

TOURNAMENT RULES 2023



ALLSTAR – ALLSTYLE – ALL-COMERS (AAA) TOURNAMENT RULES

NORTHWIND-ATHLETICS TOURNAMENT RULES 2023

FOR THE EVENTS OF

INDIVIDUAL FORMS, POINT SCORE CONTINUOUS SPARRING (LIGHT-FIRM FORCE),
POINT SCORE DESTRUCTIONS

Copy Right 2023, property of Northwind Athletics & Paul A Hicks

AAA Sparring – Point Score Continuous – Light to Firm Contact

Organization of the Match

The sparring area, called the ring, shall be clean, flat and free of all hazards.

The size of the ring shall be no smaller than 49 square meters of competition area.

(In the case of a matted area there must be a one-meter safety zone making a total matted area of 8 x 8 meters.) For the purpose of a small inter club invitation tournament a 36 square meter ring may be used.

The ring should be either, padded surface, or outlined with adhesive tape or other marking around the perimeter.

NB: if a raised surface is used there must be sufficient space around the ring to act as a safety zone between the ring and the edge.

Competitions may be categorized according to; Biological sex type, Age, Grade / experience, Weight, or various combinations of the previous categories.

Weigh-in time will be any time from the day before the event up until 1 hour before the official start time depending on specific event. Check specific event details

Matches will comprise of one, two or three rounds of sparring in line with the AAA tournament available events, each round comprises a series of bouts where individuals are paired against each other. The draw sheet will allocate one Contestant to the Red side and another to the Blue side.

Competition Draw formats vary depending on number of participants and is at the decision of the Tournament Director

The event Director has the right to not hold even cancel an event type, division type or weight class if there are 3 or less competitors for these events. If this happens, the tournament director will send a notice of the situation to the competitor (s) as soon as it is identified. The director will offer a solution and or refund to the competitor (s).

All AAA tournament officials are to be addressed as; Director, Referee or Judge depending on their job at the moment. If you know their name you can add that after the title. Whilst officiating at AAA Tournament Events.

Conduct of the match

Match officials for sparring comprise of one referee, three point Judges, one chief points judge one ring manager (marshal) and a Timekeeper who will assist officials. The Floor manager, Ring Marshals and the Event Director are appointed to oversee the smooth conduct of the competition.

NB: Only the point judges have power to allocate scores. The referee is charged with controlling the competition, inflicting penalties and will assess the result and give results any rule contravention. The point judges maintain a tally of points on the official score sheets. Point judges add any penalty points as they score the match as the referee instructs. Chief point's judge is responsible for identifying and scoring; jumping, spinning and jumping spinning strikes and kicks with in each bout.

The Chief Point Judge, at the start of a match, is located one side of the ring where the other point's judges are not located. The other three Pont Judges are seated on the outside of the ring perimeter at each side of the ring. The Chief Judge is charged with recording, jumping, spinning and jumping spinning strikes and kicks with in each bout, controlling the time clock, and coordinating the Point Judges'

The Referee is responsible for inspecting the competitor in relation to the proper safety equipment prior to commencement of the bout. (Mouth guard, head, hand and feet guards) NB: no competitor can be disqualified for improper or lack of safety equipment if they have not been checked by the referee for proper safety equipment.

All competitors will stand at the designated coloured corner (red / blue side) of the ring, as they have been allocated / advised by the ring officials. They will remain there unless they are advised by the ring officials to change sides.

After the competitor has been checked, the competitor will wait for the referee to instruct the competitors to bow and then enter the ring. Will instruct the competitors to bow to the referee and then the competitors will bow to each other. When instructed the competitors will step back into a fighting stance / posture and wait for the command, "Start" from the Referee.

At the end of the bout, on the command of the Referee the competitors bow to each other, then to the referee and then to each of the points judges. Competitors will not leave the ring centre until a result is declared. If a competitor leaves the ring before a result is declared, competitor may be declared as disqualified.

Prior to the Referee starting the bout they will check with the Point Judges and the Timekeeper if they are ready to commence.

During a bout, the Timekeeper does not suspend the time when the Referee calls "Break". Referee specifically call for time out to be suspended in certain circumstances.

Referee will call "Time Out" to stop the clock and "Time In" to start the clock. NB: Under normal circumstances only the referee may ask time to be stopped.

The Referee may interrupt the bout by calling "Break" for the following reasons,

1. To move the competitors back into the ring proper if they stray outside the competition area.
2. To prevent injury.
3. To issue a penalty or an official warning in relation to an infraction of the rules.

4. To adjust a competitors safety equipment or uniform.
5. For any other reason connected to the smooth operation or administration of the match.

If the competitors are still engaged in sparring when they leave the ring perimeter , Referee will simply stops the bout and brings them back into the centre of the ring and recommences the bout. There is no stoppage of time. A penalty may be issued for leaving the ring.

During normal sparring, clinching, grappling body torso clashing is common. The expectation in normal point score sparring is for the Referee to stop the contest and separate the contestants. AAA Referee can let this play out for several seconds to see how the actions play out. Allowing the competitors to:

- Absorb one blow in order to deliver two of his/her own
- Manoeuvre to outwit or infiltrate an opponent's guard at the cost of receiving a blow
- More effectively employ the total ring area (circular tactics rather than linear movement) to tie up an opponent
- Use the full two minutes of sparring time to test an opponent's stamina, endurance and sparing ability.

