



# **FULL CONTACT RULES**

**Version 2.0**

**2009**

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# 1 GENERAL

## 1.1 Ring Dimensions And Boundaries

The ring is 8m x 8m in size, with a clearly delineated border of 1m around the perimeter. For the sparring divisions, the 6m x 6m area inside this perimeter is defined as the “fight zone”. See diagram at right.

Athletes, coaches, and spectators should not endanger themselves or others by stepping on or near the “No Fight Zone”, while attending the tournament. This will include the safe supervision of children at the tournament.

Should an athlete use any area (on or off the mats) for practise or warm-up, the athlete should ensure that no other person(s) are affected by such practising i.e. they should not cause injury, or harm to spectators and other competitors, or distract spectators or athletes in active competition.

## 1.2 Uniform

Athletes will wear their normal training uniform. It should be clean and in good repair, and in good taste, or he/she may not be allowed to participate. In the case of a freestyle system, where there is no uniform *per se*, their clothing should include something that denotes their club affiliation e.g. a club t-shirt, or logo on the shorts/track pants.

While competing, one contestant will wear a red identifying marker, and the other may wear a white identifying marker.

Shoes will not be permitted for athletes during any events, whether held on mats or without. Officials may wear only approved shoes that do not damage the mats.

In the event of an injury to an athlete, the wearing of bandages or other protective materials is at the absolute discretion of the Technical Commissioner of the competition, whose decision shall be final and binding upon the athletes.

In principle, no support bandages or tape may be worn in the first round and thereafter at the discretion of the doctor.

## 1.3 Injuries And First Aid

Where an injury has been sustained the referee shall call time out for up to 1 minute to assess whether or not the athlete should be treated by a First Aid Officer (FAO). This may be done in consultation with the athlete. However, the decision to be assessed by the FAO does not rest solely with the athlete. Many

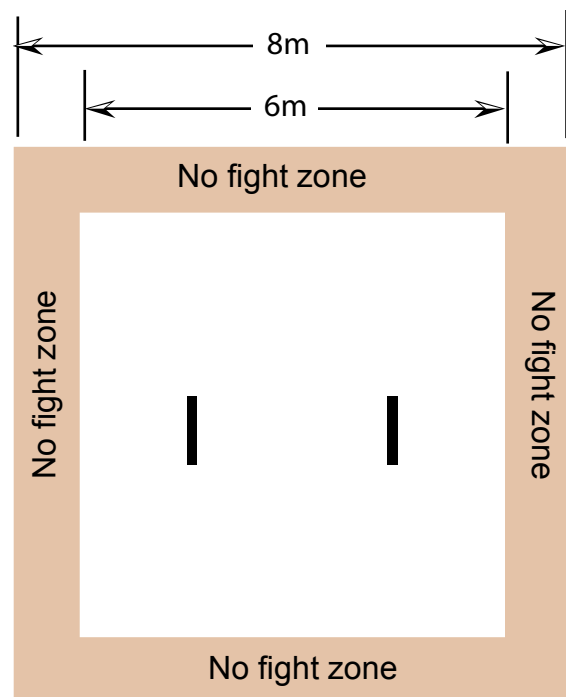


Figure 1. Competitor regions on the mat

martial artists will forego first aid even when seriously injured or concussed, so they can continue in the bout. The referee must be able to make this call while observing all rights of the athlete to seek First Aid.

If first aid treatment is required, the treatment shall be no longer than 2 minutes before the athlete is called back to the ring for restart of the event.

Before the event restarts, the referee shall obtain the FAO's opinion as to whether the athlete is in a fit condition to recommence the event or not. Should the FAO determine that the athlete is unfit to continue, this decision will be final.

## 1.4 Protection

### SAFETY AND PROTECTION

All athletes shall ensure that personal jewellery including, any vulnerable body piercing items, are removed before competing. In the event that a piercing or jewellery cannot be removed, it is the sole discretion of the Tournament Commissioner as to whether it can be safely taped. If neither removal nor taping is possible, the athlete will have to forfeit the match.

