCIATION

Padded Solo 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.

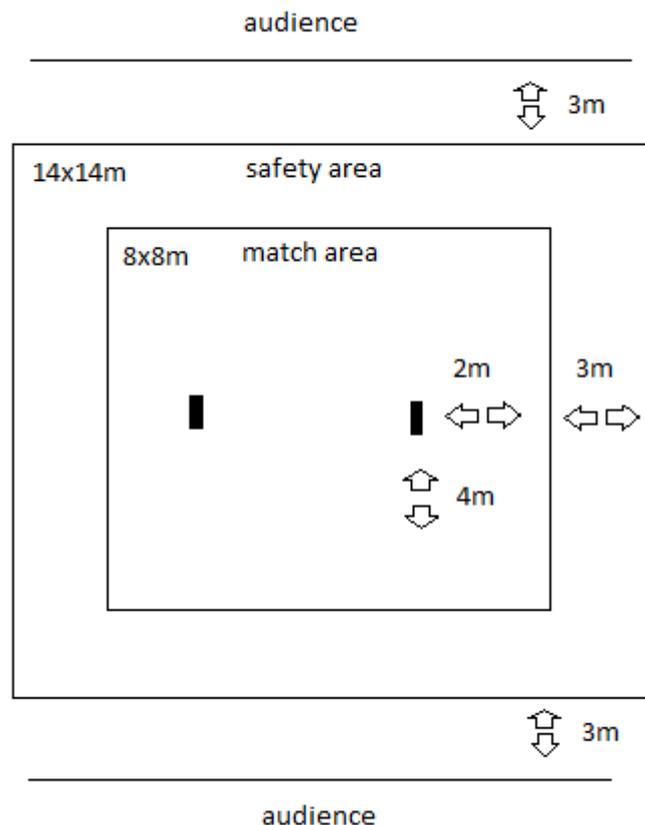
The contest area is divided into two areas: the match area and the safety area.

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 around the match area, with edges clearly marked with tape or reasonable substitute.

The starting point 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, which translates into 4m apart.

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 scoring board that is clearly visible for all referees, competitors, and other contest staff members as well as for the audience. The scoring board 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.

3. Contest Area Staff

Each match is led by a main judge 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 assure 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 main judges shall have white t-shirts with black text on the back describing their function.

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

4. Main Judge Position and Function

The main judge is responsible for the start and temporary stops of the fighters' activities in the match. The main judge shall be inside the match area at all times.

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

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

Before the match starts, the main judge is responsible for checking what sound signal is used to end the match.

After each round the main judge consults with the corner judges who assemble in the middle of the match area to determine the winner of the round.

After the match ends, the main judge is responsible to check 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).

The corner judges shall stay outside of the match area at all times but may move around freely in the safety area if needed.

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

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

The corner judges are also responsible to assure that no audience, photographer or coaches are standing inside the contest area.

The corner judges are also responsible to check that the score board matches the decision taken after each round. If they note an error they shall notify the main judge 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.

6. Arbiter Position and Function

The arbiter shall be located at the contest areas secretary table.

The arbiter will announce each fighter 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 areas secretary table. The registrar will note the score in between each round and also register any warnings that have been issued by the main judge.

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 main judge and stops it when he hears the "Break" command from the main judge.

When the match time is over the time keeper informs the main judge 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.

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.

These contest equipment officials are also responsible for checking, the gloves helmet and other allowed protection before the contestants are allowed to enter the contest area.

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

10. Main Judge Commands and Signals

Before the match starts the main judge summons the contestants using a waving hand motion and then pointing to each contestant's marked starting place.

Before the fight starts, the main judge points with both hands to himself and issues the word "salute". He then points to the contestants crossing his arms and waits for them to salute each other.

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

Combat pauses are called out verbally by the main judges 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 main judge normally assigns the contestants back to their starting points by pointing to those locations.

If a doctor's assistance is needed the main judge 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 non-final round the main judge will announce the winner of the round using by saying "round" and clearly pointing to the winner of the match.

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

After the final round the main judge will announce the winner of the match using a raised hand high in the air and then followed by saying “match” and clearly pointing to the winner of the match. The announcer in the secretary is then obliged to report the outcome of the match as well.

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 allowed to bring your own sticks to the tournament.

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 helmet (<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 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 Non-mandatory Equipment

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

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

13. Contestant Positioning and Signals

The contestants shall fight inside the match area and are not allowed to leave it unless instructed by the main judge. 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 main judge 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.

14. 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 started every time the main judge issues a "fight" command.

15. The Start of the Match

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

The main judge assigns the contestants to their starting position and issues the "salute" command.

After the salutation, the competitors keep standing on their positions and wait for the referee to ask them using the command "ready". The competitors now nod or raise their stick into the air to acknowledge a yes. Once both competitors have acknowledged the main judges question, the main judge will signal the start of the fight using the command "fight".

16. Temporary stops in the Match

The combat is temporarily stopped by the main judge 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 contest 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 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 assure whether a participant can proceed or not.

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

17. 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.

The main judge collects the scores counted from the corner judges and hands these over to the arbiter and registrar.

After the main judge and arbiter have announced the winner of the match, the participants salute each other and can step off the match area.

Participants must after each match immediately return any equipment borrowed from the equipment officials.

18. Striking

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.

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 contest area shall not be counted.

19. 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.

20. 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.

21. 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.

22. 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 and verbal harassment against the opponent, assistants or judges.

23. 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.

24. Blocking

Blocking can be done using either the stick against the opponents stick/arm, or by using the free hand to block the opponents striking hand or arm.

25. Point System

Points are awarded for the following actions:

- a) The strikes with the stick must be strong, fast, and distinct, reaching the counting areas of the opponent, in order to be counted.
- b) All strikes to the opponent's head give 2 points.
- c) All strikes to any other allowed area of the opponent's body give 1 point.
- d) Disarming an opponent with allowed disarming techniques gives 2 points.
- e) Slow disarms, or disarms preceded by struggle, will not award any points.
- f) Dropping your stick without any of the above actions awards the opponent with 1 point.

On the reverse points are not awarded in the following cases:

- a) Allowed but weak or indistinct strikes.
- b) Using prohibited techniques listed in the "prohibited techniques" section.

26. 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 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.

27. Disengagement Rule

If the participants end up in a lengthy exchange of blows in close-quarter, the main referee will call out a "break". The participants have then to step away from each other and are not allowed to start to fight again until the main judge 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.

28. Winner Determination

Winner is decided by:

- a) Counting the points received from the match by the "best of three rounds" method described in section 31.
- b) If equal on points, by the corner judge's vote.
- c) Disqualification of one the participants.
- d) If one of the participants is unable to start or continue the fight.
- e) Win by walk-over.

29. 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 judges identify 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 referees agree on that the participant did perform an illegal action, the participant will receive one warning.

30. 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.

31. Best of Three Rounds

The system of "best of three rounds" is used when determining the winner.

The contestant with the most points in a round is announced winner of that round.

The first contestant to win two rounds is announced as the winner of the match.

If the number of points is equal in a round, the rounder winner is decided by corner judge votes.

32. Walk-over

If 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 announced three times, the main judge will present the present competitor as the winner of the match.

33. Cases Beyond the Existing Rules

The cases that are not mentioned within the set of rules are considered by the judging team and the organizers of the competitions.