Coaches' conduct during the event must be in line with the AAA Tournament code of behaviour. During the bout the Coach of the competing competitor will sit in the designated areas (as set by the Event Director).

Legal target Areas

The following areas are the legal for: Continuous light to firm sparring event.

- The head, including the face, side, forehead, and back of the head
- The torso above the belt, including the front, the side and the back

The following areas are legal to strike areas though points cannot be scored

- The inside and outside of the thigh area and the leg below the knee or arms below the shoulder joint.

Legal Techniques

- most martial art techniques are valid in AAA tournament Events with the following exceptions which are considered as illegal and prohibited;
- Open finger techniques. These are techniques that use the fingers as weapons rather than the heel, palm or side of the hand. No fingertip strikes allowed.
- Grappling, wrestling and submission techniques
- Stomping on a fallen opponent.
- Elbow and knee techniques,
- Head butts
- Off balancing techniques that are directed at the knee

Uncontrolled take downs and throws. If safety mats not in use (take downs, sweeps and throws are not permitted and are illegal and prohibited).

Full throws that involve whole-of-body effort or which place the competitor higher than the other throwing competitors hip, places competitor in potential hard or use of force more than firm force upon the opponent; because if a competitor cannot land safely they are categorically prohibited. (Also outside the range of force used in this specific event)

- Elbows and knees are considered too powerful and too difficult to control under competitive circumstances to be included as legal techniques. These are also prohibited from use.
- 'Capture, Tag & Release' (CTR) techniques that take longer than 3 seconds and have more than one follow up technique & CTR techniques where a follow up technique is not used

Any type of fighting that becomes "Messy" such as brawling a good expression of a competitors are what the tournament is aimed at promoting.

Illegal Techniques and Actions

The following techniques are illegal which will incur penalties and /or disqualification;

- Techniques that make contact with the neck, eyes, groin, elbows, knees, and spine.
- Any Techniques that cause injury or forces a competitor unable to continue the bout.

Uncontrolled techniques.

Any techniques executed with force heavier than firm force.

Wresting, grappling, clinching and submission techniques.

Any other perceived dangerous or uncontrolled attacks

any attack or defence that is not performed with good technique and balance or ability. Brawling is not permitted.

Pushing, off balancing or destabilizing techniques that do not follow up with an attacking technique.

Attacking an official whether inside or outside the ring if by accident or intentional.

NB: All attacks or attempted attacks to joints are prohibited. This does not include sweeping techniques that are intended to destabilize. The

referee will judge whether a sweep is truly a sweep or an actual attack.

- Attacks to the inside or outside of the legs (thighs only) that do not injure the opponent but may unbalance an opponent are permissible.
- An illegal technique does not need to make contact in order to be penalised. It is sufficient that the illegal technique was attempted. Therefore the judgment of the referee is imperative and final.
- Injury, whether severe or superficial, can result from uncontrolled techniques, deliberate acts or from clashing (simultaneously executed techniques by each competitor) when strikes, kicks, blocks or other martial manoeuvres collide with an opponent. It is not necessary for the action to be deliberate for it to be illegal.

-Where a competitor executes physical techniques with a loss of emotional control will be deemed as illegal and will be warned of actions.

- The referee will ensure that there are minimum injuries by strictly enforcing safety requirements to protect the competitors in relation to attacks directed at the head or body.

There may be a less stringent application of the interpretation regarding superficial injury, especially to the body, in adult advanced competitions

- One measure of the degree of damage or injury caused by a technique is its ability to reduce a competitor's capability to continue with the bout or continue in a balanced and coordinated state.

NB: This applies to both intentional and unintentional contact. In assessing the degree of damage officials must consider:

- was the damage caused in part by the injured competitor?

Is the injury or duress inline with the degree of force?

Was there a failure to defend?

Was the injury carried forward from a previous bout or was it pre-existing?

The following actions are illegal:

Deliberately traveling outside the perimeter of the ring to avoid the contest i.e. running away. Will incur a 2 point penalty.

When two opponents fail to initiate combat after 30 seconds has elapsed.

Disregard for personal safety of both opponents.

Bad sportsmanship, lack of compassion, abusive language, swearing, and offensive gestures/ behaviour or threatening language towards Officials/ competitors /spectators

Pretending injury in order to gain time, penalties and or influence of official decisions.

Stepping out of the ring is not illegal as long as one foot is inside the ring area on the floor at all times.

Travelling out of the ring is illegal if a competitor is pushed, thrown, kicked or knocked from the ring and a penalty point will be awarded to the opposition.

Disregard for safety includes; 'leading with the chin', failure to attempt to block an attacks, looking away whilst attacking, closing the eyes whilst attacking, purposely turning the back on an opponent in order to avoid the contest, voluntarily exiting the ring so as to avoid the contest. Not keeping hands up in front at least at chest height

Scoring

All techniques must make contact with legal scoring areas for an opponent to score points. When evaluating the continuous sparring bout point judges will take account of the general combative skills demonstrated by the contestants. The contestants are evaluated on the following: good effective technique, Control of techniques (does the technique have the correct amount of force, are they balanced during: the attack and defence phases, are they in control of their attack) Evasion (does the defending contestant successfully evade a sequenced attack). Blocking (does the defending contestant usurp the sequenced attack with good confident blocks and evasion techniques.) these can score a defending opponent points in the match.

