

CENTRAL KICKBOXING & ARNIS

Arnis de Mano

GENERAL FORMAT

The Arnis de Mano Competition is a continuous, full contact, single stick fighting venue. Competitors will fight each other with sticks – slender, cylindrically-shaped **rattan** weapons. This is an open-style competition. Competitors will compete in an open surface whose inbound space ranges from 15'x15' to 20'x20'. Single stick fighting contests will be conducted in a round robin tournament format. All matches will be scored by judges using a 10-point must system. Divisions of these contests will be based on age, gender and martial arts experience level.

WEAPON ALLOWANCES

For the single stick competition, fighters are allowed up to 48" of weapon and no less than 20". Weapons consist of a padded surface and grip handle(s). Only the padded surface may be used for striking.

PAIRINGS AND ROUND ROBIN FORMAT

The tournament format will be round robin. Each match will consist of one round at 90 seconds per round. Directors will combine divisions where competitors are scarce. In those cases, the directors are authorized to adjust rules for fairness without compromising the primary objective – to show case martial skill and reward those that are better able to use their weapon. Fighters will be evaluated based on accumulation of points on all matches combined. If two fighters accumulate equal scores, the following will apply:

- if the pair previously fought, precedence will be given to the fighter who achieved the higher point total during their match.
- if the pair previously fought to a tie or never fought, then tie-breaker will be decided by a one round fight.

RULES OF ENGAGEMENT

Referee will position fighters beyond largo mano range at the start match.

Only attacks with the blunt portion of the stick are allowed. Hits, slashes, and witiks are all legal.

Stabs, pokes and punyos are illegal.

Legal target areas are: 1) front and sides of the body, 2) arms and hands, 3) top, front and sides of the helmet, 4) strikes above waist only.

Illegal target areas include: back of the body and back of the head.

No takedowns. No grappling, wrestling or hooking.

No head butting, pushing or striking with any part of your body.

No foot sweeps or throws.

No hands to the facemask or helmet.

Referee has discretion to deduct for any fouls with or without prior warning.

2 handed strikes on weapon are not allowed.

Knee strikes or elbow strikes are not allowed.

Kicks are allowed below the neck and above the waist only.

Checks may be used to create distance but may NOT be directed to the face. Checks are allowed below the neck and above the waist with free hand or two hands on weapon (AKA rifle checking).

Trapping and parrying are allowed. Locking and holding are not.

An instantaneous "Hold and Hit" with immediate release is allowed. In the event inaction or ineffective action in the clinch, referee will call time and break the clinch.

You may use the ring to control the action. You may not use it to avoid action.

To signal surrender or stop action for an injury, equipment failure, etc., raise both hands and back up. Do not remove helmet or protective gear. Do not turn away.

RESPECT THE WEAPON:

It is NOT legal to block a stick with your free hand. However, "arm stopping" at quarto range or arm checking is allowed.

Fighters are required to exhibit a realistic defense (movement, parrying, intelligent blocking, etc...).

Suicide attacks are very discouraged. This is not boxing. Taking vital strikes from your opponent to create openings is not an acceptable counter fighting strategy.

A fighter taking excessive vital strikes without a proper defense will be issued a standing 8 count by the referee and mandatory 1 point deduction.

The stick hand is a valuable target. If it is cleanly and effectively hit, referee will award a disarm regardless of whether or not the weapon dislodged.

DISARMS:

Referee will deduct ½ point from a fighter who loses his weapon whether forceful or accidental. Referee will also deduct ½ point if he sees the hand holding the weapon is effectively and cleanly hit.

CORNER AND COACHING

Fighter is required to have one corner person only. Corner men may communicate with their fighter while action is in progress. Do not remove any equipment, until the end of the match.

JUDGING, SCORING & OFFICIATING

All matches scored by 3 judges on the "10 Point Must" system prior to deductions. Deductions will be issued by referee only. Referee will ID rule infractions, issue warnings and mandatory point deductions. Scoring is based on: Quantity of effective strikes, effective defense and intelligent fighting strategy.

PROFESSIONAL CONDUCT AND ETIQUETTE OF ATHLETES, COACHES AND SPECTATORS

All participants are expected to exhibit professional behavior. Excessive foul language and unsportsmanlike conduct will not be tolerated by any fighters, coaches, or spectators. Fighters and coaches will not discuss fights with the judges or referees while tournament is in progress.

PROTEST

Any protest of this competition, results or awards must be done so in writing. Allow at least 90 days for a board of inquiry to assemble, investigate the merits of the complaint and render a decision.

EQUIPMENT

All participants must make provisions for the required weapons and equipment. Prior to the start of all matches, fighters will submit to weapon and equipment inspection by referee and judges. The required equipment is as follows:

WEKAF helmet with throat guard

Protective full fingered gloves or WEKAF stick fighting gloves.

Cup or groin protector.

Shoes (optional).

T-shirts, pants (or shorts)

Foam padded sticks by Tigerclaw, Century, Actionflex, Smakstick, or equal. All subject to weapon inspection.

Divisions

by Level of Experience

COMPETITORS	CLASS 4 ELITE	MINIMUM AGE OF 18 OR PARENT AND INSTRUCTOR CONSENT NO MAXIMUM AGE ABOVE AVERAGE TRAINING AND/OR COMPETITIVE EXPERIENCE IN COMBAT SPORTS (INCLUDES FULL CONTACT KALI, MMA, KICKBOXING, BOXING, GRAPPLING) EXECUTIVE DIRECTOR APPROVAL
	CLASS 3 MASTER	AT LEAST 35 YEARS OF AGE ADVANCED RANKING AND/OR ABOVE AVERAGE EXPERIENCE IN MARTIAL ARTS OR COMBATIVE SPORTS ABOVE AVERAGE TRAINING AND/OR EXPERIENCE IN COMBAT SPORTS (INCLUDES FULL CONTACT KALI, MMA, KICKBOXING, BOXING, GRAPPLING)
	CLASS 2 INTERMEDIATE TO ADVANCED	MINIMUM AGE OF 18 OR PARENT AND INSTRUCTOR CONSENT MODERATE EXPERIENCE IN MARTIAL ARTS OR COMBATIVE SPORTS MODERATE TRAINING AND/OR COMPETITIVE EXPERIENCE IN COMBAT SPORTS (INCLUDES FULL CONTACT KALI, MMA, KICKBOXING, BOXING, AND GRAPPLING)
	CLASS 1 BEGINNER TO INTERMEDIATE	MINIMUM AGE OF 18 OR PARENT AND INSTRUCTOR CONSENT MINIMAL EXPERIENCE IN MARTIAL ARTS OR COMBATIVE SPORTS MINIMAL TRAINING AND/OR COMPETITIVE EXPERIENCE IN COMBAT SPORTS (INCLUDES FULL CONTACT KALI, MMA, KICKBOXING, BOXING, AND GRAPPLING)