

THE INTERNATIONAL ASSOCIATION OF GAY AND LESBIAN MARTIAL ARTISTS

OFFICIAL 11th GAY GAMES HONG KONG 2022 MULTI-STYLE MARTIAL ARTS TOURNAMENT RULES AND PROCEDURES

INTRODUCTION

The following tournament procedures and rules will be used for the multi-style martial arts tournament for Gay Games 11 in Hong Kong, 2022.

Open to all! Competitions are designed to include everyone, i.e. all levels of practice, from the beginners to the most experienced martial artists, all ages, all genders, all sexual orientations. Martial artists with special needs can compete too. According to the number of participants, every effort will be made to create fair and balanced divisions. Martial artists from any style are welcome and will compete in the same tournament as martial artists from other styles.

Offered competitions include: individual empty hand and weapon forms, team forms, two person sets, musical forms, sparring and self-defense. Judo and ground-fighting with gi (ne waza) competitions, mainly accessible to judo or jujitsu artists, are treated in a separated document.

This will be the ninth Gay Games martial arts tournament. Gay Games martial arts tournaments have a positive camaraderie unlike any other tournaments. We look forward to having you at this very special event.

1. PURPOSES AND OBJECTIVES

1.1. These Rules govern multi-style tournaments. All commands shall be given in English or in the language of the host country (i.e., not in style-based language such as "kata," "hyung," "kumite"). All commands are to be given immediately with the appropriate hand and/or flag signals.

1.2. The purposes of these Rules are to:

- 1.2.1. Insure fair and impartial judging and refereeing by establishing standards thereof.
- 1.2.2. Establish the authority of referees, judges and contestants.
- 1.2.3. Ensure strict fairness and uniformity in the methods of judging and in enhancing the authority of the center referees and judges. The value of competition does not lie in winning but in establishing good sportsmanship and friendship. In martial arts the true opponent is oneself.

2. SITUATIONS NOT COVERED BY THESE RULES

2.1. Where any situation arises which is not covered by these Rules, it shall be dealt with by a decision given by the center referee, after consultation with the judges, tournament director and chief IAGLMA official.

3. DEFINITION OF TERMS

3.1. The term **Mat Artist** indicates anyone who practices a martial art that is most often performed on a cushioned surface and includes those disciplines that prefer a tatami surface (i.e., judo, aikido, ju-jitsu).

3.2. The term **Floor Artist** indicates anyone who practices a martial art that is most often performed on a hard floor (i.e., karate, kung-fu, tae kwon do).

3.3. Rank Equivalents:

Beginner - white, yellow or orange belt; under 1 year of experience.

Intermediate - green, blue or purple belt; between 1 and 2 years of experience.

Advanced - red or brown belt; between 2 and 4 years of experience.

Black Belt - over 4 years of experience.

Experience - *indicates continuous practice.*

3.4. The term **form** indicates the performance of a prearranged series of attacks and defenses vs. imaginary opponents.

3.5. The terms **salutation** or **courtesy** indicates any polite greeting that is made physically and/or verbally before martial arts activity is engaged, e.g., bowing.

3.6. The term **contact area** indicates that touch is permitted.

3.7. The term **target area** indicates that no touch is permitted. A technique to the target area is a

point if there is no touch, extension is left in the technique, there is no interference and the opponent has not blocked the technique. *See Rule 14.*

NOTE: THE FIRST CONTACT TO A TARGET AREA VERIFIED BY A MAJORITY OF JUDGES RESULTS IN A FOUL. THE SECOND CONTACT TO A TARGET AREA VERIFIED BY A MAJORITY OF JUDGES RESULTS IN AUTOMATIC DISQUALIFICATION.

- 3.8. **Light contact** indicates no penetration or movement of the opponent as a result of the technique. Just a touch is permitted; no blood can be drawn.
- 3.9. **Moderate contact** indicates slight penetration or movement of the opponent as a result of the technique. No blood can be drawn.
- 3.10. **Excessive contact** indicates an extreme penetration or movement of the opponent as a result of the technique, or a violent distortion of the body from the force of the blow to the body, and possibly - but not necessarily - including swelling or bleeding (even if it was unseen by the judges). Any blood drawn as a result of an opponent's technique is considered excessive contact. If there is bleeding (e.g., nosebleed) and no face, head contact is seen by any judge, it is a judgment call as to whether the bleeding was caused by excessive contact. A knockout results in an immediate disqualification.

FLOOR ARTISTS' RULES AND PROCEDURES

4. GENERAL POLICIES AND PROCEDURES

- 4.1. See **APPENDIX A** for the list of divisions.
- 4.2. All competitors can register for as many divisions as they want but there is no guarantee that all of the registered divisions will be available to them due to scheduling, staffing and numbers of competitors. **Rings will not be held for competitors entered in more than one empty hand division.**
- 4.3. **Empty hand forms/weapons forms:** If there are more than 20 competitors, divisions may be divided into male and female, 45 and up, etc. If there are too few competitors (i.e., fewer than 5), divisions may be joined.
- 4.4. **Self-defense:** If there are more than 20 competitors, the self-defense divisions may be divided into male and female, 45 and up, etc.
- 4.5. **Free sparring:** Sparring equipment is mandatory in all sparring divisions. This includes headgear, mouth guard and hand and foot coverings for all competitors. Accounting for individual appropriate anatomic morphology, groin protection (specifically a 'tuck under' type cup/box) is required for men. Groin protection may not be worn on the outside of the uniform. A **chest protector** is recommended for women, however, is not required. The hand covering must cover the knuckles. The foot gear must cover the toes and heel. It may be either foam dipped type (e.g. Century, Jhoon Rhee, Shihan, etc.) or vinyl (Tiger Claw, KP, etc.). All equipment must be in good condition or repair. *See also Rule 32.3.*

- 4.6. When possible, the **weigh-in** for sparring divisions will be the day before the competition. The latest time for the weigh-in should be the morning of the competition. All weight classes should be listed in both kilos and in pounds.
- 4.7. Final competitive divisions shall be decided by the tournament directors in consultation with the IAGLMA officials and will be based upon the number of participants who have enrolled on or before a predetermined deadline date.
- 4.8. **By entering the competition, a contestant has implied her/his consent to compete with anyone that is assigned to her/his division.** (NOTE: A contestant is free to bow out at any time but forfeits her/his standing in that match and/or division.)
- 4.9. Competitors should enter their appropriate age, rank, weight, special needs/able-bodied division, but the final decision on competitive divisions will be made by the tournament directors in conjunction with the IAGLMA officials. The tournament directors in conjunction with the IAGLMA officials reserve the right to join divisions with too few competitors. Every effort will be made to avoid mismatching contestants.
- 4.10. Competitors **MUST** enter the division appropriate to the highest awarded rank in any style(s). For example, in fairness to white and gold belts or that equivalent (i.e., those with under one (1) year of training), a competitor holding a black belt in at least one style cannot enter any lower ranking divisions. This Rule applies even if the competitor is currently studying another style, other than the one in which she/he holds a black belt, and is ranked a beginner or intermediate in that style.

5. **BASIC CRITERIA FOR JUDGING MULTI-STYLE FORMS**

- 5.1. Power: if appropriate
- 5.2. Stances: strength and transitions to and from each stance
- 5.3. Balance
- 5.4. Control of body
- 5.5. Focus of technique(s): precision
- 5.6. Right and left side equally adept unless there is a physical reason for not being so.
- 5.7. Rhythm: how the individual techniques are grouped together.
- 5.8. Flow: transition between moves or groups of moves.
- 5.9. Grace: in slow or circular moves.
- 5.10. Grace: overall.
- 5.11. Breath control: begin and end without enervation.
- 5.12. Intensity: body, eye, spirit.
- 5.13. Authority: complete control of mental and physical requirements of the form.
- 5.14. Synchronization (team competition only): simultaneous execution of techniques and moves between competitors

6. **FORMS COMPETITION – common rules**

- 6.1. The ten (10) point decimal system (using scoring cards) shall be used for judging forms. (The black number indicates the whole number; the red number indicates the decimal.)

- 6.2. The highest and lowest points from a contestant's score will be eliminated. The remaining three scores are then totaled to determine the competitor's score. (E.g., if the scores are 8, 7, 7, 7, 6, the 8 and 6 are eliminated for a total score of 21.)
- 6.3. Score must be **VISIBLE** to the contestant(s) and score keepers at all times. The scorekeeper must announce the scores loudly. It is the individual judge's responsibility that her/his score is announced correctly.
- 6.4. The first three (3) contestants/teams will compete before any contestant/team is scored. Successive contestants/teams will be scored immediately upon completion of their form.
- 6.5. In the event of a tie, the highest and lowest scores will be added back in to break the tie. If it remains a tie, color belt contestants/teams may choose to do the same form or another form and be scored again. If there is a tie in Black Belt division, each contestant must choose a different form and be scored again. If there is a tie between Black Belt teams, each team can choose to do the same form or another form. In the event of a second tie (in Black Belt division or color belt divisions), upon the center referee's command, the judges will point to the contestant/team they felt won. The majority vote will determine the winner.
- 6.6. Contestants/teams arriving to a division after charts have been completed will not be allowed to compete. The only exception is in the case of Black Belt judges. Every attempt will be made to structure the competition so that we do not hold up a ring because Black Belts are judging in another. However, Black Belts should be aware that they may have to compete in this fashion. This is a possibility because we want the most experienced Black Belts judging Black Belt competition.
- 6.7. A Black Belt contestant/team who forgets or makes a blatant error is prohibited from restarting the form. All color belt competitors/teams may request permission to restart a form, but a **ONE POINT PENALTY must be DEDUCTED from the aggregate score**. It is the center referee's responsibility to instruct the side judges to score the completed form. The center must then instruct the scorekeeper to deduct one full point from the final aggregate score.
- 6.8. Form contestants/teams shall enter the ring opposite to the judges.
- 6.9. At the start of form performance, contestants/teams shall offer courtesy or salutation to the judges. The choice of courtesy or salutation shall be left to the discretion of the contestant/team.
- 6.10. The individual competitor is limited to her/his name, name of style and name of form when addressing the judges. The team leader presents her/his team name, name of style and name of form when addressing the judges. The name of the instructor, a history of the style or form or any other prolonged litany is not necessary.
- 6.11. The center referee acknowledges that the competitor(s) may begin.
- 6.12. **Suggested** scoring ranges:

Color belts form divisions:	6 to 8 with 7.0 as average.
Black belt form divisions:	7 to 10 with 8.5 as average.