Point Judges pay careful attention to the effectiveness of all attacks and score all effective attacks and defensive action and strategies of the contestants they are observing.

"Effective attacking techniques" and "control!" It is required that punches and kicks make contact with an opponent at the correct target in order for the judges to consider them effective. Under AAA tournament rules, an effective technique demonstrates superior control and makes contact with the correct force required. Firm Force is the maximum amount of permissible force The AAA system for scoring point scoring continuous sparring requires the Referee

full power and final decision making of who wins and who doesn't.

NB: Point Judges are only required to score the contest.

In order to score entire course of the bout, judges should evaluate each exchange (attack/evasion sequence) separately as they occur and maintain a progressive tally of the superiority demonstrated by each competitor.

NB: An exchange will generally be defined as competitors coming together and one or both competitors executing or attempting to execute one or more offensive and defensive techniques. Following this, there may be a lull, a separating of competitors or evasive tactics leading to a pause in the exchange of techniques. These exchanges will generally last from one to ten seconds; however some exchanges may last much longer.

Point Judges score points with hand held clickers. This means point judges can watch the whole match without looking away to mark down results.

NB: Judges award points per technique. Evasive tactics may be deemed superior in a particular exchange. The following are examples of aspects that should lead to extra points:

-A skilled evasive manoeuvre leaving the aggressor totally thwarted:

Points are awarded, for defensive tactics as well as offensive tactics if they contribute to a contestant's superiority.

Contact is defined in the rules as contact with the uniform or safety equipment as the minimum level of contact; maximum level of contact, being of firm force. Firm force defined as; a contact just short of unbalancing an opponent which results in a stumble. A hand grab to the wrist so to control a takedown, controlled Throw or sweep that exerts only a low to medium level of effort onto the opponent as judged by the referee.

NB: if a competitor is winded from a throw due to no fault of the competitor, it would be considered as too much force delivered. Taking into account, "did the opponent use break falling technique or not. If a wrist is grabbed and the competitor winces, then the force of the grab is excessive to requirement.

Essentially it is up to the Referee to assess the level of force used and adjudicate the match accordingly. The Referee has final say as there are many ways to assess the force a competitor uses.

Tallying up of Scores

Point's judges will continuously watch the bout /match and be scoring the successful contacting techniques by clicking their hand tally clickers for the correct coloured competitor. They will click 1-3 clicks depending on the successful technique they see. When instructed by the referee they will also click on penalty points for infractions the competitors incur. There are no deductions made in this point system. At the end of the bout the chief point's judge will go from on point's judge to the next point's judge collecting the points on the allocated event sheet where the chief point's judge will tally up the total points for blue and red. Divide each competitor's points by three. Giving an average, at this point he will add to each competitor's average his special kicking points from his observations of successful jumping and spinning techniques to the correct coloured competitor. (Blue/Red).

This will give a total score for the bout. The Chief Points judge will show the referee and then put the result on the white board. Point's judges will return and repeat for the second and or third bout.

Once the event is over and a result discovered, allocated result sheet will go to the floor managers table so the next event for that division can be scheduled, and posted for competitors to prepare for the next fight.

Drawn result

If the match is still a draw a 'Death Point Match' will occur.

Where competitors have a 30 second bout where the first successful scoring technique will decide the winner, If both score at the same time the higher Scoring technique will decide the winner. 'Death Point Match's' will continue only

twice. If no clear winner can be decided then winner will be decided by point score destruction. Highest scoring break wins

One competitor must be declared the winner by the referee when;

- One competitor is disqualified.
- One competitor fails to attend, withdraws or is declared unfit.
- One competitor fails to have the correct protective equipment.

Presentation of medals will be beside the floor managers table so photos can be taken when presented. This will be a designated area.

Penalties

Penalties must be applied in relation to any illegal technique or action.

The scale of penalties are as follows:

- Minor rule infraction. No card – 1 point penalty – Can be issued many times
- A major rule infraction. Yellow Card – 3 point penalty – only issued 3 times- fourth time will result in Red Card disqualification.

Serious breach of rules or conduct - Red Card - Instant disqualification

The Referee must seek consultation from the Chief Points Judge before issuing a red card.

If the Chief Points Judge affirms the referee decision regarding a serious breach of rules or conduct (red card). The Referee will return to the centre of the ring and face the competitor about to be disqualified. The Referee will present a red card in the air toward the competitor and say "Disqualified!"

it is perfectly possible for both competitors to be disqualified depending on the situation.

Acceptable conduct for Coaches, Instructors during match & penalties:

spectators

- At no time are coaches permitted to engage in disrespectful conduct of any sort including profanity, sledging, offensive taunting or other actions that are demonising remarks, trash-talking to Officials, competitors, spectators of other coaches

1st infringement - official warning to coach; Competitor is at risk of being disqualified.