Finger- and toe-nails must be cut short.

No protective clothing, bandages or guards may be worn other than a mouthguard and groin guard, except in the Colts division, where head-guards and shin/instep protectors of a type approved by the Technical Commissioner are required.

Female athletes may, if they so wish, use a single wrapping of tape around the knuckles as approved by the referee.

**MOUTH GUARDS** – compulsory for all athletes in all combat divisions

**GROIN GUARDS** – compulsory for males. Optional for females.

**CHEST GUARDS** – optional for females, not permitted for males.

**HEAD GUARDS** and **SHIN-INSTEP PADS** – these are also required in the Colts division.

*Red mouthguards are not advised, as they disguise mouth bleeding. They will however not be disallowed.*

*Must be worn on the inside of the uniform*

*For women, chest-protectors are recommended, but they must not cover the solar plexus and lower ribs, as this would give them an unfair advantage.*

## 1.5 AGE OF ATHLETES

In age based divisions, athletes may only enter divisions appropriate to their age on the 30<sup>th</sup> June. This entry criterion is valid for the whole of the current calendar year.

There are two possible non-adult age divisions under these rules:

**COLTS DIVISION:** Defined as those being 16 or 17 years under these rules.

*If an athlete has a birthday any time up to and including the 30<sup>th</sup> of June in any calendar year, then that will be the age division in which he or she must compete in for the entire calendar year. i.e. turn 14 during Jan-June, you compete in the 14 yrs division Jan-Dec. Turn 14 during Jul-Dec, you compete in the 13 yrs division Jan-Dec.*

**JUNIOR DIVISION:** Where athletes can be matched in age, weight, and abilities, there might be situations where younger athletes might be matched against each other. These will be *exceptional* circumstances, and the minimum age in such circumstances would be 14 years.

This will be at the discretion of the Tournament Directors and Chief Referee of the day.

In these instances, the athletes would be required to wear full protective gear i.e. headgear, mouthguard, mitts, shin-instep pads, and groin guard. In the case of females, chest protectors are **STRONGLY** recommended.

## 1.6 PROTESTS

Protests should be referred to the tournament technical commissioner as soon as possible after the incident. **Video evidence will not be accepted.**

In order to have a protest validated, a Protest/Complaint form must be filled in and submitted. These forms can be obtained from (and submitted to) the tournament's Technical Commissioner

The person lodging the complaint must be registered on the day as an AMAC Coach/Instructor.

The Tournament Commissioners decision on the day will stand, however the complaints process can continue to the NTC if any party feels the decision **DOES NOT COMPLY** with AMAC rules.

## 2 DIVISIONS

In all the men's matches the following 3 weight categories shall apply:

- Category A : Lightweight – Under 70 kg
- Category B : Middleweight – 70 - 80 kg
- Category C : Heavyweight – Over 80 kg

In the Women's and Colts divisions, the following 3 weight categories shall apply:

- Category A : Lightweight – Under 60 kg
- Category B : Middleweight – 60 – 70kg
- Category C : Heavy weight – 70 kg and over

NB: In the Lightweight category the *minimum* weight requirements will be at the discretion Tournament Technical Commissioner.

In addition, there are two grade categories included too:

- Beginner/Intermediate
- Advanced/Black belt

Depending on the number, weight distribution, and

grade of athletes, divisions MAY be added, split, cancelled or merged.

### 3 REFEREE and JUDGES

There are two referee/judge combinations available: 3 officials (1 referee, 2 judges) or 5 officials (1 referee, 4 judges).

#### For National, and International events

Each contest shall have four judges and one referee. The judges will then be seated as shown in Figure 2 (see *Figure 2. Full Contact Mat layout for referee and 4 judges*

at right) In a decision upon the outcome of a contest, the referee and each judge shall have one vote.

#### For Regional and State Rounds

For these events, the number of officials will be at the discretion of the Technical Commissioner, in consultation with the Tournament Director.