6.13. The form will be graded from the moment the contestant/team enters the ring until the contestant/team stands in ready stance and is scored. All forms should last no longer than three (3) minutes from the time the competitor/team enters the ring to completion of her/his form. This performance time must be uninterrupted by the judges. After 3 minutes 15 seconds the competitor/team will be asked to complete the form. If the contestant/team continues, she/he/it will be disqualified.

This Rule does not apply to Tai Chi divisions. However, this Rule does apply if there are no separate Tai Chi divisions and those competitors are incorporated into another division.

6.14. Discourteous physical or verbal responses to judges' scoring or any other official pronouncement will cause one (1) point to be deducted from that contestant's/team's aggregate score (e.g., 7, 7, 7, 7, 7 = 21 [- 1] = 20).

7. TEAM FORMS

7.1. The team forms competition is performed like the individual forms competition except that they shall be executed in a **synchronized** manner between competitors on the team. The forms must be **traditional** forms from any style. This is an empty hand competition: weapons forms are prohibited.

7.2. Each team must be identified by a name given by the competitors. Each team member is registered and compete under that name.

7.3. A team can be male only, women only or mixed. There is no division according to gender: teams compete against each other according to their level of practice (see rule 7.7 and appendix A: divisions for the team form competition).

7.4. A team is composed of three (3) competitors. All team competitors must be pre-registered for the team and division. No substitutions are permitted after registration. Competitors are limited to competing on one team only.

7.5. If a competitor in a registered team bows out for any reason, the team is allowed to compete with only two competitors but a **ONE POINT PENALTY** is deduced from its aggregated score. It is the center referee's responsibility to instruct the scorekeeper to deduct one full point from its final aggregated score.

7.6. The level, or rank equivalent of a team is determined by the competitor of the highest rank within the team. The basic divisions for the team form competition should be :

7.6.1. Beginner teams – only white, yellow or orange belt competitors within the team (or equivalence in years of experience as settled in rule 3.3).

7.6.2. Intermediate teams – at least one green, blue/purple or brown/red belt competitor within the team (or equivalence in years of experience as settled in rule 3.3).

7.6.3. Black belt teams – at least one black belt competitor within the team (or equivalence in years of experience as settled in rule 3.3).

7.6.4. According to the number of teams registered for the competition, these divisions might be extended or combined (see rule 4.4 for more information).

7.7. Judging of a team form relies on the same criteria as for individual forms (see rule 5). However,

the criterion of **synchronization** is added to these basic criteria. This is a central criterion for judging this competition.

- 7.8. Any external help made in order to assist the synchronization of competitors is PROHIBITED. For example:
- noises made to start and stop the form,
 - loud breathe,
 - strokes on the floor with the feet,
 - strokes on the chest with the arms,
 - rhythm given by any mean from the side of the competition area.
- 7.9. A team form should not be interrupted before its end or before the time limit (see rule 6.13 for applicable time limits).
- 7.10. Outside help (e.g., tapping, breathing, clapping or rhythmic sounds made by persons outside of the ring) is prohibited and, at the judges' discretion, may result in the disqualification of the team.
- 7.11. The order of performance of the teams is randomly picked. If possible, the order of performance will be announced one day prior to the competition.
- 7.12. All competitors of the team shall enter the ring opposite to the central referee and offer courtesy or salutation to the judges. See rules 6.9 and 6.10 for more information.
- 7.13. The center referee acknowledges that the team should begin. If the team leader had to move ahead to offer courtesy and salutation to the judges, she/he goes back to her/his starting place before beginning.
- 7.14. All competitors must start and end the form in front of the central referee. All competitors must perform the form in the same direction in a synchronized way.
- 7.15. Blatant errors made during the performance follow rule 6.7.
- 7.16. Scoring of the teams follow rules 6.1. to 6.4. and rule 6.12.
- 7.17. In the event of a tie, rule 6.5. applies.
- 7.18. Judges arrangement for team form competition. If possible, side judges of the team form competition should sit at each corner of the competition area in the safety zone. The central referee is sitting in the safety zone in the middle of the side opposite to the entrance of the teams. This side must be chosen so the central referee can have direct eye contact with the time and scoring table.
- 7.18.1. Five judges: arrangement: 4 judges at each corner of the square.
- 7.18.2. Three judges: arrangement: 2 judges at each corner opposite side of the central referee's side.

8. **WEAPONS FORM**

- 8.1. All weapons must be inspected by the center judge or a designated judge as the cards/charts are being readied. This inspection is to determine (a) that the weapon is safe, and (b) to ensure that the weapon is a traditional martial arts weapon of traditional materials (i.e., not of plastic or rubber).
- 8.2. All weapons must be under the constant control of the competitor's limbs. No throwing or flying projectiles are permitted.
- 8.3. If the weapon is handled in such a way that the judges (3 of 5) decide that the contestant handles the weapon in a manner unsafe to her/himself or to others, the contestant is disqualified.
- 8.4. If a weapon is deemed unsafe (i.e., frayed cords, weak chain, blade/tang loose, etc.), the contestant will have two (2) minutes to replace the weapon or to fix it.
- 8.5. If the weapon breaks or is broken during the performance, the contestant is disqualified.
- 8.6. If the weapon is dropped, the black belt contestant is disqualified. Color belt contestants are permitted to begin one more time, but a full point will be deducted from the contestant's final aggregate score. *See Rule 6.7.*
- 8.7. If the weapon is put or placed on the ground, it is the decision of the individual judges as to whether it is inadvertent or a deliberate placement.

9. **MUSICAL FORMS**

- 9.1. The time limit for musical forms is three (3) minutes. The clock begins to run the moment the contestant enters the ring and shall be uninterrupted by the judges. For each second after 3 minutes, one point will be deducted from the competitor's aggregate score. After 3 minutes 6 seconds the competitor is disqualified.
- 9.2. The musical form will be scored like regular forms, except that, as in open form, creative non-traditional elements will add to - not detract from - the scores.
- 9.3. Each contestant must supply her/his own music. In the circumstance where the venue does not provide a music source, competitors will have to provide their own. Power will be provided but back-up batteries are recommended. Back-up copies or alternate media of your music and converter plugs and dongles are also suggested.
- 9.4. Out of respect for the competitors, judges and spectators, the selected music should not contain explicit, demeaning or profane lyrics. It is the discretion of the tournament director to disqualify inappropriate music choices.

- 9.5. No weapons are allowed in this division. This includes fans. A separate musical weapons form division *may* be added.
- 9.6. Only one contestant is permitted to compete. i.e., there are no two person sets.
- 9.7. It is strongly suggested that the competitor enlist an assistant to start and to attend to the music.
- 9.8. Only one (1) attempt to fix the tape recorder/music source will be allowed or two (2) minutes, whichever comes first. A second failure of the machine or music will result in disqualification.
- 9.9. The suggested scoring range is the same as empty hand and weapons forms. *See rules 6.1 to 6.5 and rule 6.12.*

10. TWO PERSON SETS

10.1. Empty Hand

- 10.1.1. Two competitors (may be female/female, male/male or female/male, abled/differently abled, any 2 styles, any 2 ranks - although close in rank is usually better) are scored as a team.
- 10.1.2. The competitors use continuous, flowing attack and defense techniques, i.e., a choreographed fight. It is not a self-defense skit, so one competitor doesn't "win" at end or end up flattened. The competitors work together to demonstrate varied attacks and defenses, similar to Aikido, Judo kata but continuous motion - no stops.
- 10.1.3. IAGLMA Rules regarding forms apply however the time limit for these forms is 5 minutes. *See Rule 6.*

10.2. Weapons

- 10.2.1. The same definitions as in Rule 11.1.1 and 11.1.2 apply, only incorporating weapons. These sets are usually done with a long weapon vs. a short weapon - but can be long vs. long or short vs. short as well. Sets can also be empty hand vs weapon.
- 10.2.2. Sets can begin empty hand followed by technics using weapons. Weapons are placed on the ground, on the edge of the contest area. When a contestant needs a weapon, she/he takes it in the shortest time possible.
- 10.2.3. The number of weapons used during the set is limited to four weapons.
- 10.2.4. IAGLMA Rules regarding weapons forms apply, however the time limit for these forms is 5 minutes. *See Rule 8.*

- 10.3. The two person sets competitions follow the rank equivalent system as described in rule 3.3. For teams with competitors of different levels, the competitor with the highest rank determines the division of the team.