2nd infringement- competitor will be disqualified and Coach, Instructor / coach will be asked to leave the competition area/ building for duration of competition. Once a competitor is disqualified due to the coach's breach of the AAA code of behaviour, the coach and/or club may be at risk of suspension from any AAA event for period of time or indefinitely.

NB: Recognize that most Officials and Referees are volunteers who give up their time to provide their services. Treat them with the utmost courtesy and respect

Awarding Warnings and Penalties

If the Referee sees actions that he/she considers is a rule infraction the Referee will use a 'Stop' command; The Referee then issues the appropriate verbal warning or penalty.

When issuing a verbal warning or bringing the contestants back into the ring proper it is not necessary for the Referee to return the contestants to the centre of the ring.

NB: the Timekeeper will not stop the clock unless the Referee calls "Time Out therefore most penalties the clock will continue to count down.

Hand Signals

A Referee uses the following hand signals and terminology when announcing their decisions.

A referee uses their arm to separate the competitors before starting a bout and will put their arm between opponents when stopping or separating opponents

The Referee signals a Time out by making a 'T' with their hands to the time keeper and Time in by pointing at the time keeper then tapping their wrist.

To indicate a winner the Referee holds the corresponding open hand (Red or Blue) diagonally to the side at a 45 degree angle above the head with the palm facing forward. The Referee announces "Red (or Blue), winner."

To issue a yellow or red card the Referee turns to the appropriate contestant and holds the card up in hand at shoulder height and announces "Red (or Blue) side, penalty" and names the rule infringement.

The Referee makes the following announcements in relation to all major and minor rule infractions;

Travelling – running away – Moving without using techniques for a period of time

Excessive contact (Injury)

Lack of defence

Bad sportsmanship

Abusive language

Dangerous technique

Uncontrolled techniques

Holding/pushing

Interference / disrupting the bout.

Note: - The competitors remain facing each other when the referee announces the decision.

-The referee does not have to seek confirmation from the chief point judge in order to issue a yellow card penalty.

Stopping the Bout

Only the Referee has the power to stop the bout. (The Referee signals a Time Out by making a T' with their hands)

NB: Time outs should be kept to a minimum if at all times.

Only the tournament director is permitted to interrupt the bout from outside the ring. They must first attract the attention of the Referee who shall then call "Stop," & "Time out"

The Ring Marshal is able to replace Referees and Points Judges who are not proficient in administering the bout quickly and fairly.

Protests: If a coach wishes to lodge a complaint or protest, they must seek the Floor Manager, who will then

advise the Event Director and request a conversation with the Referee and the Chief Point's Judge.

to meet with the complainant.

(g) Generally as a rule; Referees decisions will be up held.

NB: The floor manager will over-see all protests.

When requested. Event Director will not enter into the protest unless the floor manager requests it

Injuries

In the case of an injury to one of the competitors, the bout shall only be stopped long enough for the First Aid Officer (FAO) to decide whether or not the competitor can continue and or can be moved.

Once the FAO arrives at the ring, he/she has three minutes to decide if the injury requires treatment. Treatment done at the ring must only be if the competitor cannot be moved

If a competitor falls, is pushed, swept, thrown or knocked to the mat and the Referee does not consider time stoppage is warranted due to injury, faking injury or for medical or other assistance, the competitor must stand, unassisted

within 10 count and resume the engagement. If a competitor fails to comply with this "10 count rule" he/she will be deemed unfit to continue and withdrawn from the competition.

Note: In other words, if the Referee considers that the competitor has been injured a Medical Officer / FAO will be called and the bout will be halted. If the Referee considers that the competitors equipment is faulty and must be replaced an appropriate directive will be issued by the Referee. In any other circumstance the competitor has a 10 count to re-engage

- If the bout is terminated because of injury the officials must decide;
- The cause of the injury.
- Whether or not it was an intentional injury.
- Whether or not the injured competitor contributed to the injury.
- If there were no rules violated by the uninjured competitor, then that competitor wins by forfeiture.
- If the uninjured competitor violated rules and this infraction caused or is the major contributing factor to the injury, then the injured competitor wins by disqualification.
- If the injured competitor is declared fit to continue by the FAO, then the bout will resume.
- A competitor who has been knocked out, substantial non clinical concussion, clinical concussion, or mental shock concussion is prohibited from competing in the remainder of the competition.

NB: This prohibition covers all events including demonstrations and forms.

Officials

Paul Hicks T/as Northwind-Athletics is responsible for the administration of the AAA rules and the general operations of Tournament and events.

The tournament Director or delegate will act as the Chief Referee at all AAA events and is answerable to the CEO / Owner of Northwind-Athletics

Under the Chief Referee are the Floor Managers

Under the Floor managers are the allocated staff to operate the assigned rings.

These staff include (per ring) Two Referees, a chief points judges, 3 Points Judges one Ring Marshal and a timekeeper /Gong Wacker

Floor Managers with the Chief Referee will control the rings where all events are being conducted.

Owner, Tournament director and or chief referee are empowered to interrupt the bout if he/she feels the rules are not being applied correctly. They will act as Arbitrators for all events.

They are empowered to remove officials who are not performing at an acceptable standard.

