



Semi Contact Points  
Light Continuous Kickboxing  
Submission Grappling  
Kata & Forms

# Guidelines for Running a Competition

## **INSURANCE**

It is always advised to check with any competition organiser that they have taken out open event insurance to cover the competitors and officials.

However, if all competitors are from the same club or association then open event cover won't be required as their membership will include sufficient insurance.

## **MEDICAL CARE**

Dedicated First Aiders must be appointed at your event. These people must not have any other task other than that of first aider at the event.

It is the responsibility of the competitor to report any injuries or medical conditions that may hinder performance to the medics on arrival.

## **DRESS CODES**

### **Referees**

It is requested that all Referees wear a white shirt and Tie, black or grey trousers and soft sole shoes. Ties can be ordered direct from the CMAA website.

## **SETTING UP & MANAGING THE AREA**

The area for points, light continuous and grappling MUST be matted, never run these events on a bare floor. A table will be required for the score / time keeper.

While it is recommended that 2 corner judges are used, in the event that this is not possible 1 may be used. In these cases the single judge will 'mirror' the centre Referee on the mat by staying directly opposite to him/her at all times.

Spectators must be kept at least two to three feet away from the edge of each area at all times. The fight will be stopped each time this is not adhered to for safety reasons. Also do not allow them to gather between areas.

Only one Coach per Competitor is permitted at the mat edge. Other Competitors waiting to fight in the same category must sit either to the left or right of the mat in relation to the area desk.

## **SECTIONS / CATEGORIES**

The following is a suggested method for arranging categories: -

Under 10 Categories should be split into 3 groups on the mat based on height.

Competitors are handed a "fight ticket" upon entry listing the following. It is then their own responsibility to listen for the section to be called.

Each section will be called 3 times. The fight tickets will be handed to the area desk who will then record the names onto the draw sheet.

**NOTE:** If a competitor does not go to the area after the 3<sup>rd</sup> call they will forfeit their place in that section. Individual names will NOT be called.

**Points**

Boys 10 years & under  
Boys 11 to 13  
Boys 14 to 15  
Girls 10 years & under  
Girls 11 - 13 years  
Girls 14 – 15  
Ladies Open - All grades  
Men's up to 4th KYU  
Men's 3rd KYU and over

**Light Continuous Kickboxing (Adults checked by weigh in)**

Boys 11 - 13 years  
Boys 14 - 15 years  
Girls 11 - 13 years  
Girls 14 - 15 years  
**Men** Under 70kg  
70kg - under 80kg  
80kg - 88.9kg (14 stone)  
Over 14 stone

**Ladies** Under 70kg  
70kg - under 80kg  
80kg - 88.9kg (14 stone)  
Over 14 stone

**Grappling/Submission Fighting  
(Adults checked by weigh in)****Cadets**

Boys under 10 years  
Boys 11 - 13 years  
Boys 14 - 15 years  
Girls under 10 years  
Girls 11 - 13 years  
Girls 14 - 15 years

**Adults**

Men Under 70kg  
70kg - under 80kg  
80kg - 88.9kg (14 stone)  
Over 14 stone  
Ladies open all grades

**Kata & Forms**

Cadets under 3rd KYU  
Cadets over 3rd KYU  
Adults mixed all grades  
Cadet weapons / creative  
Adult weapons / creative

## **PERSONAL PROTECTIVE EQUIPMENT (PPE)**

The following list the PPE to be worn and must be in good condition. Optional PPE is shown by \* although these are advised.

### **Points PPE**

Head Guard (\*Over 18)

Gloves, open palm must cover finger and thumb.

Boots, must cover heel and all toes.

Shin Pads

Gum Shield

Groin Guard for males

Chest Guard for females\*

### **Light Continuous Kickboxing PPE**

Same as Points apart from the gloves, which must be:

10 oz closed palm boxing gloves. 12 oz may be accepted at the discretion of the Centre Referee.

### **Submission Grappling PPE**

Though not compulsory Gum Shields, Knee and Elbow pads are advised.

## **REFEREE CLASSES & COURSES**

The CMAA course allows for potential Referees and Area Managers to work through each level over a period of time based on 'time served' on the mats. For details of how to access the CMAA course please contact the office.

**NOTE:** Any one may become a Referee including non Martial Artists.

After completing a course candidates will then be assessed and certified by working the mats at competitions over a length of active service / time. Once certified, at all classes, Referees must continue to work the mats in order to progress up further through the classes and also to retain qualification.

The 3 Classes are:

### **Class C**

Entitled to act as a Corner Referee in the Art stated at all Local or National Events

### **Class B**

Entitled to act as a Centre Referee in the Art stated at all Local or National Events

### **Class A**

Entitled to act as a Head Referee / Area Manager in the Art stated at all Local or National Events

## **SUGGESTED RULES FOR POINTS & LIGHT CONTINUOUS KICKBOXING**

### **Timing**

Preliminary rounds will be 60 seconds

Finals will be 90 seconds

### **Scoring areas**

Head, front side and back only

Body, front and side only

## **Scoring techniques** (Competitor must remain standing to score)

Jab and reverse punch  
Hook and uppercut punch (Light Continuous only)  
Backfist  
Ridge hand (Points only)  
All kicks with control to the body and head only  
Sweeps below the calf only