11. GRAND CHAMPIONSHIP - FORMS (If applicable)

11.1 Empty Hand Forms

11.1.1 7 judge panel.

11.1.2 First place winners in all black belt empty hand forms divisions (soft, hard, musical, open/creative, seniors, special needs, etc.) compete for form grand champion.

11.1.2.1 Women's grand champion.

11.1.2.2 Men's grand champion.

11.1.2.3 If there are fewer than 3 divisional winners (5 would be better), the men's and women's division may be joined.

11.1.3 IAGLMA Rules regarding forms apply, including the 3 minute time limit. *See Rule 7.*

11.2 Weapons Forms

11.2.1 7 judge panel

11.2.2 First place winners in all black belt weapons divisions (soft, hard, musical, open/creative, seniors, special needs, etc.) compete for weapons grand champion.

11.2.2.1 Women's grand champion.

11.2.2.2 Men's grand champion.

11.2.2.3 If there are fewer than 3 divisional winners (5 would be better), the men's and women's division may be joined.

11.2.3 IAGLMA Rules regarding weapons forms apply, including 3-minute time limit.
See Rule 8.

12. SPARRING: NO FACE/HEAD CONTACT RULE

- 12.1. There is **NO FACE/HEAD CONTACT** in any color belt division. The face area is designated as the mask part of the face, hairline to chin point and from ear to ear. This **DOES NOT** include the throat, sides or back of the neck, top or back of the head - and these areas are neither touch nor target areas. (*For Black Belt divisions see Rule 12.5*)
- 12.2. The face is a **TARGET AREA** in color belt divisions. The face as a target area is designated as the mask part of the face, hairline to chin point and from ear to ear. This **DOES NOT** include the throat, sides or back of the neck, top or back of the head. A winning point strike shall be just a fraction of an inch short of contact without interference or without being blocked by the opponent. There must be extension left in the technique. *See Rule 22.12.*
- 12.3. If a contestant, while **ATTEMPTING** to score with a kick, punch, or any type of direct strike, inflicts any cut that causes external or internal bleeding, laceration, bruise, abrasion, or swelling of the skin of the face, she/he will automatically be disqualified.
- 12.4. If there is blood or serious injury, a disqualification must be given by the center judge. A majority rule is not required for a bleeding or serious injury, disqualification is automatic. However, a majority rule (3 of 5) will decide whether the injury is serious enough to warrant disqualification if the injury is non-bleeding.
- 12.5. **LIGHT CONTACT** is allowed in Black Belt divisions, however, Rules 3 and 4 always apply. **LIGHT CONTACT MEANS TOUCH.** If the opponent's head moves significantly as a result of the contact and a majority judges call contact, the contestant causing the head to move receives a foul. A second contact against the same competitor during the same match which causes the opponent's head to move significantly a majority of judges calling contact will result in automatic disqualification. (*See Note at end of Rule 21.*)

The touch and target area is the mask part of the face, hairline to chin point and from ear to ear. This **DOES NOT** include the throat, sides or back of the neck, top or back of the head - which are neither touch nor target areas.

NOTE: If the liability insurance procured by IAGLMA and/or by the tournament directors does not permit face contact or removes other scoring areas, those areas will be target areas only in all divisions, including black belt divisions.

13. BODY CONTACT RULE

- 13.1. There is **MODERATE CONTACT** (*see Rule 3.*) to the body in all divisions. Moderate contact does not mean to rock opponent back two feet. A score to the chest, flanks, or abdominal region must be **SEEN AND CONTROLLED**. Light touch is also a point, but you must actually touch.
- 13.2. **EXCESSIVE BODY CONTACT** (*see Rule 3.*) shall be dealt with in the following manner: if a majority of judges (2 when there are 3 judges and 3 when there are 5 judges) call excessive contact, the contestant receives one foul. If a majority of judges (2 when there are 3 judges and 3 when there are 5 judges) call for excessive contact a second time, the contestant is automatically disqualified. (*See Note at end of Rule 21.*)

- 13.3. If, at any time during the match, a majority of the officials agree that a competitor cannot or should not continue as a result of injuries received in the match, the competitor who inflicted the injury shall be disqualified if the injury was inflicted while attempting a technique.
- 13.4. If a contestant slips and falls and is injured, the opponent is not disqualified unless she/he pushed the injured contestant down or caused the fall by excessive contact. See Rule 17.10

14. POINT SCORING CONTACT AND TARGET AREAS

- 14.1. Point scoring contact areas are the **mask part of face (for black belts only), torso (which includes chest and the abdominal region above the belt) and flanks (sides) of the torso.**
- 14.2. There will be no contact above the shoulders or to the groin. (*For Black Belt divisions, see Rule 12.5 and Rule 14.3*)
- 14.3. **THE GROIN IS A TARGET AREA IN BLACK BELT DIVISIONS ONLY.** Target area means no contact. A winning point must be just a fraction of an inch short of contact without interference or without being blocked by the opponent and there must be extension left in the technique. A touch = 1 warning; 2 touches = disqualification. See Rule 3.7

The groin is designated as the triangular region in front, approximately two (2) inches below the navel. Underneath, between the legs (i.e., the area exposed during a kick) is not a target area.

NOTE: if the liability insurance procured by IAGLMA and/or the tournament directors does not permit the groin as a target area, then the groin will be eliminated as a legal scoring area for all divisions, including black belt divisions.

- 14.4. The kidneys are not a target area or contact area for color belt divisions. The kidneys are located next to the spine, partially covered by the ribs.
- 14.5. Sweeps are allowed in all divisions. Sweeps are not permitted against a joint. Sweeps are only to be executed to the lower (distal) 1/3 of the region of the leg, which is between the foot and knee. The attacker may use only the lower (distal) 1/3 of the region of the leg which is between the knee and the foot. Attempted sweeps which are executed above that region are considered kicks to the legs and are fouls. A sweep is not a point itself and must be followed through immediately with a skillful technique executed in a continuous motion with the body of the person being swept kept under control at all times. Sweeps which do not control the defender's body and sweeps which result in injury to the defender are fouls. Sweeps in which the attacker drops to the floor are not permitted.

15. HOW TO SCORE A POINT

- 15.1. Techniques which may be used to obtain a point are: punch, back fist, hammer fist, ridge hand, edge of hand, palm heel, wrist strike, front kick, side kick, roundhouse kick, wheel kick, heel kick, back kick, crescent kick, drop kick and any of the above kicks

combined with a jump or spin. This includes any technique in which the contestant drops to the floor with a kick or hand technique which reaches a legal target or contact area.

15.2. Techniques that may **not** be used are:

- 1) head butting,
- 2) finger jabs,
- 3) ripping and gouging techniques,
- 4) techniques to the throat,
- 5) blind techniques,
- 6) any takedowns or sweeps where the opponent's body is not under control,
- 7) a jump or spin where the attacker's body is not under control
- 8) any other uncontrolled techniques.

16. HOW TO RECOGNIZE A POINT

16.1. Any point given must be recognized on the basis of:

- 1) correct form,
- 2) correct distance,
- 3) body balance and control,
- 4) strength of technique,
- 5) no obvious interference,
- 6) extension left in strike.

17. POINT SYSTEM AND LENGTH OF MATCHES

17.1. All divisions under Black Belt shall last two (2) minutes running time, or three (3) points, whichever comes first. Time can only be stopped by the center referee to allow equipment adjustments, to hear legal protest, to attend to an injured contestant, or if more than "normal time" is needed to conduct voting, award points, assess penalties, administer warnings, or return contestants to the center of the ring.

17.2. All Black Belt divisions will be three (3) minutes and total points. Five (5) point spread will apply (i.e., the first competitor to be ahead by 5 points wins the match).

17.3. Only full points shall be awarded for hand or foot techniques.

17.4. A majority of the officials (3 of 5 or 2 of 3) must agree in order to award a point. Every effort will be made to have a full complement of 5 judges in all divisions. However, if necessary, the IAGLMA officials and/or the tournament directors reserve the right to allow a ring to run with 3 judges.

17.5. A contestant who has one (1) foot inside the contest area may score on an opponent or be scored upon. The foot inside the ring must be the supporting foot.

17.6. A final win must be awarded by the center referee and judges in all matches. No draws will be permitted.

NOTE: Any competitor may bow out at any time at his/her own discretion. Any instructor

may require her/his student to bow out at her/his discretion. However, the bow out must be in a traditional and courteous manner. Furthermore, any competitor who bows out forfeits her/his standing in that match and/or division.

- 17.7. All overtime will be "sudden victory" (first point wins) except for Black Belt divisions where there is a timed one (1) minute overtime and then, if necessary, sudden victory will apply. There will be a 30 second interval before overtime and/or sudden victory begin.
- 17.8. The time limit of a contest shall not be fewer than two (2) minutes continuous time or more than three (3) minutes continuous time. This does not include overtime and/or sudden victory to break tie matches.
- 17.9. Contestants may win in the following ways:
 - 17.9.1. Score the required number of points or be ahead on points when time is called.
 - 17.9.2. Disqualification of opponent.
 - 17.9.3. Opponent violates any of the Rules.
 - 17.9.4. One opponent bows out to another. (**NOTE:** A contestant may bow out at any time, at her/his discretion, with no explanation necessary. That participant then forfeits her/his standing for that match or division. *See Rule 30.13.*)
- 17.10. A slip and fall competitor is not subject to attack. The center judge must intervene and restart the match. A slip and fall injury is not the responsibility of the opponent. *See Rule 13.*
- 17.11. If a competitor has the wind knocked out of her/him, a reasonable time (five (5) minutes or under) will be allowed to permit the competitor to recover.
- 17.12. During an injury, discussion or other stoppage, the non-involved competitor(s) must kneel/sit back facing each other at a proper distance until they are called to rise and continue.