Official Start-up of Event

the official start-up of the event at the official start time all competitors and officials will form up. With all officials at the front and competitors behind with black belts in front of grade competitors (No specific rank and file required for grade ranks).

All will bow to Tournament Director, Then Bow to all the officials, then bow to Black belts.

All will be seated except officials. Tournament Director will address the officials and competitors. Demonstrating expected behaviours, expectations rule changes etc.

Once finished all will stand bow to the event director, then the officials.

Then all will break off and the event will start.

Official Start-up of each ring

when each ring starts or when there is a change of officials which are controlling the operation of a specific ring (including the timekeeper). All officials

not are controlling the operation or that ring will form up in one line, face the Officials table / desk and bow. A floor manager does not have to be at the table, it is merely a notification of a change in the official positions of that ring. (It is unlikely for a floor manager or other official to not to be at the table.)

Official finish up

since all medals / general trophies are presented as soon as a division or event has resulted. Only overall and best of the best trophy does will be presented at the end of the event. For these presentations competitors will form up, officials will line up behind the VIP's, looking on as the VIP's present prizes . When all presentations have been presented the Event Director will address the crowd and competitors. Speaking of his/her thoughts for the day. Officials will form up in front of the competitors, then all will bow to the event director, then to the officials, then to the black belts. Then the event is officially over.

Referee Powers

The power of the Referee is as follows;

The referee's decision is final and only the referee can amend their decisions.

The Event Director shall appoint the Referee, Judges, Ring Marshals, Floor Managers and all their assistants.

The Referee will be empowered to control the ring and the competitors.

The Referee's first responsibility is the safety of competitors.

The Referee may stop the bout to award warnings or penalties and to ensure the smooth running of the bout.

The Referee is the only person empowered to stop the bout.

The Referee may issue unofficial (verbal) warnings' and official penalties (yellow or red cards) in the following circumstances.

- Techniques that cause injury.
- Attacking an illegal target area.

- Disregard for safety of self or opponent.
- Abusive language.
- Bad sportsmanship.
- Dangerous techniques.
- Uncontrolled techniques.
- Attacking (physically or verbally) an official.
- Interference, abuse, disruption to the bout, or bad sportsmanship on the part of the contestant's coach/supporters/parents.

The Referee shall not impose official major penalties (red card disqualification) without consulting with the Chief Points Judge.

All commands must be in English.

The Referee will be responsible for the enforcement of the rules throughout the competition and to ensure that all warnings and penalties are recorded.

Ring Marshals

Ring Marshals are appointed to assist the administration of the competition, to oversee the conduct of the officials and to ensure the rules are applied correctly.

Ring Marshals may intervene to;

- Ensure the smooth operation of the match.
- Ensure that the rules are applied correctly and fairly.
- Ensure that the rules are applied uniformly and consistently.
- Protect the safety of the competitor.
- Uphold the standard of the refereeing and judging.
- Clarify the application or the interpretation of the rules.
- The Ring Marshal shall organize the competitors so that there will be no delay

Points Judges (Three judges and one Chief points judge per ring)

Points Judges are responsible for the following:

- The points judges are responsible for awarding points for scored techniques

The Chief Points Judge is responsible for the awarding of scored points from Jumping, spinning and jumping spinning techniques. The Chief Points Judge will consult the final score with the Referee announcing the result to the competitors and public.

Time Keeper

The Timekeeper will be in charge of the clock and bell/ Gong.

The Timekeeper will normally stop and start the time only on the command of the referee. However, at certain times the Tournament director and or chief referee may call for time to be stopped.

At the exact moment time has run out the Timekeeper calls "time" Rings the bell and throws the white towel into the ring.

Scorekeeping

score kept by the Points Judges and the Chief Points Judge, Chief points Judge responsible for collecting the points from the points judges, then working out the average score then adding the special points to the result. These results are then written on the white board for all to see. This will be repeated at the end of each bout. At the end of the match all points from all bouts will be tallied up and a winner is presented.

Runners

Runners will assist the Tournament Director, Floor Managers, Ring Marshals, Referees and other runners

Runners can also be placed as time keepers if required.

Uniforms and Equipment

Each competitor must wear his/her traditional martial arts school uniform, pertaining to his or her school and in good condition. NO STREET CLOTHES are permitted. Further, gowns or dresses are not permitted nor are any loose or swinging accessories / apparel such as scarves, cords or sleeves longer than the arm or jewellery.

Sponsors advertising or logos are, subject to prior approval of the Event Director.

The official tournament sponsors' rights will always take precedence over other sponsorship arrangements where a conflict of interest arises.

The safety equipment

gloves (open hand type) manufactured from soft materials, gloves must have padding over all knuckle, be of robust construction The Floor manager and Event Director has final say on the day regarding legal / non-legal protective equipment

Foot protectors must have padding that will not slip and must be large enough to cover the instep and back of the heel.

Shin guards are not compulsory and must not contain any reinforcing (hard components such as plastic, metal, wood, or bamboo).

Under no circumstances will competitors be permitted to wear footwear in AAA Tournaments and events.

All competitors must wear Mouth guards and Head gear.

Male competitors must wear groin guards. All groin guards must be worn under the uniform

Safety gear may not have any buckles, straps or tape that might in any way cause injury during the bout.