For most of these events, there will be only 3 officials (a referee and two judges), who will be positioned in the same way as for Freestyle. The match will also be conducted in the same way as for Freestyle Sparring, with the obvious exception being that contact will be allowed according to the constraints set out in these rules.

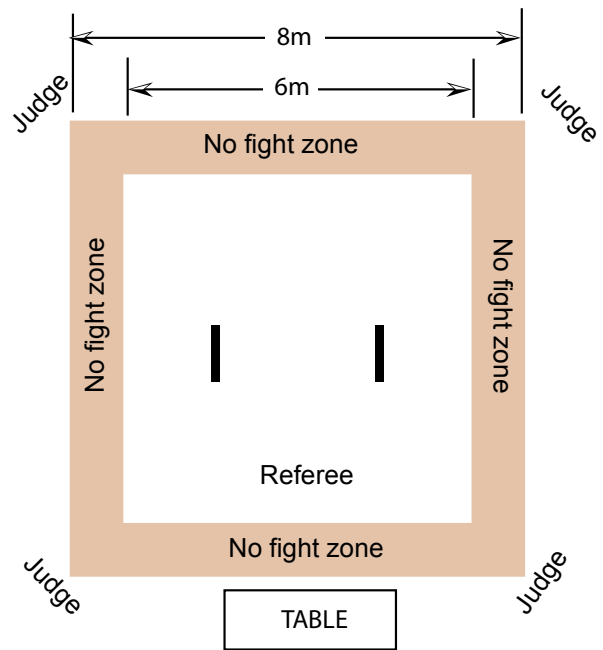


Figure 2. Full Contact Mat layout for referee and 4 judges

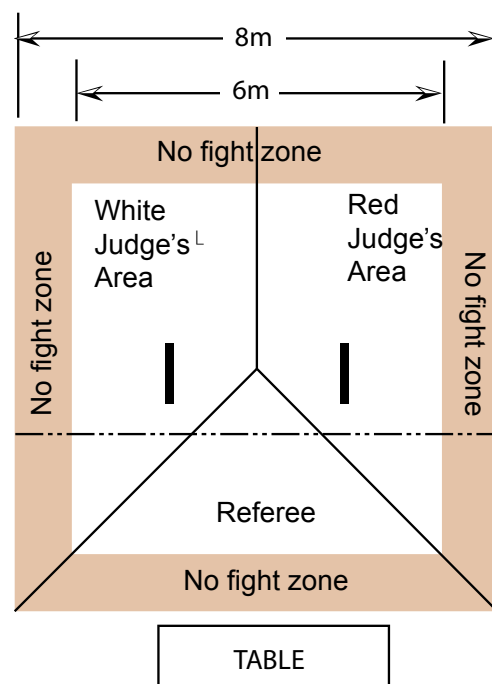


Figure 3. Full Contact Mat layout for referee and 2 judges

## 4 CONDUCT OF THE MATCH

### 4.1 Duration and Extensions

In the Regional and State events, each bout shall last 2 minutes, and for State Finals, National, and International events, they will be 3 minute bouts.

If no decision in favour of either athlete is made by the judges, or in the event of a draw due to the referee not exercising his vote in favour of either athlete, the referee will authorise an extension.

The extension will normally be the same duration as the initial round.

At State, National, and International events, a second extension may be granted at the discretion of the Tournament Director and/or the Technical Commissioner.

In all events, and for first and extension rounds, the duration may be varied at the discretion of the Tournament Director and/or the Technical Commissioner.

*While change of bout duration could occur at the start of any round (due to time constraints, for example) it is most likely that it will be for the whole tournament. All remaining competitors will be made aware of any changes.*

### 4.2 Declaration of decision

If any points or penalties have been awarded, the referee will ensure that the judges are aware of these by announcing out loud the scores/penalties while indicating with open hand at the athlete whose score is being announced.

If there have been NO scores at the end of the final extension, the referee, before calling for the decision, will also inform each judge that they cannot award a draw at this point. They MUST make a decision – red or white. If the judges collective decision is still a draw, the referee will cast the deciding vote.