18. GRAND CHAMPIONSHIP - SPARRING (if applicable)

- 18.1. Sparring
 - 18.1.1 5 judge panel (1 center referee, 4 corner judges).
 - 18.1.2 First place winners in all black belt sparring divisions (feather, middle, heavy weight, seniors, special needs, etc.) compete for sparring grand champion.
 - 18.1.2.1 Women's grand champion.
 - 18.1.2.2 Men's grand champion.
 - 18.1.2.3 If there are fewer than 3 divisional winners, no grand championship will be held. The men's and women's division will not be joined for sparring.
 - 18.1.3 There will be two (2) rounds, (3) minutes each, one (1) minute rest between rounds. The competitor with the highest total points after the two rounds is the sparring grand champion. If there are no points at the end of the two rounds, or if there is a tie, there will be a one (1) minute overtime. If no points are scored during that one minute overtime, or if there is still a tie, then there will be a one (1) minute rest followed by a round in which the first competitor to score a point is the sparring grand champion (i.e., "sudden victory").
 - 18.1.4 IAGLMA Rules regarding fighting apply, including 5 point spread for each match. *See*

Rule 17.

19. TEAM SPARRING

- 19.1. All team competitors must be pre-registered for the team and the division.
- 19.2. A team must have the required number of competitors in order to register as a team.
- 19.3. A competitor may not fight in 2 separate registered teams.
- 19.4. All IAGLMA Rules regarding age, rank, sex, weight class and weigh-in apply.
- 19.5. All IAGLMA Rules concerning fouls and scoring apply.
- 19.6. Team order will be selected by a drawing and byes will be chosen by use of the IAGLMA bye chart.
- 19.7. A competitor or team who bows out for any reason will disqualify the entire team. (Note: This is often a strategy to reconfigure a team after assessing the other team's fighters. Often a competitor will "discover" an injury after (or before) her/his first round in order to be replaced by one with differing talents. It also means that the other fighter must fight a fresh and rested competitor.) Therefore, teams may have one alternate male OR female competitor. The alternate must be registered with the team and no substitutions are permitted. The registered alternate may fight *if and only if* a team fighter must bow out because of an injury. The team fighter who bows out because of an injury and is, consequently, replaced by an alternate, is not permitted to return to compete in later matches.
- 19.8. Each competitor will accumulate as many points as possible during his/her match. The team with the most accumulated points at the end of all matches wins the division.
- 19.9. If a competitor is disqualified for a technical violation of the IAGLMA Rules (e.g., low kick, blind technique, top/back of head, etc.), that team retains the number of points accumulated up until the disqualification, but the other team receives one extra point. That competitor and team may continue on to subsequent rounds. If a competitor is disqualified for a substantive violation of the IAGLMA Rules (e.g., excessive face or body contact, unsportsman/woman-like behavior, disrespect to competition officials, etc.), that team loses any points accumulated by that competitor during that match. (E.g., if a team consists of 4 competitors, then only the points of the 3 not disqualified for a substantive foul will be counted.) If a substantive disqualification is called during the final rounds (i.e., fighting for 1st, 2nd and 3rd place), then the entire team is disqualified.

20. SELF-DEFENSE

The purpose of a self-defense competition is for competitors to demonstrate what they or their style would do to defend against a given attack.

- 20.1. All self-defense sets should be performed in a continuous, realistic style **CONSISTENT WITH FULL ATTENTION TO SAFETY**. Pause after each set of three attacks so that judges may enter score, and contestants may secure weapons and adjust clothing. Each counter attack of each set will be scored a separate maximum score of 10 points for a maximum possible score of:
 - 90 points in Black Belt divisions,
 - 60 points in intermediate/advanced divisions,
 - 30 points in Beginner divisions.

Scoring will be done after each set of 3 attacks. The highest and lowest points from a contestant's score will be eliminated and the remaining scores totaled to determine the competitor's score. In the event of a tie, the highest and lowest scores will be added back in to break the tie.

- 20.2. Self-defense divisions will be judged by a seven-judge panel, four judges on each corner of the ring, the remaining three judges placed along the sides of the ring. Every attempt will be made to include both mat artists and floor artists on the panel. Judges will score the competitor based upon the realism, accurateness and appropriateness of the defensive techniques against the attack. Philosophical and stylistic positions regarding the appropriate "finish" to the attacker (i.e., whether to kill or incapacitate the attacker or to run away) should not influence the judges' scoring.
- 20.3. Contestants are encouraged to bring their own partners. If a contestant does not provide her/his own partners, Tournament Directors should make any effort to provide partners so that the contestant can enter the competition.
- 20.4. Knives used must be rubber, wood, durable plastic or unsharpened metal (no live blades). Clubs must be approximately 26 inches (66 cm) long (escrima stick size), made of light wood or bamboo.
- 20.5. The only uniform requirements are that contestants have their upper and lower body suitably covered (a t-shirt and shorts are considered adequate covering); no hard objects (such as metal jewelry or glasses); contestants will perform on a matted surface, no shoes will be permitted (socks or bare feet only).
- 20.6. The competition will be divided into divisions based on the experience levels of the contestants. Male and female competitors will compete together in the same divisions, unless there are a sufficient number of competitors to warrant separating the division.
- 20.7. Sets must be performed in the order given. If there are no specific directions to the contrary, one or more attackers may be used and the attack may be from any direction (i.e., front/back/side of defender).

Beginner	(Set #1 only)
Intermediate/Advanced	(Sets #2 and #3)
Black Belt	(Sets #4, #5 and #6)

- 20.8. **Self-Defense Competition Sets:** The tournament director will choose a total of nine (9) attack techniques for the black belts (sets #4, #5 and #6), six (6) attack techniques for intermediates and advanced divisions (sets #2 and #3) and three (3) attack techniques for the beginners (set #1).

These techniques must be published at least three (3) months prior to the IAGLMA sponsored/sanctioned local competition, six (6) months prior to a regional competition, one year prior to an International competition. **See Appendix D, "IAGLMA Self-Defense Techniques", for a list of all attack techniques that can be selected.**

The attack technique sets in use for the 10th Gay Games “Paris 2018” will be **(see also Appendix E)**:

- Set #1: Reverse punch to torso
Lapel grab with one hand, punch with the other hand
Front kick**
- Set #2: Front lapel grab, both hands
Overhead strike with escrima stick
Choke from behind with the forearm**
- Set #3: Round kick
Defender supine, attacker in guard position
Slash to the body with a knife**
- Set #4: Mounted position, attacker sitting straddled on supine
defender
Head lock, held at side
Two circular punches to the face**
- Set #5: Horizontal strike to torso with escrima stick
Defense against two attackers, attacks are optional but
must be simultaneous
Kick (any height and style is acceptable)**
- Set #6: Overhead knife attack
Knife held to throat from the front
Gun to the body from the front**

21. DISQUALIFICATIONS

21.1. The following shall be cause for disqualifications:

- 21.1.1. The competitor, coach or team mate of competitor ignores the center referee's or judge's instructions.
- 21.1.2. A competitor loses her/his temper.
- 21.1.3. A competitor stalls or deliberately prolongs a contest.
- 21.1.4. A competitor makes meaningless cries, remarks or gestures, derogatory to the opponent, center referee, judges or officials.
- 21.1.5. If both competitors are outside the ring and one is struck with enough force to warrant disqualification, standard disqualification rules will be enforced regardless.
- 21.1.6. A competitor receives two fouls **OF THE SAME KIND** (i.e., two low kicks, two blind techniques, two face contact calls) from either the judges or the center referee for violation of any of the tournament Rules.
- 21.1.7. A competitor receives three fouls **OF ANY KIND** from either the judges or the center referee for violation of any of the tournament Rules.
- 21.1.8. If a visible or serious injury (blood, swelling, deformity) is caused by the attacker, the attacker loses the match.

- 21.1.9. If a contestant shows disrespect to the officials or makes disparaging remarks concerning the tournament or officials, she/he is disqualified from further competition.
- 21.1.10. Any competitor who shows up to the ring without her/his equipment will be given two (2) minutes to get the proper equipment before she/he is disqualified. The equipment must be in acceptable condition.
- 21.1.11. Contestants must be at the designated competition area within three (3) minutes of announcement of the start of their division. A roll call will be taken. Any contestant whose name appears as registered for the division called and who is not present when the roll is called will have two (2) minutes to appear at the designated competition area and to make their presence known to the officials presiding in that ring. If at the end of the roll call and the two (2) minute grace period a contestant fails to make her/his presence known to the officials, that contestant forfeits the opportunity to compete. **Once the charts have been completed and bye's assigned, no one will be added to the chart.**

NOTE: Competitors must receive a minimum of one (1) official foul before disqualification for other than endangering or malicious conduct. (**NOTE:** Endangering or malicious conduct includes excessive contact. See *Rule 12 and Rule 13*).