All competitors must have short (and safe) fingernails and toenails.

All jewellery must be removed before a competitor enters the ring. This includes, but is not limited to, necklaces, bracelets, anklets, finger rings, nose rings, earrings, etc. Any metal or other rigid/sharp materials, for instance attached to belts or sleeves, must be removed.

The Floor Manager must approve non-compulsory safety equipment, such as bandaging, prosthetic limbs, or splints.

Optical glasses are only permitted with head guards which also have plastic face

shields; otherwise they are not permitted to be worn during competition for safety reasons; only contact lenses or optical goggles are permitted.

Female competitors are encouraged to wear an approved chest protector.

Groin guards are optional for female competitors.

Hair must be arranged appropriately so that it cannot cause injury to the opponent eg by swinging into the eyes. Hair clips bobby pins and other ornaments are not permitted.

The Floor Manager must be advised in advance of any physical or other medical conditions (including handicaps), which may inhibit or impact the performance of either competitor or the smooth running of the competition. For example, illness, disease, impaired hearing, artificial limb, etc. The Chief Referee will decide whether it is appropriate /safe to for the competition to proceed.

Officials must wear the official AAA uniforms. That is, Grey trousers; short sleeved shirt, black/ dark grey socks and indoor court sport sneakers. Official Shirts may change colour and design from tournament to tournament. They will always make officials visible.

Referees may or may choose to wear their official training uniform; it must be tidy and well kept.

At all times Officials must abide by the AAA event code of behaviour. Also while officiating, must not be seen, slandering, Sledging or degrading other AAA Officials or competitors.

Age

Age of competitors will that age on the day of the Event. Proof of age may be required.

Blood rule

Contaminated mitts and uniform/clothing must be changed or cleaned with appropriate cleaning product (not taped over) to ensure no possible contamination to any other person results.

All competitors must not be bleeding when competing. All bleeding must be stopped or covered so to prevent contact of competitor's blood to other competitors and officials. This must be to the satisfaction of the referee and Ring marshal.

The AAA Point Score Continuous Sparring scoring

before the contest, each competitor has no points. There are penalty points will be awarded to the opposition to be added to their clicker score, accordance with the progressive penalty point system. Example. Blue opponent gets pushed out of the ring; this earns blue a 1 point penalty. This point is added to the Red opponents tally on all three point judges,

The AAA Tally manual clicker system

Punches, kicks strikes to the Torso - 1 point

Punches to the Head - 1 point

Kicks to the Head - 2 point

Grounded spinning kicks to the torso – 3 points

Grounded Spinning kicks to the head – 4 points

Effective Blocking and evading sequence – 2 point

Capture-Tag- Release combination – 3 points

Controlled Take Down and strike – 3 points

Controlled Light throw with strike – 3 points

Controlled Sweep with a strike – 3 points

The chief Points judge will only score these techniques and or combinations

Jumping and flying kicks to the chest /torso - 1 point

Jumping / Flying Kicks/Arm techniques to the head - 2 points

Jumping & Spinning kicks to Torso – 3 points

Jumping & spinning kicks / arm techniques to the head – 4points

Attacking Banned Areas

Attacking Banned areas will result in:

1st instance - warning 3 points deducted

2nd instance – disqualification

Attacking Non Banned / non point scoring areas

All instances: warning- 1 points deducted

Uncontrolled / wild / charging / shoulder barging / clinching | grappling | submission techniques

All instances – warning - 3 points deducted

Illegal Techniques

Elbows, knees, head Butts, headlocks, joint locks and any stamping type techniques

1st instance -warning - 10 points deducted

2nd instance - red card - disqualified

Travelling Stepping or running out of the ring

All instances - Verbal warning – 1 point penalty

Pushing, throwing and sweeping and not executing a technique within 3 seconds

1 instance- Verbal warning

all instances – verbal warning- 1 points deducted

In which the techniques inertia forces the opponent out of the ring will result a

1 point penalty each time the competitor who leaves the ring, unless the technique is identified as being excessive force.

Prizes, Awards, Gifts

Prizes will be rewards for performance in the events and disciplines as out lined in the event application form.

Prizes will reward first, second place achievers

Third place will be awarded if there are 6 or more competitors registered for a single event.

Awards may vary from event to event according to the discretion of the Tournament director.

Generally Awards will be

all those who attend the event will receive a certificate of attendance

Medals for first, second and third place getters for all events

Trophies will be reserved for 'best of the best' achievements

District Event Trophies will not be taller than 250mm

Regional Event Trophies will not be taller than 500mm

National Event Trophies will not be taller than 1000mm

. International Event trophies must be taller than 1000mm

. International Event Medals must be 50mm or greater in diameter size

Monetary and merchandise rewards will be at the discretion of the Tournament director. in addition to medals and trophies. Competitors are unable to choose one over the other.