## **Prohibited Actions**

Arguing with a Referee or showing deliberate aggression  
Passing comments deemed as derogatory to any person  
Sweeps above the calf / Kicks below the waist  
Spinning Sweeps / Spinning Back Fist / Elbow & Knee Strikes  
Groin Strikes / Open hand Strikes / Throws  
Strikes to the back of the body  
Striking after the Referee calls stop  
Excessive contact  
Exiting the area (one foot out is an exit)  
Evasion / Running away  
Turning away from opponent  
Dropping head while defending

## **Penalties**

1<sup>st</sup> offence – Warning  
2<sup>nd</sup> offence of the same – Warning / Point deducted  
3<sup>rd</sup> offence of the same – Disqualification  
(This is different to rules used by other groups, which disqualify on the 4<sup>th</sup> offence)

## **SCORING**

**NOTE:** For a Competitor to score he / she must remain standing and with both feet on the area. If he / she scores and then goes to the ground for any reason the score will be invalid. He /she may score to an opponent who has 1 foot out of the area or who has been downed by a legal sweep.

In the event that a Competitor reaches 10 points the fight will be stopped and that person declared the winner. The scoring system is: -

Punch to the body = 1 point  
Punch to the head = 1 point  
Sweep = 1 point  
Follow to sweep = 1 point  
Kick to body = 1 point (jumping 2 points)  
Kick to head = 2 points (jumping 3 points)

In Light Continuous Kickboxing the 8 kick rule within each round will apply and the winner will be decided by the Competitor who has shown: -

Dominance  
Better technique  
Thrown more successful technique  
Shown more variety of technique

Received the least warnings

In the event that a strike injures a Competitor the Medic will be called.

If the Medic withdraws the injured party the winner will be the Competitor with highest score, unless the Centre and Corner Referees' deem the strike to have been deliberate and excessive in which case the innocent Competitor will be declared as the winner. No one can over rule the Medics decision including a Class A Referee.

In the event that a Competitor stops due to exhaustion then he / she will be given a standing 8 count. If a Competitor repeats this 3 times during the same competition then he / she will be disqualified for safety reason.

### **SUGGESTED RULES FOR SUBMISSION GRAPPLING**

Each fight will consist of 1 x 3 minute round, this may be reduced at the Referees discretion based on time and the number of Competitors.

The Referee controls all aspects of the fight aided by a "mirror" Judge. The Referee will start the fight by giving the command "fight" and stop it by giving the command "break". In the interest of safety the Judge may also stop the fight at any time.

In the event of a pin down the Referee will stop and restart the fight after several attempts to escape have failed. In the event of a "tap out" or submission the fight will end there with the fighter who submitted announced as the loser.

If a fighter(s) has 50% of their body out of the area (off the mat) the fight will be stopped at the Referees discretion. Please note being on top does not always mean you are in a dominant position.

In the event of the fight ending with no submission, the winner will be the most dominant fighter based on the number of hold down, pins & techniques attempted. Both Referee and Judge will decide this.

### **INJURY STOPPAGES**

In the event of a Competitor being injured and treated by the Medics the area desk will stop time.

The other Competitor must return to their line and kneel down facing away from the injured party.

**NOTE:** No coaching must take place during this time and may result in warnings if this rule is breached.

### **REFEREE HAND SIGNALS**

**1 Point scores** = Raise the hand with one finger showing in the direction of the scoring Competitor

**2 Point scores** = as above but with 2 fingers showing

**3 Point scores** = as above but with 3 fingers showing

**Scored together** = both hands up showing 1 finger on each

**Technique did not land / fell short** = raise both hands with palms facing in but not touching

**Technique missed** = close fist and brush across stomach

**I did not see** = both hands crossed in front of the face

**No score** = both hands crossed & waved in front of the legs

**Competitor stepped out of area** = point to area line and move arm

**Warning** = raise up the hand on the side of the offender with index finger prominent and circle

**Competitors clash** = place fists together

**Excessive contact** = punch fist into other hand

**Strike to forbid of non scoring area** = tap the are with the hand

**Grappling** = hold own arm and pull

**Disqualification** = face the Competitor with both arms crossed in front of your face

**Summon Medic** = Hold arm straight up with hand open

### **RULES FOR KATA & FORMS**

Men and Women will be placed together and split into 2 sections based on grade, as will Boys and Girls (Cadets).

Each will perform their Kata / Form in front of the Kata Referees and will be scored from 1 to 10 including up to 1 decimal point.

At the end of the section the winner will be the Competitor with the highest score.

In the event of 2 or more scores being the same, another Kata will be performed different to the 1st. This will continue if required until clear 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place have been awarded.

In the case of musical Kata / Forms there is no time limit set as to the length of the Kata / Form. However common sense is requested. The Referees may stop the Kata / Form if they deem it too long.

### **DRAWS**

#### **Points**

In the event of a draw during Points then a time extension of 30 seconds will be used.

In event of a draw still being the case after the 30 seconds time extension then more time will be added with the winner being 1<sup>st</sup> to score as agreed by the Centre and Corner Referees.

#### **Light Continuous and Submission Grappling**

In the event of draw in these cases the Centre Referee may add extra time at his / her discretion until a clear winner has been decided.