22. PROHIBITED ACTS

- 22.1. Face contact in color belt divisions. (*For Black Belt divisions, see Rule 12.5*)
- 22.2. Persistent deliberate attack to the shins.
- 22.3. Attack to the joints of the hips, to the knees, or to the insteps, to the back or top of the head, to the throat, spine or groin. (**NOTE:** Groin is a **TARGET AREA** in black belt divisions only. **There is NO CONTACT to the groin.** See *Rule 14.3*).
- 22.4. Butting or ramming opponent with head or body, finger jabs, pushing and/or shoving, ripping and gouging techniques, blind techniques and uncontrolled techniques.
- 22.5. Excessive grabbing or holding. Grabs or holds can be no longer than one second followed immediately by an attack.
- 22.6. Delay of match.
- 22.7. **No coaching from the sidelines.** The first violation will result in an official warning for the coached competitor. The next violation will result in the disqualification of the contestant being coached. The coach/teacher or colleague of a competitor may not enter the ring during the competition or order a ring to stop. The coach/teacher or colleague must ask the side judge to halt the match and request permission to clarify a Rules issue with the center judge. See *Rule 29*. Judges should clear the area directly around the ring of coaches, other competitors and spectators.
- 22.8. No sweeps against the joints.
- 22.9. Contestants shall not push an opponent outside of the contest area.
- 22.10. No attacks to the kidney in color belt divisions.

- 22.11. No sweeps or foot grab take-downs in color belt divisions.
- 22.12. No face contact in color belt divisions. However, the face is a **TARGET AREA**. Therefore, a technique to the face that is not blocked by the opponent and which has extension left in the technique can score a point. *See Rule 12.2.*
- 22.13. **THE GROIN IS NEITHER A CONTACT NOR A TARGET AREA IN COLOR BELT DIVISIONS.** *See Rule 14.2.*

23. RUNNING OUT OF THE CONTEST AREA

- 23.1. A contestant who runs out of the ring to avoid attack while making no offensive or counterattack effort will be considered running out of bounds. The contestant must be warned twice (2x) by the center referee and on the **THIRD** violation, a point will be awarded to the opponent.

24. OTHER TECHNIQUES ALLOWED

- 24.1. Foot sweeps and foot grab take-downs are allowed **IN BLACK BELT DIVISIONS ONLY** (*See Rules 14.5 and 22.11*), but must be followed through with a skillful technique executed in a continuous motion. (**NOTE:** The contestant executing the take-down must be skilled in controlling the opponent throughout the take-down. Otherwise the technique is not correct in form and does not demonstrate proper body balance and control and, therefore, is not a point. *See Rule 16.*) Sweeps where the competitor drops to the floor are not permitted.
- 24.2. Grabbing of the arms, legs, and uniform are allowed in all divisions **FOR ONE SECOND** if followed through immediately with a skillful technique executed in a continuous motion.

25. OFFICIAL HAND SIGNALS, RULES AND PROCEDURES FOR SPARRING

- 25.1. Center referee begins the match.
- 25.1.1. Gets the fighters facing each other in the center of the ring (standing position).
 - 25.1.2. Determines that each competitor has the required and proper safety equipment and that the equipment is in good condition. *See Rule 4.6 and Rule 32.*
 - 25.1.3. Instruct side judges that upon the command "judges call," each judge is to call any foul first and, if applicable, at the same time indicate that she/he also has a point call. (E.g., "I have 2 calls," "I call a foul on A and I saw a point for B.")
 - 25.1.4. Check to see that side judges are ready.
 - 25.1.5. Check to see that score/timekeepers are ready.
 - 25.1.6. Point to each fighter, palm up, open hand.
 - 25.1.7. Tell fighters to bow to you (center referee), bring hands to your side and bow.
 - 25.1.8. Tell fighters to bow to each other, at the same time cross your arms.
 - 25.1.9. Tell fighters to get into a fighting stance, at the same time step in between them.
 - 25.1.10. To start the match, say "**BEGIN**" and clap your hands together

25.2. How to indicate/call points.

25.2.1. The center referee calls "**STOP**" to halt the action. The corner judges should say "**CALL**" when they want the center referee to stop the action.

25.2.1.1. Gets the fighters to return to starting position.

25.2.1.2. Says: "**JUDGES CALL.**"

25.2.1.2.1. Center referee and side judges will make their calls **IMMEDIATELY AND SIMULTANEOUSLY**. Any judge who is late with her/his call forfeits that call. If the center referee and side judges determine that one judge is consistently late with her/his calls, the center referee should notify the tournament directors immediately. The tournament directors, in conjunction with the IAGLMA officials, have the sole discretion to remove that judge from that division and from further judging at that particular competition.

25.2.1.2.2. Each judge must call any foul first and, at the same time, indicates that she/he also has a point call. (E.g., "I have 2 calls," "I call a foul on A and I saw a point for B.")

25.2.1.2.3. Calls are not on what technique but on whether or not a scoring point was made.

25.2.1.3. Count all other calls and give official call after facing all side judges.

25.2.1.3.1. If no official point or call - cross arms back and forth while saying "**NO SCORE, NO POINT or NO CALL.**"

25.2.1.3.2. If official point is to be called - point hands toward the fighter's feet who will receive the point and say out loud "**POINT**".

25.2.1.4. After official call is made, restart the match.

25.2.1.4.1. Have fighters get into fighting stance and stand in between them.

25.2.1.4.2. Say "**BEGIN**" and clap hands together.

25.3. Indicating face contact, excessive body contact, foul or illegal technique procedures.

25.3.1. Follow steps through rule 25.2.

25.3.2. If a judge wishes to call a foul on one competitor and a point for the other competitor, the judge should use the hand signal for foul and, *at the same time*, indicate that she/he also has a call for a point. The center referee will first determine if there are sufficient calls for an official warning for a foul and/or if there is a disqualification. It takes two judges or one judge and the center referee to make it an official call of a foul. Only after the fouls and/or disqualification have been determined will the center referee then call for points.

25.3.3. A judge must **IMMEDIATELY** indicate she/he has two calls, otherwise the second call is forfeited.

25.3.4. If official contact or foul is to be called, point hand upward indicating the participant who committed the foul and give the correct call (warning or

disqualification). See rule 26.1.

25.3.5. Follow steps in rule 25.2.1.4

25.3.6. If a competitor receives a foul, she/he cannot also receive a point. Only the competitor not fouled can receive a point if a majority of the judges call a point for that competitor.

25.4. Unofficial Cautions.

25.4.1. Center referee and side judges are allowed to make unofficial cautions or warnings.

25.4.2. An unofficial caution is between the competitor and center referee or between the competitor and a side judge that gives such a call. The side judge must inform the center referee that she/he wishes to give an unofficial warning. An unofficial warning is primarily to warn a competitor that she or he is doing something improper and should stop.

25.5. Center referee ends the match, after the timekeeper calls TIME or after the accumulation of the appropriate number of points for that division.

25.5.1. Call fighters to starting position facing each other.

25.5.2. Make the official call of either point, disqualification or forfeit.

25.5.3. Give the official score, pointing toward the competitors' feet as the scores are announced.

25.5.4. If disqualification is called, now announce the call and point upward (hand on the side of the competitor receiving the disqualification).

25.5.5. Bowing out the competitors.

25.5.5.1. Point toward competitors' feet, open hand, palm up.

25.5.5.2. Have competitors bow to you and bring your hands to your side and bow.

25.5.5.3. Have competitors bow to each other - at the same time cross your arms.

25.5.5.4. Designate who is the winner by pointing open hand toward her/his head and say out loud "**WINNER.**"

26. HAND SIGNALS

26.1. Side judges and referees:

26.1.1. Indicating point - open hand, palm upwards toward scorer's head, with your arm straight.

26.1.2. Indicating face or excessive body contact - fist cupped over by open hand at chest

level.

26.1.3. Indicating foul or illegal technique (including running out of the ring) - hand closed, index finger pointing upward, circle high overhead.

26.1.4. Indicating no call - crossed arms, at waist level, closed hands.

26.2. Center referee only:

26.2.1. Official Point - open hand, palm facing upward, point toward scorer's feet.

26.2.2. Official contact or foul - point open hand upward (elbow bent to right angle) using the hand nearest the competitor receiving call.

26.2.3. Official no call - wave open hands back and forth crossing them.

26.2.4. Official winner - point open hand, palm up, arm straight, toward winner's head.

26.2.5. Bowing competitors to each other - cross arms, at chest level, palms toward the floor.

26.2.6. Bowing to competitors - bring hands to your side and bow.

27. FLAG SIGNALS

27.1. Remember to call a foul first and, if applicable, a point at the same time (i.e., raise both flags: "I HAVE 2 CALLS.") Fouls are determined first, then points. Judges cannot call a point and a foul simultaneously for the same competitor. *See Rule 25.3.2.*

27.2. Center referee only:

27.2.1. The center referee uses hand signals, not flags. Those hand signals are described in detail in *Rule 26.*

27.3. Side judges:

27.3.1. Indicating point - raise appropriately colored flag that corresponds to color of cloth attached to belt of competitor for whom point is being called.

27.3.2. Indicating foul - raise and circle appropriately colored flag as in using a hand signal. *See Rule 26.*

27.3.3. Indicating face or excessive contact - strike sticks of two flags together repeatedly and raise the appropriately colored flag.

27.3.4. Indicating running - direct appropriately colored flag to side and tap floor repeatedly.

27.3.5. Indicating no point, no call, did not see - repeatedly cross the flags in front of the body at waist level.

27.3.6. Indicating 2 calls - raise both flags and say "I have 2 calls." Call the foul first as the same individual cannot have a foul and a point. A foul negates a point.