- Monetary rewards may be awarded if the tournament director permits it.
- Districts may choose to have a 'Most Competitive School' Shield trophy to be present.
- Regional Tournaments may choose to have a 'Most competitive District' Shield trophy to present. Members of that district which attended the regional tournament will receive certificates indicating the achievement.
(Regardless of their performance at the event)
- National Tournaments may choose to have 'Most Competitive Region' Shield or trophy to present. Members of that region which attended the regional tournament will receive a Medal indicating the achievement.
(Regardless of their performance at the event)

(e) Gifts

- International Tournaments may choose to have a 'Most Competitive Nation' Shield or trophy to present. Members of that nation which attended the international tournament will receive a trophy indicating the achievement. (regardless of their performance at the event)
- 'Most competitive' awards will be calculated by tallying up all the points scored from place winners then dividing that score by the number of applications from that area that were submitted for entry to the tournament, regardless of if they attended or not.

.Extensions of the bout- Death Match (30 second duration)

1. In a Death Match all scores, including penalty points, are set back to zero.
 2. Referee will stop match as soon as a point or penalty is scored within the 30 second period
 3. First Competitor to score points wins.
 4. First competitor to score a penalty loses.
 5. If both score at the same time the competitor that scores the highest points wins
- Death Match restarts. Death Match will only occur two times for a referee will decide on a winner
- If a Draw occurs on a knock out competition then a point score destruction test is required.

AAA Individual Forms Event Rules for Competitors

Organisation of presentation

The Term 'Forms' will be used to refer to such other words as; Kata's, Patterns ,etc, from other competitors martial systems. When at an AAA

Tournament the term 'Forms' will be used.

Competitors will present two separate forms to the Point Judges

There must be at least 2 points judges for a District level tournament.

There must be 3 points judges for a Regional Level Tournament.

There must be a minimum of 5 no more than 7 points judges, scoring forms events for national and international tournament.

Forms will only use hand and foot techniques, No weapon forms can be performed. Unless a weapon forms division is available

Each competitors form will not take longer than 120 seconds (2 min) to complete the form.

Competitors forms which take longer than 120 seconds will be given a zero point result for that form.

The second form will not be the same form, must be a different one

The competitor will start at the indication if the Head Judge

The competitor will enter the ring by way of the rear of the ring as if you were facing the Judges, the ring marshal will be at this location.

Head Judge will indicate to the 'Ring Marshal' when the 'Forms Judges' are ready for the next competitor.

The Ring Marshal will indicate when the competitor can enter the ring

When entering the ring the competitor will Bow before entering the ring

Competitor will walk to the centre of the ring as indicated by a mark on the floor. Once at the mark the competitor will turn and face the Judges and wait for the judges to look up, then the competitor will bow and wait

For the head judge to notify the competitor when to start. The head judge will indicate when to start by saying 'Start or at the ring of a bell.

Once the competitor has finished the first form, the competitor will wait for point Judges to calculate the score and present the score for the first form to the competitor. Once the score has been presented the head judge will

indicate to the competitor to start the second form (NB: the Judges may choose to stagger the competitors and have the competitors come back to perform their second pattern) once all the judges are ready and looking at the competitor. Chief Judge will say 'Start'.

Once the competitor has finished the second form, the competitor will wait until the judges present the score for the second form to the competitor. Once the score has been presented the head judge will indicate to the competitor they may leave now, by saying Thank you very much

The competitor will bow and walk backwards from where they came from at the start, then bow again and leave the ring

If a competitor leaves the ring before being told they may leave, that competitor may be be disqualified

If a competitor chooses to not attempt a second form, competitor will be they will not be disqualified.

All forms results will be posted on the Score board.

All score results where competitors are tied for either first, second or third place, will be called back to perform one form of their choice.

If a tied score result still remains then a point score board destruction will decided the winner.

Point Scoring

All Judges will grade each competitors performance based on,

Complexity: Combinations, directional changes, changes of speed, duration of form, difficulty of techniques, speed of individual techniques

Level: Difficulty of the form: related to the competitors experience and skill level

Interpretation: Virtuosity. Projection. Understanding of movements, competence and realism of performance. Conviction of contents

Technique: Stances, posture, balance. Correct application of strikes, blocks, kicks etc. Accuracy and fully completed techniques and manoeuvres.

Power: Speed, body movements, breath control, Strength, tension

Focus: Concentration of energy, Eye intensity, Precision of technique & Timing

Rhythm: Fluid, continuous movement. Balance of hard and soft aspects. Contrast fast and slow movements. Smooth transition between stances and during directional changes. Constancy and continuity

Judging process

Each judge should look through the seven aspects above then fully watch the competitor's performance without looking down. Then when the performance is completed the judges should work through their worksheet. Asking themselves for each aspect these questions in relation to the below grading process. "Did this competitor have this aspect in their performance? If YES, then asking themselves "How good was this aspect in their performance"? Then marking down the chosen result, for the specific aspect. As a rule best to not change the initial decision, usually the first decision was the correct one.

The Seven aspects are worth 5 marks each.

Each representing the level of competitor's performance.

- 1 Mark = Poor
- 2 Marks = Below Average
- 3 Marks = Good

- 4 Marks = Excellent
- 5 Marks = Exceptional

Each aspect will score one of the above marks. Each Judge will tally up their marks divide by 35. This is the point score the competitor has achieved from that judge.

The Judges will hand their score sheets to the Head Judge who will tally up each of the judges final scores then divide that score by the number of judges at the table.

The score will be presented to the competitor and sent to the floor managers to be posted on the score Board.