The referee will then step back to the edge of the ring, in front of the table, all judges should hold heads down and eyes closed, with flags upright on their knees. The referee then calls out “Judges decision please!” and blow the whistle hard once. Judges will immediately signal their decision and simultaneously blow their own whistle.

Signalling is done by raising the flag of the winning athlete up at an approximately 45° angle. A draw is signified by crossing both flags pointing down in front of the judge’s legs.

The referee counts the number of flags and gives his/her own decision.

*When the referee is to cast a deciding vote, s/he will do so taking into account the athletes’ overall ability to dominate and control the bout, including but not limited to:*

- *Offensive and defensive capabilities*
- *Ringcraft*
- *Fighting Spirit*
- *Stamina*

*The referee will also take into account the athletes’ ability to employ specific strategies to effectively combat physical differences in :*

- *Height*
- *Reach*
- *Weight*
- *Speed*
- *Power etc.*

*Conversely, the ability to neutralize specific strategies used against the athlete should also be taken into account. e.g. An athlete successfully negates his/her opponent’s reach advantage by stepping inside to fight at a closer range, the taller opponent combats this tactic with close-in knee strikes every time his opponent steps inside, effectively stopping the attack!*

*The usual method for announcing the score would be for the referee to make the decision based on the flags and his/her own choice. Then visibly count off the minority flags first, and then the majority i.e. winning colour (or draw), with him/herself last (by crossing the forearm*

*across the chest) and then announcing the winner. Counting for each colour should be with the appropriate hand i.e. count the white flags with the left hand, and the red flags with the right. This will allow the appropriate hand to already be in motion for the final announcement.*

In the case of a draw the referee crosses his/her arms obliquely downwards, palms open.

Terminology and procedures should be the same as in points and freestyle procedures.

### 4.3 End of the bout

The referee declares the winner. This is the end of the bout. Bow-out should follow the same procedures as Points and Freestyle procedures.

After bowing to each other the athletes shake hands and exit the arena.

### 4.4 Change-over of Officials

If there are enough officials, they can be alternated, thereby giving each set of officials a rest. The procedure is as follows:

All current ring officials line up on the table end of the ring, and bow out together, then the referee takes 1 or 2 steps inside the ring, turns around, and bows to the judges in thanks, and they bow back. The referee then returns to his/her initial position, and they all turn to their right, and walk around to the red side of the ring, spread out along the edge with the referee in the middle, facing into the ring. The new set of officials has since lined up similarly on the white side

Once all are lined up, the outgoing referee says "Officials, bow" and both sets of officials bow to each other. The outgoing officials turn to the left on the referees command, and walks off the ring at the table end.

Simultaneously, the new referee commands his/her judges to turn to the right and the take up the positions on the table end of the ring, whereupon he/she steps in, turns around, and bows to the judges, who bow back. They then all bow to the audience, and take up their places around the ring.

## 5 CRITERIA FOR DECISION

The winner shall be determined by one of three methods. In any of these methods, techniques used must not be fouls or otherwise disallowed by the contest rules.

Any situation not defined in these rules shall be resolved by the technical or tournament committee on the day - this judgment will be final.



### TWO POINT WIN :

- With the exception of techniques which are fouls and not allowed by the contest rules, any technique that connects and downs the opponent for longer than 3 seconds, scores 2 points for an automatic win
- When the contestant informs the referee and judges that he is beaten as the result of techniques allowed within the contest rules, his opponent shall be awarded a win.
- A serious foul by, or the disqualification of, a contestant will automatically give the other contestant the win in a contest.

### ONE POINT WIN:

- Where a contestant is knocked down by a technique allowed within the contest rules and regains a standing position within 3 seconds, one point can be awarded to his opponent. The downed opponent will be allowed to continue with the contest only if in the opinion of the referee he is fit to do so. This will be after consultation with the doctor or FAO, at the referee's discretion.
- When an opponent is downed with any technique including foot sweeps and a well focused but *non-contact* technique is followed through, one point is awarded.
- One point may also be awarded for a technique (within the contest rules) that does not down an opponent, but clearly incapacitates them, even temporarily, or renders them unable to defend themselves,
- One point may also be awarded if a competitor shows weakness or pain as a consequence a legal technique, or series of legal techniques, by the opponent.

