

AUSTRALIAN ALL STYLES MARTIAL ART

Amateur Kickboxing Tournament

COMPETITION FORMAT & RULES

Sat 17th March 2007

This event is designed for the future development of the sport, where we bring all different styles of "Martial Arts & Fighting Systems" together to compete. By showing respect and a high degree of etiquette for each other during and after competing, competitors develop networking for long-term friendships.

Knock out format applies after 1st round (1st round is not knock out), from then on it is a knock out. If we have an odd number of competitors, one will miss out the complimentary round.

There may be a 2nd division for more experienced competitors. This will depend on your kickboxing experience and the number of competitors who have nominated.

We will have two levels: **Level 1**- More than 12 months experience in kickboxing training.

Level 2- 12 months or less experience

You must always listen to the referee's instructions; he is in charge of proceedings and always puts the competitors safety as No. 1. His decision is final.

Match Ups - We will endeavour not to match team members in the 1st round.

- The second round onwards is knock-out.
- We will endeavour to separate fights, so that competitors aren't fighting one match after the other.

After The Drawer Is Made - The responsibility is on you to check that you have been correctly written in and listen for your call up (you will only be called 3 times) and have yourself ready or you may be disqualified.

If you are the next competitor you are required to wait on the entry mat ready to go with all your gear on.

How A Match May Finish

1. Referee's decision
2. Knock-out
3. A competitor declaring he's had enough.
4. A trainer throwing the towel in.
5. A competitor is not defending himself – judged by the Ref. eg continually turning his back
6. Injury
7. Accumulation of fouls

Note: In the case of where the referee determines a draw there will be another 1.5min round required, then a decision will be made, each competitor has the option of forfeiting the match if they cannot continue.

When A Competitor Leaves The Mat During The Match

- The match and the time will automatically be stopped and re-started again in the centre.
- If you are considered to be continually using the outside ring to re-start the match you receive one disqualification point against you.

MATCH FORMAT

- There will be an I.S.K.A. official (Trevor Elson) refereeing and judging on the day.
- Finals and normal match times will be **2x 1.5 min rds.** with a 30sec break (The warm up match will be **1 x 1.5 min. rd.**)
- Each match will be held on a 5mts x 5mtr jigsaw matted area.
- A deal of self control must be shown not to push your opponent off the mat

PERMITTED

- ❑ Punches, kicks to the head, body and legs.
- ❑ Congratulating your opponent on how well he/she went whether you win or lose. (Good sportsmanship is to be shown at all times).

NO NO'S

- ❑ Knees or elbows of any sort.
- ❑ Pushing and shoving.
- ❑ Pushing and shoving your opponent off the matted area.
- ❑ Bad language, bad sportsmanship or arguing with the referee.
- ❑ Grabbing your opponents leg as he kicks.
- ❑ Grappling or leaning all over your opponent.
- ❑ Kicking or striking out at the front of your opponent's knee or groin.
- ❑ Any other unsafe practices deemed by the referee as being dangerous.

COMPETITION DRESS CODE (All equipment to be supplied by the competitor)

- ❑ 16oz gloves (no smaller), soft shin pads that cover the end of the foot and groin protection **ARE COMPULSORY**.
- ❑ You are required to supply ALL of your own gear (hygiene factor).
- ❑ If your opponent wished to wear head gear you are required to do so as well (this can be negotiated between yourselves well before your match).
- ❑ You can wear a singlet or T-shirt as long as it doesn't get entangled in your opponents arms etc. or no shirt at all.
- ❑ You can wear Gi pants, shorts or bike pants.
- ❑ No shoes (or similar) are to be worn.

SAFETY REGULATIONS

Disqualifications (Accidental fowls are counted - judged by the Ref.)

At the start of the tournament each competitor will receive 3 points, each in total for the day, each time you are given a warning whether be in one match or over a few, you will lose a point each time and will eventually be disqualified.

The referee will use his discretion as to whether he just warns competitors the once.

The mat officials will count the point scoring against the person's name. The mat official will let the Ref. know when a competitor has received 3 points against them.

When a competitor loses a point the Ref. will call both trainers in to the middle and explain why and NO discussion will be entered into.

MUST

- Have signed an enrolment form & declaration / waiver form.
- Follow the instructions & abide by the referee's decision (& show good sportsmanship).