Sometimes the last part (dividing the total score over all the judges at the table) can be skipped. With each judge writing on a white board their final score and presenting it to the competitor. This will create a larger score, rather than a 0.##### number, it is one less calculation for the judges though it is a quick process any way. Results will still need to go to the floor managers table.

AAA Point Score Destructions Event

Event aim is for competitors to perform athletic disciplined kicks with power to break wooden pine boards to earn points. The more difficult the kick the more points can be scored.

Staff for required

Destructions Judge: 1-3 judges may be required – purpose to administrate the event breaking process and judge the correctness of the executed technique.

Board Holders: 2 persons required – Purpose to correctly load the competitor's boards and hold the board frame at the correct height and orientation for the competitor.

Ring Marshall: 1 person required – to gather competitors and keep handy in the destruction event area. To organised each division of competitors for quick smooth flow. Ring Marshall may be called upon to judge the executed technique.

Set up

Competitor must approach the judges and identify who they are.

Judges will instruct the competitor to select their two or three boards and place them by the judge.

Judge, when ready will ask competitor what their first technique is going to be.

NB: This is important, if the competitor fails to meet the requirements to execute the technique they have chosen. No points will be awarded to them.

Judge will then instruct the board holders to load the board holding frame with the correct boards. Competitor will stay clear until the judge instructs the competitor to inspect the board frame and ensure the boards are correctly inserted for their technique they are about to perform.

Once ready the competitor will inform the judge they are ready, Judge will then instruct the board holders to hoist up the frame to the correct height / elevation.

When they are ready, the judge will instruct the competitor to start.

Competitor will work out the distance required to break the board, the bow to the judge, then to the board holders, then attempt to execute the technique and land in a controlled balances manner taking no more than one step after the first foot lands on the ground / floor.

First attempt will achieve full point score, if the board hasn't broken, doesn't look damaged, didn't sound like it cracked in any way; a second attempt may be permitted. Though the second attempt will only score half the points it would have done in the first attempt.

The competitor will, once landed, will bow to the board holders and then to the Judge and await the judges result, which will be written on the white board.

The Judge may choose to allow the competitor to execute their next technique or allow the next competitor on the list to have their attempt.

Boards

Boards will be either 18-21mm dressed pine boards for Junior Colts, Colts divisions & Snr Colts. Permitted to use only two boards

Boards will be either 22-26mm rough sawn pine boards for Junior Adults and above divisions. Permitted to use between 3-5 boards depending on the tournament directors allocation for each specific tournament.

Draw result solution.

In the situation of a draw, each competitor will receive one board to break. They will flip a coin (or paper scissors rock) to see who goes first. Nether competitor is permitted to execute the same technique as another competitor. Neither is permitted to consult the point's grid for breaking once they are in the destructions area and must stay in the destructions area until released by the Judge.

Executing the kick

Must land in a controlled balances manner; taking no more than one step after the first foot lands on the ground / floor. If landing with both feet, one step with one foot can be taken to maintain balance.

Spinning kicks; the distance rotation is calculated from where the kicking foot leaves the ground and how far around the body it travels before contacting with the board. The board; being the end of the kick rotation.

Grounded and jumping kicks; if both feet leave the ground the kick is considered to be a jumping kick.

Traveling & flying kicks; Flying kicks are considered to be kicks that travel in the air either forwards, backwards or sideways. Currently there is not bonus modifier for this skill and gains no extra points in to the algorithm. Traveling kicks, kicks which take multiple steps also currently has no bonus modifier to add to the algorithm. Both of these aspects may be added in the future.

Arm techniques; are currently not permitted for this event at this time. If the technique you want to do is not on the point's grid, it is not permitted for this event.

Awarded Points for 'Point Score Destructions'												
Kick Description	Grounded	Crow Hop	Switch / Sisor action	Jumping in Place	Grounded Spinning	360 Jumping	450 Jumping	540 Jumping	In-line Flying	Spining Flying		
Front Snap Kick - Rear Leg	2	3	4	5	6	8	10	12	9	14		
Front Peicing Kick -Rear leg	4	6	8	10	12	16	20	24	18	28		
Side Kick - Rear Leg	6	x	12	15	18	24	30	36	27	42		
Back Kick - Front Leg	2	x	4	5	6	8	10	12	9	14		
Turning kick - Rear Leag	6	x	12	15	18	24	30	36	27	42		
Front snap kick - Front Leg	4	6	8	10	12	16	20	24	18	28		
Front Peicing Kick -Front leg	6	9	12	15	18	24	30	36	27	42		
Side Kick - Front Leg	2	3	4	5	6	8	10	12	9	14		
Back Kick - Back Leg	4	6	8	10	12	16	20	24	18	28		
Turning Kick - Front Leg	8	12	16	20	24	32	40	48	36	56		
Height of Board Factor	< Hip Height	Hip Height	Solar Plexus	Neck Height	Head	Over Head						
	-0.5	0	0.5	1.5	2	2.5						
Number of Boards Factor	1	2	3	4	5							
	0	2.5	4	5.5	7.5							
	Number of Boards											
	Height Factor											
Result Algorithmum	Plus		Equals		X							
	Kick Difficulty Score											
	Total Score											
	0											

www.northwind-athletics.com