

Arnold's Sports Festival Sanshou Tournament 2016

1-The competition will be held in a ring as opposed to the traditional platform,

2-There will be age divisions: (Y-1) 8-9 years of age, (Y-2) 10-11 years of age, (Y-3) 12-13 years of age, (Y-4) 14-15 years of age, (Y-5) 16-17 years of age, junior divisions (15 to 18), adult divisions (18 and over) male and female, which is then divided up into experience and into weight categories:

Classification of Fighting Classes

- CLASS A -Having seven or more fights; or 3 years and 6 months of training or more.
- CLASS B - having 2-6 fights; or 2 years and 6 months up to 3 and half years of training.
- CLASS C - Having 0-1 fights; or 0 up to 2 years of training.

3-This tournament will be run in a single elimination style based on number of participants,

4-There will be three two minute rounds with one minute intermission between rounds,

5-A competitor can win by K. O., or by opponents irresponsible actions after contact, inability to continue, or forfeit,

6- If one competitor has won both the first and second rounds then he or she will be awarded the win,

7- One can also win the match by getting ahead by 9 points at any time during the contest,

8-If both competitors scored the same points in a round, the winner of the round will be decided in the following order,

- A. He or she who received fewer warnings in the round will be the winner
- B. He or she who weighed in less will be the winner

9-If there is a draw after three rounds then there will be a fourth round only one minute long to break the tie,

10-After the fourth round if there is still a draw the head referee will decide the winner based on his or her perception,

Weight categories

-62lbs and under	-62.1-67lbs	-67.1-72lbs
-72.1-77lbs	-77.1-82lbs	-82.1-87lbs
-87.1-92lbs	-92.1-97lbs	-97.1-102lbs
-108-111lbs	-111.1-114lbs	-114.1-117lbs
-117.1-121lbs	-121.1-125lbs	-125.1-129lbs
-129.1-134lbs	-134.1-139lbs	-139.1-146lbs
-146.1-153lbs	-153.1-159lbs	-159.1-167lbs
-167.1-174lbs	-174.1-189lbs	-189.1-219lbs
-219.1-264lbs	-264.1-280lbs	-Over 280.1lbs

(Schedule is subject to change)

11-Weigh-Ins will be held on the morning of competition from 7:00 am to 8:30 am across from Hall C in the Convention center

12-The competition will take place in Hall C and starts at 10:00 am

Equipment

13-Competitors are required to provide their own gauze and tape there should be no less than one inch of exposed gauze from the knuckles back to the tape line. This will be inspected prior to competition

14-Competitors are required to provide their own equipment which will be inspected prior to competition

15-Equipment must not have outer surface tears, rough or sharp edges, loose hanging strings or cuffs and no broken down padding

16-The competitor must wear 12 oz boxing gloves, mouth guard, head gear, groin guard, dipped foam shin guards that cover the feet, female divisions must wear breast protectors, and junior divisions must wear chest protectors

Methods of attack and defense

17-Allowed is hitting with fist, palm, forearm, kicking, knees only to the body or thighs,

18-Those hitting actions can only be directed toward the opponent's torso, head, and thighs, excluding groin, throat, neck, spine, back of head and top of head,

19-Allowed is pressing and pushing opponent, redirecting and using his force, in order to disturb his balance, mainly with the goal of making hitting him/her easier or to throw them down,

20-Parts of body on which force can be applied for pushing, pressing redirecting are: arms, torso above hips and legs,

21-Parts of body which can be used to apply force with goal of pushing, redirecting, affecting balance are” open palms, forearms, arms, shoulders, legs, or torso,

22-Sweeping and kicking legs (except to the knees) is allowed,

23-Throws are allowed, except those resulting in opponent being spiked onto their head,

24-Only two seconds is allowed for an offensive move using grabbing, embracing, clinching, or pulling opponent’s neck.

Actions not allowed – WARNING or in severe cases will result in IMMEDIATE DISQUALIFICATION

25-There will be a three strike policy in place, first warning will be one point, second warning will be two points, and the third warning will result in a disqualification.

26-Applying force to forbidden parts of opponent’s body,

27-Any catching or grabbing of clothes, fingers, body flesh,

28-Joints locks, which create a risk of injury

29-Continuing attacking or contact when opponent fell down or touched the ground,

30-Not reacting immediately to referee’s announcements and orders,

31-Discussing with the referee or verbal disagreement with his decisions,

32-Hitting or kicking neck, throat, spine, back of head, groin, knees and straitened elbows (in a way which destructive joint lock is created),

33-Throwing opponent in such a way, that he/she lands on the ground with the head

Actions not allowed resulting in IMMEDIATE DISQUALIFICATION

34-Biting and scratching,

35-Blatantly spiking the opponents head while throwing them,

36-Blatant elbows or knees to the head,

37-Overly aggressive abusive behavior,

1 Point actions:

38-He or she hits the opponent on a valid part by a hand technique,

39-He or she hits the opponent on the thigh with a kick

40-Both competitors fall down, while he or she remains on top of the opponent,

41-He or she is able to make the opponent fall down by falling down him or herself on purpose

42-Opponent falling down or touching ground,

43- Hit or series, in result of which opponent is not able to defend and attack,

44-His or her opponent shows passivity for eight seconds after being ordered to attack by the referee,

45-His or her opponent falls down intentionally and remains there for more than three seconds

46-First warning for an opponent,

2 Point actions:

47-He or she hits or kicks the opponent clean and solid to the head or trunk

48-He or she is able to make the opponent fall down by falling down him/her on purpose and then stands up immediately,

49-Second warning for an opponent,

3 Point actions:

50-He or she is able to make the opponent fall down while remaining on his/her own feet,

51-His or her opponent is forced to be counted,

Additional rules of giving points

52-If both competitors do forbidden actions at the same time, they get warning, and neither of them receives a point,

53-If a competitor makes efficient action, by forbidden means, he gets warning and his opponent gets point

54-In case of one of opponents making efficient action and the other forbidden action, warning is given, and the one who made efficient action gets point

No point will be awarded to either competitor when

55-The technique executed is not clear or obvious

56-Both competitors fall down with neither of them initiating or controlling the fall

57-Competitor slips or causes them self to be off balance

58-He or she strikes while in the clinch

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