### DECISION WIN:

When no definite points have been scored, the judges may award a win by decision on the basis of superior technique, technical skill and fighting spirit. It should however be such that the declared winner is very obviously superior. See Section 8.2 below.

## 6 PROHIBITED ACTS AND TECHNIQUES

The following techniques and actions may merit disqualification, at the discretion of the match referee. The tournament's Technical Commissioner's decision will be final.

- Any *intentional* attack that makes contact to the opponent's head, face, or neck with the open hand, fist, or any part of the arm. In most

instances, this will merit a disqualification.

- Attacks to the groin.
- Head thrust or butts
- Kicks to any part of the knee joint.
- Knee kicks whilst grabbing with both hands.
- Elbow strikes to any part of the opponent's back.
- Striking or kicking an opponent who has been downed, unless the attack or strike immediately follows the sweep or “downing” technique, in which case contact is not allowed.
- Making an attack from the floor after having been downed by the opponent, (this should not be confused with an opponent defending himself whilst on the floor).
- Grabbing or holding an opponent or his/her uniform.
- Failing to obey the referee's instructions during a bout.
- Any other techniques or practices that the referee decides are improper or unfair.

## 7 WARNINGS AND PENALTIES

### 7.1 Awarding Warnings

The following may merit warnings at the discretion of the contest referee:

- Frequently retreating from or out of the contest area or moves that waste time.
- Pushing the opponent with the open hand.
- Persistent bad behaviour or violence
- Turning one's back on the opponent in a cowering manner i.e. not defending oneself

Any number of warnings may also be given to athletes for minor commissions of illegal techniques or behaviours, described in Section 6 above.

In order to give such a warning, the referee will point to the offender's feet and say loudly “Warning!”

Repeat offences would give the referee cause for awarding penalties. The number of repetitions needed before a penalty is awarded would depend on the severity of the offense, both in terms of intensity and intent. This is at the discretion of the referee.

Note: This is not a penalty and does NOT count toward disqualification, but it should be taken into consideration if a decision must be made i.e. no scores awarded.

*Unlike points and freestyle, where excellent control of distance is expected, contact fighting penalty judging must necessarily be more tolerant.*

*Thus, a single accidental groin kick may incur only a warning, since kicks to the general region of the groin (but not the groin itself) ARE permitted. A second offence however would suggest poor control, and might merit a 1 point penalty. An intentional groin kick, or one resulting from wild uncontrolled technique, on the other hand, would probably deserve disqualification.*

*A punch that makes contact to the head resulting from a deflected punch to the chest might, depending on severity, only incur a warning, as would a direct attack to the head that doesn't make contact. A direct contact punch to the face with contact would incur at least a single point penalty, as it clearly demonstrates intent.*

*Kicks to the knee are illegal. However, in the heat of the contest, they are not uncommon, especially if the recipient also lifted his knee to block a kick to the thigh. Again, it is up to the referee to decide on the degree of intent there was, and issue a warning or penalty accordingly. Repeat accidental offences however, after due warning(s), would nonetheless demonstrate poor control, and would likely incur a penalty.*

### 7.2 Awarding penalties

When an athlete has committed a foul, the referee will indicate this by saying which athlete, what foul, and what penalty e.g. “Red side, kicked the knee, 1

*point penalty!*" The athlete who has committed the foul must acknowledge the referee's declaration upon hearing it.

A majority of the officials must indicate that a foul has been committed.

All officials must agree for a disqualification.