28. CONTEST AREA

- 28.1. Every effort will be made to insure that the contest area shall be at least of 20 feet by 20 feet (6 by 6 meters) and ideally of 26 feet by 26 feet (8 meters by 8 meters) on a resilient floor such as wood, cork or carpet or tatami or mat (self-defense).
- 28.2. The contestants starting positions shall be marked by two lines, each two feet in length, located parallel to the sides of the ring, and each two feet from its center, approximately six feet apart or 1/3 the length of the ring.

29. PROTEST AGAINST A DECISION

- 29.1. Protest made by a contestant, coach/teacher against a decision shall not be considered unless it is made :
- (a) immediately after a questionable call or score, or, if the contestant needs to consult with her/his teacher/coach, no later than immediately after the match or immediately after the performance by the final form competitor in that division;
 - (b) in a traditional and courteous fashion;
 - (c) and directly to the center judge who shall consult with the IAGLMA officials and the tournament directors or their designees. *Protests will not be heard once the division has concluded and final places awarded.*

NOTE: PROTESTS ARE LIMITED TO CLARIFICATIONS REGARDING THE APPLICATION OF THE RULES, NOT OF THE DISCRETIONARY CALLS OF ANY JUDGE. (E.g., if 3 of 5 or 2 of 3 judges call excessive contact, or if a competitor is disqualified for continuing beyond the 3 minute 6 second time limit in the musical form division, there will be no appeal.)

30. CONTESTANTS: SEQUENCE OF COMPETITION

- 30.1. When possible, the order of performance will be randomly picked prior to the day of the competition. Otherwise the order of performance will be randomly picked immediately prior to the division.
- 30.2. Contestants must be at the designated competition area within three (3) minutes of announcement of the start of their division. A roll call will be taken. Any contestant whose name appears as registered for the division called and who is not present when the roll is called will have two (2) minutes to appear at the designated competition area and to make their presence known to the officials presiding in that ring. If at the end of the roll call and the two (2) minute grace period a contestant fails to make her/his presence known to the officials, that contestant forfeits the opportunity to compete. **Once the charts have been completed in any competition, no one will be added to the chart.**
- 30.3. If a contestant is also judging, she/he should be aware when her/his own competitive division is going to take place. If the judge/competitor is judging a form division, no substitutions in judges are permitted until that entire division has finished. Therefore, the judge/competitor should inform the center judge of her/his competitive division that she/he is

still judging. In turn, the center judge should inform the competitor/judge of her/his place in the sequence of competition and that ring will be halted until the judge/competitor is free to perform in her/his designated position.

If the judge/competitor is judging a sparring division, she/he may secure a side judge to replace them when her/his own competitive division is called.

Competitors should try to anticipate their own competitive divisions before accepting a judging responsibility. Every attempt will be made to minimize the conflict of responsibility between judging and competing.

- 30.4. The sequence and order of competition are the same for all competitions, i.e., three (3) minutes to appear at designated competition area and two (2) minute grace period; two (2) minutes to secure proper equipment and/or to fix equipment. A competitor not present and ready to compete within these parameters will be disqualified. *See Rule 21.1.11.*
- 30.5. At the start of sparring competition, contestants shall stand facing each other on the tape lines in the ring approximately four to six feet apart, with the center referee midway between them.
- 30.6. The center referee will bow the contestants in. The contestants shall then exchange salutation by bowing to each other simultaneously. Upon the center referee's command of "**BEGIN**" the contest will begin.
- 30.7. At the end of the contest the center referee will bow the contestants out. The contestants shall bow to each other, as the center referee announces the winner of the contest by raising her/his arm toward the contestant who won.
- 30.8. Contestants may adjust their outfits and tie their belt without the center referee's permission but will remain subject to attack.
- 30.9. Contestants from the same school or association will not fight one another, if possible, in the first elimination round only.
- 30.10. Contestants shall be in good physical condition and not under the influence of any alcohol or controlled substances. By entering the competition, a contestant warrants that she/he is physically capable of participating and has been deemed so by her/his attending physician or health care provider. By entering the competition, a contestant also warrants that she/he is not under the influence of any alcohol or controlled substances which impair or enhance performance.
- 30.11. A competitor shall not be faulted for a technique to an opponent's pre-existing injury. The competitor may actually be awarded a point.
- 30.12. Contestants may spar in any style favored, provided such style follows the IAGLMA Official Tournament Rules and Procedures as provided herein.
- 30.13. Any competitor may bow out at any time at his/her own discretion. Any instructor may require her/his student to bow out at her/his discretion. However, the bow out must be in a traditional and courteous manner. Furthermore, any competitor who bows out forfeits

her/his standing in that match and/or division.

31. MARTIAL ARTISTS WITH SPECIAL NEEDS

- 31.1. Physically challenged martial artists are encouraged to participate in the appropriate special needs divisions at all levels of form and fighting. (**NOTE:** Depending upon the number of contestants, some divisions may be joined.)
- 31.2. **By entering the competition, a contestant has implied her/his consent to compete with anyone that is assigned to her/his division.** (**NOTE:** A contestant is free to bow out at any time but forfeits her/his standing in that match and/or division.)

32. APPEARANCE AND DRESS OF CONTESTANTS

- 32.1. *In exceptional cases*, the officials may allow the wearing of a bandage or safety device to avoid further injury to an injured area. The IAGLMA officials and tournament directors reserve the right to make the final decision regarding such bandage or safety device. A medical cast may not be worn in the sparring or self-defense divisions. Taping of hands, feet, ankles in the manner of full contact sparring or boxing is not permitted in any division.
- 32.2. Contestants may wear whatever uniform she/he feels most comfortable in as long as it is clean, not excessively torn, and provided that no part of the outfit is perceived to threaten the safety of the contestant or her/his opponent (i.e., no rings, jewelry, sharp buttons, pins or trinkets of any kind that may cause injury). If any part of the contestant's outfit is deemed unacceptable by the IAGLMA officials and the tournament directors, the contestant will be given a grace period of no more than five (5) minutes to change outfits or to alter the existing outfit. Any contestant who refuses to abide with an official's directive may be disqualified from the competition at the sole discretion of the tournament directors in consultation with the chief IAGLMA officials. Footwear should only be worn in forms competition and should be acceptable martial arts footwear.
- 32.3. **Free sparring:** Sparring equipment is mandatory in all sparring divisions. This includes headgear, mouth guard and hand and foot coverings for all competitors. Accounting for individual appropriate anatomic morphology, groin protection (specifically a 'tuck under' type cup/box) is required for men. Groin protection may not be worn outside of the uniform. A **chest protector** is recommended for women, however, is not required. The hand covering must cover the knuckles. The foot gear must cover the toes and heel. It may be either foam dipped type (e.g. Century, Jhoon Rhee, Shihan, etc.) or vinyl (Tiger Claw, KP, etc.). All equipment must be in good condition or repair. *See also Rule 4.5.*
- 32.4. No shoes, sneakers, slippers, etc., may be worn in conjunction with the required safety gear by any competitor in the fighting divisions.

33. POOL SYSTEM (if applicable)

- 33.1. In order to offer an alternative to the single elimination system, organizers of a competition can adopt a pool system for the sparring competition. This system allows all contestants to do several matches. The following rules outline the general shape of a competition with pools. Adaptations are possible.

- 33.2. A pool is a group of competitors belonging to the same division. A pools' composition should be randomly picked. However the meeting of people from the same school at first round should be avoided if possible (see rule 30.9). Pools can be rearranged by organizers with this intent. In a pool system, a contestant spars against every other contestant in her/his pool. All the sparring rules apply: the pool system does not modify the general rules for this competition.
- 33.3. A pool's size is three (3), four (4) or five (5) contestants. If the competition for a division has more than 5 contestants, then several pools are created as well as a second round in order to establish the ranking of the competition (see below for the second round rules). This second round can be organized right after the first round or it can be separated from the first round in order to place emphasis on the finals of the different divisions of the competition.
- 33.4. In the case where several pools are necessary and several combinations of pools are possible, the organizers should choose the combination of pools which contains the largest number of smallest pools. For instance, for a competition with twelve contestants, the combination of 4 pools of 3 should be preferred rather than the combination of 3 pools of 4 contestants. Indeed, smaller pools mean fewer matches for the competitors and the organization. See Appendix C for a table of pools according to the number of contestants.
- 33.5. If a division has 3, 4 or 5 contestants, then the winner of the pool is the winner (gold) of the competition, the second is silver and the third bronze.
- 33.6. A second round has to be organized for divisions with several pools (which are divisions with at least 6 competitors). The organization of this second round rely on the number of pools at first round:
- 33.6.1. Two (2) pools at the first round: the winners of these pools fight for the final (gold and silver) and the second of these pools fight for the bronze medal;
 - 33.6.2. Three (3) pools: a new pool of 3 is created with the winners, the winner of this new pool wins gold, the second silver and the third bronze;
 - 33.6.3. Four (4) pools: two semi-finals are organized where a winner of a previous pool fights against another winner, the two winners of these semi-finals fight for gold and silver (grand final), the two losers of these semi-finals fight for bronze and 4th place (small final) ;
 - 33.6.4. Five (5) pools: second round consists in a new pool of 5 which result determines the final result ;
 - 33.6.5. Six (6) pools: 3 semi-finals are organized, the winners meet in a new pool of three which result is the final result.
 - 33.6.6. More than 6 pools (highly unlikely to happen): second rounds should be built in order to organize the fewest matches possible.
- 33.7. Pool winners: the winner of a pool is the contestant who has won the greatest number of matches in this pool. The second is the contestant who comes right after her/him in terms of number of matches won and so on.
- If two competitors have won the same number of matches, the winner is the one who won their contest (this rule may be used to determine any ranking place).

