



HAND SIGNALS

VERSION 1.1.0

1 HAND SIGNALS

Hand signals will be very similar in both Point Sparring and Freestyle Sparring. Where there are differences, they will be indicated.

Judges AND referees will mostly use the same signals, but there are some differences due to the different job descriptions for each type of official.

1.1 Bout management

Global bow to the audience.

Fig. 1 Attention!

Fig. 2 Officials and competitors face the audience

Fig. 3 Everyone bow



Fig. 1



Fig. 2



Fig. 3

Global bow to the officials

Fig. 4 Attention!

Fig. 5 Competitors ... (Palms facing the competitors)

Fig. 6 Face the referee

Fig. 7 Bow



Fig. 4



Fig. 5



Fig. 6



Fig. 7

Global bow to each other

Fig. 8 Attention!

Fig. 9 Competitors ...

Fig. 10 Bow to each other



Fig. 8

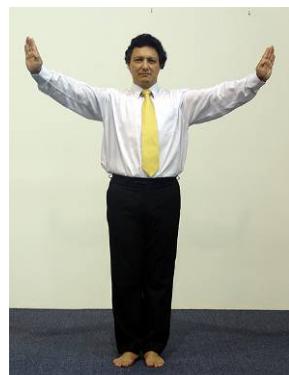


Fig. 9



Fig. 10

Inviting competitors to enter the ring

Fig. 11 Palms facing competitors, walk forward
 Fig. 12 Bring hands together palms facing each other
 Fig. 13 Stop at ref's position with hands 1-2 fistlengths apart.



Fig. 11



Fig. 12



Fig. 13

Checking officials, and starting the bout:

Fig. 14 Judges ready?
 Fig. 15 Table ready (front view)
 Fig. 16 Table ready (view from the table)
 Fig. 17/18 Step forward with one foot, front hand raised to about head height. Say "Start!" loudly while simultaneously sliding the same foot back to its original position and move the hand in a downward slicing motion.



Fig. 14



Front view



Rear view



Fig. 16



Fig. 17



Fig. 18

Stop and continue.

Fig. 19: Stop (when a point, penalty, or end of bout occurs).
 Fig. 20 Competitors, back to your places and get ready!
 Fig. 21: Competitors! Start! (after points or penalties have been awarded (Same as Fig. 17 and Fig. 18)



Fig. 19



Fig. 20



Fig. 21



Fig. 22

Stopping time

Usually this is done by the referee, but might be done by a judge, if the referee is otherwise occupied.



Fig. 23

1.2 Scoring

1 POINT will be indicated by a sharp whistle (from judges only) and the hand held out open, palm down, at 45° from the body on the scoring competitor's side.



Fig. 24



Fig. 25



Fig. 26



Fig. 27



Fig. 28

2 POINTS will be indicated by a sharp whistle (from judges only) and the hand held out open, palm down, at 90° from the body on the scoring competitor's side.



Fig. 29



Fig. 30

3 POINTS will be indicated by a sharp whistle (from judges only) and the hand held out open, palm inwards, straight up at the side of the head on the scoring competitor's side.



Fig. 31



Fig. 32

RECONSIDER – hold arms hands out to judges, palms down, then turn them up.

Before making this signal, the referee should make the appropriate signal indicating what he/she thinks it should be e.g. contact, too low, 2 points instead of 1 etc... It might sometimes be necessary to verbally state the reason for reconsidering.

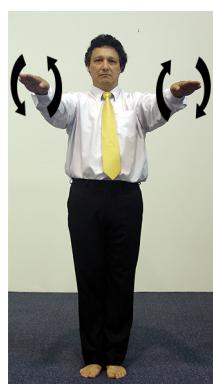


Fig. 33



Fig. 34

NO SCORE – Crossing forearms over each other in front of the body, hands open, palms down, waving them back and forth in scissor-like manner



Fig. 35



Fig. 36



Fig. 37

CHANGED MY SCORE – Should the situation arise where an official has to change his/her mind about his/her own score, e.g. having indicated the wrong score, then the official must clearly wave away his/her own score (using the “No Score” signal described above, and bring the hand on the appropriate side back to the chest, and signal the new score (or penalty).

JUDGES PLEASE APPROACH –

Hands out, palms down, towards judges. Rotate hands and bring in towards ref's face. Essentially says “You, please come here” with each hand.