### 7.3 Disqualification

- Contestants who arrive late for bouts or who fail to appear at all.
- Contestants who refuse to engage in fighting during a match after 3 calls by the referee.
- Physical disability arising during the tournament shall allow a contestant to withdraw after examination and verification of the injury by the tournament physician. The decision is final, and will be based on the cause of the injury i.e. was it caused by an illegal technique or not?
- When a legal scoring technique is followed up by an ILLEGAL technique, the illegal technique overrides the legal one and invalidates it and, if necessary, a penalty should be awarded.

### 7.4 The Order of Penalties

All these penalties must be noted by the table officials.

Any penalty incurred in the match will be carried forward and if appropriate escalated in the extension and compulsory decision rounds.

- 1<sup>st</sup> point penalty
- 2<sup>nd</sup> point penalty
- 3<sup>rd</sup> penalty and disqualification

Note that it is not necessary to award penalties in just 1 point increments. It is possible to escalate any given penalty to a 2 points, or even disqualification.

*A useful guideline might be to allow no more than two warnings for any type of offence, after which a penalty would be awarded. A further similar offence might then be awarded with an additional 2 points penalty, for a total of three.*

## 8 SCORING AND AWARDED POINTS

Full contact sparring is at the other end of the spectrum of contact levels from the points sparring.

Athletes attempt to cause their opponents to show pain or weakness through punches or kicks to the legs, body, and head even to the point of knocking the opponent out.

The major constraint however is that attacks to the head and face with hands or any part of the arms are NOT PERMITTED. However, attacks to these areas with the legs and feet are permitted.

*The goal is to strike the opponent in such a manner as to break down his/her resistance.*

*It is conducted under strict rules governing the techniques and targets that can be used.*

*Like in Points and Freestyle sparring, skill and agility are still important, but Full Contact also has the additional dimension of actually being hit and hitting. Thus, where in the non-contact, you can ignore a strike against you (which might well score a point but cause no harm), in full contact, you have to block or evade or get hit. Conversely,*

The terminology used will be largely the same as that used in points and freestyle sparring. Hand signals will also be the same.

## 8.1 Awarding points

**ONE POINT:** An effective attack which downs (or incapacitates) the opponent for less than three seconds.

The referee designates the athlete as *Red* or *White* and declares "*1 Point*" and its nature (e.g. "*Red, front kick, 1 point*")

**TWO POINTS:** This is all it takes for victory. Two points are declared in the same way as 1 point, but the winner should also be declared at the same time.

A win achieved by accumulating two single points is declared in the same way as a full point.

*as the attacker, you get a chance to see if your training is working, and a chance to see if your techniques actually work.*

*It may seem contradictory, but it is fighting without violence.*

*e.g. "Red, front kick, 2 points, red side, winner!" In this situation, the loser will have been downed for more than 3s as a consequence of the kick.*

*e.g. "Red, kick to the head, 1 point, total 2 points, winner! In this situation, the loser will have been down for less than 3s or have shown clearly that the technique was painful and at least temporarily disabling.*

## 8.2 Decision

When no full clear point has been scored, as mentioned earlier, the victory is awarded by decision.

If no points have been scored, but an athlete has received 1 penalty, it is still possible for him/her to win if his/her overall performance has been superior. With a 2<sup>nd</sup> penalty, performance would have to be overwhelmingly superior and exemplary in order to be awarded victory. This would be a very, very, rare situation. In most cases, the decision would have to be awarded to the person with fewer penalties.

If both athletes have the same number of penalties, judgement would have to be made on the basis of performance alone.

*There should be clear dominance of one athlete over the other, to award a victory without any points being scored!*

### **TWO JUDGES AND A REFEREE**

*At least two of the three officials must have awarded the win to one side or the other for a clear win.*

*One white and one red judge allows the referee to cast the deciding vote, which could be a win for either colour, or a draw – unless this is the final extension, in which case no draws are permitted, and the referee **MUST** choose.*

### **FOUR JUDGES AND A REFEREE**

*For example "Draw, white 1, 2, 3, and referee, winner, white!" In this case white won by 4 to 0.*

*Two white and two red can be declared a red win, white win, OR a draw by the referee. Again, if this is the final extension, it cannot be declared a draw.*