If there is a tie between **more than two competitors** (3 or 4 or more competitors have won the same number of matches), the points made by each of these tied competitors are added up in order to establish their ranking. The competitor who scored the most points globally is the winner and so on. If this method does not allow to separate two competitors within the tied ones, then the previous rule applies, considering who won the contest between these particular two and so establishing their ranking.

If this “adding up points” method is insufficient to establish the ranking of the pool, then all fouls made by the tied competitors should be considered. The competitor who made the least fouls during his contests wins over the other tied competitors and so on. As for the previous “adding up points” method, if this “adding up fouls” does not allow to establish the ranking of two tied competitors, the “who won their contest” rule applies.

If there is still a tie between more than two competitors after having applied successively the “adding up points” and “adding up fouls” methods, then each tied competitor should be granted an additional point for each contest he/she won before the end of the official contest time (i.e. for each contest he/she won by points). All his/her additional points are added up and the result is compared to the other tied contestants to establish the ranking. If this is still not enough, then for each contest lost before the end of the official contest time a tied competitor is granted one point penalty and two points penalty for each contest lost by disqualification. These penalty points are added up and the tied competitor with the least penalty points is ranked first between the tied competitors and so on.

33.8. Contestants should be able to rest between matches. Organizers of the competition should organize matches so the contestants benefit a pause of at least five minutes before sparring again. Contestants must rest close to the contest area.

33.9. In a division with several pools the pools should fight on the same contest area alternatively. For instance in the hypothesis of a competition with 3 pools, first match is from pool 1, second match from pool 2, third match from pool 3, fourth match from pool 1, fifth from pool 2, and so on until all matches for all pools have been done. If pools that compete have different length, then the largest pools start.

However, Tournament directors, in accordance with IAGLMA officials, can decide that pools of the same division fight on different contest areas.

33.10. In order to limit time loss between matches all contestants of all pools are called before the start of the competition (see rule 30 sequence of competition) and stay on the side of the contest area. If a contestant does not answer to her/his name when she/he is called for a match, she/he forfeits this match and her/his opponent wins. However the competitor is not disqualified from her/his pool and can compete for other matches scheduled for her/him.

If a competitor wins a match because his/her opponent does not show up, he/she is granted with the maximum points that can be given in a match according to the division he/she is in.

33.11. Judges and referees cannot judge too many matches one after another. Organizers of a pool competition should try to keep that in mind and find a way to change judges during the competition if it is too long.

33.12. Appendix C provides references for a competition under a pool system.

34. SELECTION OF OFFICIALS

34.1. All Judges/Referees may only be certified through an IAGLMA approved certification process. Only persons who have met the requirements as set forth in the ***IAGLMA Official Tournament Rules and Procedures*** will be eligible to officiate at IAGLMA and IAGLMA sponsored/sanctioned martial arts tournaments. IAGLMA retains the right to remove candidates for any violation of the traditional martial arts rules of respect, courtesy, sportsmanship or any violation of IAGLMA Rules, IAGLMA Bylaws, and/or any organizational policies and procedures. IAGLMA may remove judges/referees for these as well as for any violation listed in ***IAGLMA Official Tournament Rules and Procedures*** 36.1 through 36.8.

34.2. The IAGLMA Rule Committee will maintain a register of all certified IAGLMA judges/referees including the judges' name, address, age, style, rank, certification number, date of certification, and renewal date. Any judge/referee who does not renew her/his status before expiration date may not judge at subsequent IAGLMA and IAGLMA sponsored/sanctioned events until he/she has been recertified.

34.3. Black belt mat style martial artists who are not also black belts in a floor style may not judge or referee in individual forms, team forms, weapons forms or sparring. They may certify in and judge in self-defense and two person sets.

34.4. One center referee or center judge will be chosen for each ring and must be an A level IAGLMA certified official.

34.5. Every effort will be made to secure one center referee/judge and four side judges/referees for form and fighting (sparring) divisions. The tournament directors and the IAGLMA Officials reserve the right to run a division with one center referee/judge and two side judges if a full complement of five judges is not available. If seven judges are not available for Self Defense, IAGLMA and the tournament directors reserve the right to run Self Defense with one center judge and four side judges.

34.6. An official score keeper and an assistant for forms and self-defense and an official score keeper and timekeeper for fighting (sparring) will be designated for each ring.

35. OFFICIALS CONDUCT

35.1. Officials must be **UNBIASED, IMPARTIAL AND NEUTRAL**.

35.2. Officials must present a **NEAT** appearance and maintain a **DIGNIFIED** attitude.

35.3. Officials must maintain constant **CONCENTRATION** on the match and must render exact judgment of all matches.

35.4. Officials shall not talk during a match unless there is an official stoppage of the action by the center referee, or judges are in a dialogue concerning officiating.

- 35.5. Officials **WILL NOT** officiate matches involving their own students except in **FORMS**. A violation will result in the disqualification of the contestant.
- 35.6. Officials should wear a uniform of their style, or garb or insignia designated by the tournament directors in conjunction with the chief IAGLMA officials.
- 35.7. Removal of judges for cause is at the sole discretion of the tournament directors in consultation with the chief IAGLMA officials. Proper courtesy must be observed at all times.

36. JUDGE/REFEREE CLASSIFICATION AND REQUIREMENTS

36.1. Classifications

36.1.1. Judges/Referees Certification Official

36.1.2. Class A: International:
Center Referee/Judge (Black Belt) for international tournaments
(includes center and side)

36.1.3. Class A National or Regional:
Center Referee/Judge (Black Belt)(includes center/side)

36.1.4. Class B: Referee/Judge (Black Belt)(side only)

36.1.5. Class C: Judge for Self Defense divisions only

36.1.6. Class D: Referee/Judge in Training (Black Belt)

During a tournament each judge/referee classification should be denoted by a different colored ribbon or other visible device.

36.2. Judges/Referees Certification Official. Certified by IAGLMA Rules Committee and authorized to run judges certification clinics and certify all A and B level judges/referees.

36.2.1. Must be of at least 35 years of age;

36.2.2. Must be a Black Belt Member of IAGLMA for 4 years;

36.2.3. Must have been an IAGLMA A International level referee for a minimum of two years;

36.2.4. Must have attended a minimum of six judges certification clinics;

36.2.5. Must have judged in a minimum of two Gay Games or international level tournaments;

36.2.6. Must demonstrate a complete knowledge of the IAGLMA Rules;

36.2.7. Must run an IAGLMA judging clinic under supervision;

36.2.8. Must apply to the IAGLMA Rules Committee, submit two letters of recommendation and a detailed Martial Arts CV.

36.2.9. Must be a Black in a floor style martial art that includes sparring and form as part of its regular training such as Tae Kwon Do, Kung Fu, Karate, etc.

36.3. Class A International (Center and side). Center judges will be chosen from the A International certified judges/referees who have the most experience.

- 36.3.1. Must be at least 30 years of age;
- 36.3.2. Must be a Black Belt in a floor style martial arts that includes sparring and form as part of its regular training such as Tae Kwon Do, Kung Fu, Karate, etc.
- 36.3.3. Must be a member of IAGLMA for four years or a member of an IAGLMA member organization;
- 36.3.4. Must demonstrate a complete knowledge of the IAGLMA rules;
- 36.3.5. Must have attended minimum of 4 IAGLMA clinics;
- 36.3.6. Must pass the Certification written test;
- 36.3.7. Must pass the Certification practical test (conducted by one of IAGLMA=s certification officials)
- 36.3.8. Must have experience in judging/refereeing at the international and national level for example Gay Games, EuroGames, etc.;
- 36.3.9. May offer certification from another multi-style martial arts organization as proof of experience;
- 36.3.10. May offer certification from another single style martial arts organization as proof of experience;
- 36.3.11. Must have judged in a minimum of two Gay Games or other International tournaments plus a minimum of ten national or regional;
- 36.3.12. Must provide letters/documents from tournament directors and /or officials, teachers, etc. stating that the candidate has judged/refereed at the relevant international and national tournaments.

36.4. Class A National (Center and Side). Center judges will be chosen from the >A= National certified judges/referees who have the most experience.

- 36.4.1. Must be 25 years of age;
- 36.4.2. Must be a Black in a floor style martial art that includes sparring and form as part of its regular training such as Tae Kwon Do, Kung Fu, Karate, etc.;
- 36.4.3. Must be a member of IAGLMA for two years or a member of an IAGLMA member organization;
- 36.4.4. Must demonstrate a complete knowledge of the IAGLMA rules;
- 36.4.5. Must have attended minimum of 2 IAGLMA clinics;
- 36.4.6. Must pass the IAGLMA Certification written test;
- 36.4.7. Must pass the IAGLMA Certification practical test (conducted by one of IAGLMA=s certification officials);
- 36.4.8. Must have judged in a minimum of four National or regional tournaments;
- 36.4.9. May offer certification from another multi-style martial arts organization as proof of experience;
- 36.4.10. May offer certification from another single style martial arts organization as proof of experience;
- 36.4.11. Must provide letters/documents from tournament directors and /or officials, teachers stating that the candidate has judged/refereed at the relevant international and national tournaments.