Fig. 38



Fig. 39

REQUESTING CONFERENCE WITH THE REFEREE –

Cross arms over the chest and whistle in sharp bursts. This is to be used only to request discussion about a point of order with the referee, specifically if it could affect the outcome of the current bout.



Fig. 40

Only if a judge believes that the referee has made a mistake or omission with regard to the rules or their interpretation, should s/he would use this signal. Normally, the referee will then call ALL the judges for a conference (using the hand signals shown above).

1.3 Declaring the result

Upon conclusion of a bout, everyone returns to their places.

RED/WHITE/WINNER - Sharply sweeping his/her hand up at 45° on the appropriate side.

When declaring the winner, the referee will pull back his/her arm from his/her decision, indicate the winner, and also announce loudly “Red/white winner”,



Fig. 41

DRAW - In case of a draw in the Points Sparring score, or in a judges decision in Freestyle Sparring, the hand signal used will be open hands crossed over at waist height, palms outward. The referee will also indicate the result of a bout in the same way while announcing it loudly and clearly.



Fig. 42



Fig. 43

1.3.1 POINTS SPARRING WIN

The referee will check the score board, and declare the winner. If there is a draw, there shall be a 2 minute extension with “sudden death”.

If no point is scored by the end of the extension, the decision will be made by a show of flags. Each official must decide a winner. There can be no draws awarded in an extension. See the next section (Freestyle Sparring Win) for the procedure.

1.3.2 FREESTYLE SPARRING WIN

The judges and referee will bow their heads and close their eyes, and the referee will call out “Judges’ decision, please!”

All officials, including the referee, will indicate their decision (red, white, or draw) simultaneously. The judges will also whistle sharply as they indicate their decision.

The referee will examine the results, and make the appropriate declaration.

If there is a draw after the first round, there shall be another 1 minute round. At the end of the extension, each official must decide a winner. There can be no draws awarded in an extension.

Fig. 44 Head down

Fig. 45 On “Judges decision, please” whistle and show, head still down

Fig. 46 Head up AFTER showing decision

When the judges have given their decision in freestyle sparring, and draw resolution in points sparring, they may open their eyes and raise their heads again.



Fig. 44



Fig. 45



Fig. 46



Fig. 47



Fig. 48



Fig. 49

1.4 Penalties

When a judge decides that a penalty is due, from unofficial warning to disqualification, he or she will hold up the flag on the offending competitor’s side and wave the flag in circles while blowing a series of short sharp whistles (hereinafter called “the warning whistle”). If queried by the referee, the judge may then qualify the warning with one of the hand signals described in Section 1.4.2 below

The severity of the offence (and hence the requested penalty) should be indicated by a follow-up signal i.e. if only a single point penalty is required, no follow-up signal is required.

However, if requesting an escalation, the judge should, with the same hand, (see notes at right) indicate the level of penalty as in the



Fig. 50



Fig. 51

In this example the judge is requesting escalation to a 2 point penalty.

The reason for using the same hand is because the OTHER hand MAY still be needed to award a point or penalty to the OTHER competitor.

Signalling with one hand is achieved by waving the flag in a circle 2 or 3 times, then making the appropriate signal for a second or so with the same, then repeating the sequence, until the referee has taken action. The warning whistle must also be included.

The judges need not point at the specific competitor when indicating the penalty, just generally to the centre of the ring at the right level (for 1 and 2 point penalties).

example in Fig. 50 and Fig. 51 above. The full set of hand signals is given below.

When awarding a penalty, the referee will use the following signals.

1 POINT PENALTY – Pointing to the competitor's waist with the index finger and saying “1st penalty”. This is followed up by a point awarded to the opponent.



Fig. 52

Fig. 53

For penalties, the level at which the hand points should be used as an indication of the total number of penalty points that have been imposed on the athlete. Thus pointing low indicates 1 point.

2 POINTS PENALTY – pointing to the competitor's upper area (neck/face) and saying “2 point penalty”. This would be used for an escalated penalty.

This would also be used when awarding the 2nd penalty point, to indicate the total number of penalty points so far.



Fig. 54

Fig. 55

Pointing to face/neck indicates 2 points (regardless of whether they were awarded as a 2nd single point or as a an escalated 2 point penalty).

This is followed up by also announcing how many points are being awarded to the opponent.

DISQUALIFICATION – Pointing to the competitor's neck/face again, saying “Disqualified”, bring hand back to chest and then back out, pointing 30° – 45° behind himself on the disqualified competitor's side, essentially pointing the way off the mat.



Fig. 56



Fig. 57

Pointing to the face/neck and then away to the back is the 3rd and disqualifying point.

1.4.1 Freestyle Sparring Penalties

Penalties in this division are imposed primarily towards the disqualification tally. **HOWEVER**, referees and judges should take these penalties into account when awarding the final decision. i.e. overall performance is what matters in this division.

It is nonetheless possible that a competitor is so superior that he/she might yet be given the win, despite having even 2 penalty points against them.

1.4.2 Communication

In addition to those mentioned earlier, there are a number of hand signals that officials can use to inform each other, the competitors, and the audience of what is happening during the match.

When an offence takes place, the primary mechanism for indicating it will be the warning whistle. This should be accompanied by explanatory hand signals, especially if asked by the referee.

Depending on the context, and when asked by the referee, the following signals may be used to describe either a scoring an illegal technique :

KICK – Pat the thigh with one hand.

STRIKE TO BODY – pat the torso

In some situations, particularly 2 point scores, it might be necessary to mimic the scoring action e.g. double punch, to make it clearer.



Fig. 58



Fig. 59



Fig. 60



Fig. 61

ATTACK WITH HEAD, KNEES, OR ELBOW

Fig. 48 Attack with or to the head – Fist to the cheek.

Fig. 49 Attack with the knee – lift knee and pat it.

Fig 50 Attack with the elbow – pat elbow as though simulating an elbow strike.



Fig. 62



Fig. 63



Fig. 64

TALKING/ARGUING – and other vocal misdemeanors – Place the pad of the forefinger on the lips,



Fig. 65

STRIKE TO HEAD – knuckles of closed fist to head (can also be used to indicate contact to the head – see above)



Fig. 66

CONTACT – a closed fist held up at shoulder height, with the palm facing inwards. May require further explanatory signals



Fig. 67



Fig. 68

SELF ENDANGERMENT

– Hold open hand up at face level, but just off to the side, and rotate palm and back of hand back and forth



Fig. 69



Fig. 70

AVOIDING COMBAT

– point index finger down, and just off to the side, and rotate whole arm, suggesting that the person is running around in circles.



Fig. 71



Fig. 72

GRABBING

– Hold the forearm of one arm with the other hand, and pull. This applies to any form of grabbing e.g. head/neck grab, leg grab, uniform grab etc...



Fig. 73



Fig. 74

PUSHING

– Put open hands at shoulder level and push straight out.



Fig. 75



Fig. 76



Fig. 77

The following signals can be used to why a technique did not score (or to qualify an illegal technique). Illegal techniques should always be prefaced with the warning whistle and appropriate

flag-waving :

SCRAPPY FIGHTING – rolling the fist around each other (like a chain punch)



Fig. 78



Fig. 79

TOO CLOSE FOR EFFECTIVE TECHNIQUE – Palms facing each other in front of body, 2-3 cm apart. N.B.: The criteria for this judgment may vary depending on technique.



Fig. 80



Fig. 81

TOO FAR FOR EFFECTIVE TECHNIQUE – palms facing each other in front of body, about body width apart (approx. 40 cm). N.B.: The criteria for this judgment may vary depending on technique.



Fig. 82



Fig. 83

BAD DISTANCE – See “too close” and “too far” above

BAD BALANCE – See “too close” and “too far” above

BLOCKED – Bending one arm, hand up and open, and lightly tapping the elbow/lower section of the forearm with the fingers of the other hand



Fig. 84



Fig. 85

MISSED – simulating a missed punch across the front of the body



Fig. 86



Fig. 87

TOO LOW – pushing palm downward below belt level. Could mean too low to score, or technique was low, therefore possibly illegal (in points sparring).



Fig. 88



Fig. 89

NO SCORE – Crossing forearms over each other in front of the body, hands open, palms down, waving them back and forth in scissor-like manner

See Fig. 35



Fig. 90



Fig. 91

DIDN'T SEE – crossing hands, just below the eyes, palms face-wards.



Fig. 92



Fig. 93

SIMULTANEOUS – knuckles of both fists together at chest level, forearms parallel to the ground.



Fig. 94



Fig. 95