36.5. Class B (National or Regional side judge/referee only)

- 36.5.1. Must be 18 years of age;
- 36.5.2. Must be a Black in a floor style martial art that includes sparring and form as part of its regular training such as Tae Kwon Do, Kung Fu, Karate, etc.;
- 36.5.3. Must have attended 2 IAGLMA judging clinics;

- 36.5.4. Must demonstrate that they have judge/refereed at the national or regional level;
- 36.5.5. Must provide one or more of the following:
 - 36.5.5.1. Letter from tournament directors;
 - 36.5.5.2. Letter and or certificate from Judges organization;
 - 36.5.5.3. Letter from teacher or official from your martial arts organization;
 - 36.5.5.4. Pass IAGLMA Certification practical test.
- 36.6. Class D (Referee/Judge in Training. These persons are judges/referees in training and may not be employed as a judge/referee in an IAGLMA tournament at any level local, regional, or international.
- 36.7. Practical Exam For A Judges/Referees, International and National. There will be a practical and/or written exam for all levels of IAGLMA judges and referees certification. Certification is for four years from the date of issuance and may be renewed by attending further IAGLMA Judging clinics and by continued fulfillment of officials qualifications.

The areas to be examined should include the following categories (minimally) with a score for each on a 1 to 10. A score of 7 is needed to pass.

- 36.7.1. Knowledge of the ***IAGLMA Official Tournament Rules and Procedures*** for form, sparring, and self-defense;
- 36.7.2. Understands the spirit behind the rules as well as the letter of the rules;
- 36.7.3. Understands the responsibility of a judge and referee;
- 36.7.4. Ability to control the ring and the area around the ring;
- 36.7.5. Ability to give clear instructions to the competitors and score/timekeepers;
- 36.7.6. Ability to de-escalate stress levels of competitors, coaches, judges;
- 36.7.7. Stays cool and respectful under pressure;
- 36.7.8. Knows when to seek Rules clarification;
- 36.7.9. Checks equipment;
- 36.7.10. Checks weapons;
- 36.7.11. Knows when to ask for removal of inattentive or bad side judges;
- 36.7.12. Calls for Emergency Medical treatment or security;
- 36.7.13. Is proficient in all hand and flag signals as well as verbal commands;
- 36.7.14. Is proficient in all forms and weapons scoring protocols.
- 36.8. Practical Exam for B Judges/Referees
 - 36.8.1. Understands the responsibility of a side judge/referee;
 - 36.8.2. Knows the rules;
 - 36.8.3. Assists the A/Center judge referee in the categories listed;
 - 36.8.4. Is proficient in all hand and flag signals as well as verbal commands.
- 36.9. Information concerning required letters of recommendation and Martial Arts CV.
 - 36.9.1. All letters of documentation and recommendation should include the rank and title, and experience of the individual writing the letter, number of tournaments or length of experience that the letter writer has known the individual.
 - 36.9.2. Please provide a copy of other documents such as rank certification, judges certification, licenses, etc.
 - 36.9.3. Martial Arts CV should minimally include name, address, phone, fax, e-mail, rank,

number of year's experience, styles studied, certifications to judge, certification to teach, organizational membership, positions held in organization, tournament experience as a competitor, judge/referee, director or administrator.

36.9.4. Should include reference contact phone numbers, e-mail addresses.

APPENDIX A

CLASSIFICATION OF DIVISIONS

General Rules: All competitors can register for as many divisions as they want but there is no guarantee that all of the registered divisions will be available to them due to scheduling, staffing and numbers of competitors. Rings will not be held for competitors entered in more than one empty hand division.

FORM: EMPTY HAND – individual competition

General Rules: *If there are enough competitors, divisions may be divided into male and female, 45 and up, etc. If there are too few competitors (i.e., fewer than 5), divisions may be joined.*

WOMEN

Beginners
Intermediate
Advanced
Black Belt (soft/hard styles)
Senior Black Belt (35 and up)
3rd Dan and up

MEN

Beginners
Intermediate
Advanced
Black Belt (soft/hard styles)
Senior Black Belt (35 and up)
3rd Dan and up

WOMEN and MEN

1. **DIFFERENTLY ABLED/SPECIAL NEEDS**

Beginners
Intermediate
Advanced
Black Belt (soft/hard styles)
Senior Black Belt (35 and
up)
3rd Dan and up

2. **BLACK BELT MUSICAL**

FORM: EMPTY HAND – team competition

General rules: *If there are enough teams, divisions may be divided into male, female and mixed. If there are too few teams (i.e., fewer than 5), divisions may be joined. The division rank of a team is defined by its member with the highest rank (alternate competitor included).*

WOMEN and MEN

Beginner teams

Intermediate
teams
Black belt teams

WOMEN and MEN
DIFFERENTLY ABLED/SPECIAL NEEDS

Beginner teams
Intermediate
teams
Black belt teams

FORM: WEAPONS

WOMEN and MEN

Beginners
Intermediate
Advanced
Black Belt (soft)
Black Belt (hard)
Senior Black Belt (35 and up)

WOMEN and MEN
DIFFERENTLY ABLED/SPECIAL NEEDS

Beginners
Intermediate
Advanced
Black Belt (soft)
Black Belt (hard)
Senior Black Belt (35 and up)

SELF DEFENSE

General Rules: If there are more than 20 competitors, the self-defense divisions will be divided into male and female divisions.

WOMEN and MEN

Beginners
Intermediate/Advanced
Black Belt

WOMEN and MEN
DIFFERENTLY ABLED/SPECIAL
NEEDS

Beginners
Intermediate/Advanced
Black Belt

FREE SPARRING

- 28.1. **General Rules:** **Free sparring:** Sparring equipment is mandatory in all sparring divisions. This includes headgear, mouth guard and hand and foot coverings for all competitors. Accounting for individual appropriate anatomic morphology, groin protection (specifically a 'tuck under' type cup/box) is required for men. Groin protection may not be worn outside of the uniform. A **chest protector** is recommended for women, however, is not required. The hand covering must cover the knuckles. The foot gear must cover the toes and heel. It may be either foam dipped type (e.g. Century, Jhoon Rhee, Shihan, etc.) or vinyl (Tiger Claw, KP, etc.). All equipment must be in good

condition or repair. (*See also Rule 4.5*).

All weight classes should be listed in kilos and in pounds. Weight classes may be further divided where numbers permit, or may be joined at the discretion of the tournament directors in consultation with the chief IAGLMA officials.

WOMEN

Beginners
Intermediate
Advanced
Black Belt
- fly weight (121 lbs/55 kg & below)
below)
- feather weight (132 lbs/60 kg & below)
below)
- light weight (143 lbs/65 kg & below)
below)
- middle weight (143.1 lbs/65.1 kg. & up)
above) Black Belt Seniors (35 and up)

MEN

Beginners
Intermediate
Advanced
Black Belt
- fly weight (125 lbs/56.8 kg &
- light weight (151 lbs/68.6 kg &
- middle weight (173 lbs/78.6 kg &
- heavy weight (173.1 lbs/78.7 kg &
Black Belt Seniors (35 and up)

DIFFERENTLY ABLED/SPECIAL NEEDS

WOMEN

Beginners
Intermediate
Advanced
Black Belt
Black Belt Seniors (35 and up)

MEN

Beginners
Intermediate
Advanced
Black Belt
Black Belt Seniors (35 and up)

APPENDIX B

SPARRING COMPETITION - BYE SHEET

<u>Number of Contestants</u>	<u>Number of Byes</u>	<u>Number Who Fight</u>
5	3	2
6	2	4
7	1	6
8	0	8
9	7	2
10	6	4
11	5	6
12	4	8
13	3	10
14	2	12
15	1	14
16	0	16
17	15	2
18	14	4
19	13	6
20	12	8
21	11	10
22	10	12
23	9	14
24	8	16
25	7	18
26	6	20
27	5	22

28	4	24
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<u>Number of Contestants</u>	<u>Number of Byes</u>	<u>Number Who Fight</u>
29	3	26
30	2	28
31	1	30
32	0	32
33	31	2
34	30	4
35	29	6
36	28	8

APPENDIX C

SPARRING COMPETITION – POOL SYSTEM REFERENCES

Number of contestants	1 st round	2 nd round	Number of matches to be organized	Length of the competition (hypothesis : 5mins and 7mins by match)	Number of match by contestant
2	Direct elimination	None	1	5' (7')	1
3	Pool of 3 (P3)	None	3	15' to 21'	2
4	Pool of 4 (P4)	None	6	30' to 42'	3
5	Pool of 5 (P5)	None	10	50' to 70'	4
6	2xP3	2 matches : small and big finals	8	40' to 56'	1 st to 4 th : 3 5 th -6 th : 2
7	P3+P4	2 matches : small and big finals	11	55' to 77'	1 st to 4 th : 3 or 4 5 th to 7 th : 2 or 3
8	2xP4	2 matches : small and big finals	14	70' to 98'	1 st to 4 th : 4 5 th to 8 th : 3
9	3xP3	P3	12	60' to 84'	1 st to 3 rd : 4 4 th to 9 th : 2
10	2xP3+P4	P3	15	75' to 105'	1 st to 3 rd : 4 or 5 4 th to 10 th : 2 or 3
11	2xP4+P3	P3	18	90' to 126'	1 st to 3 rd : 4 or 5 5 th to 11 th : 2 or 3
12	4xP3	4 matches : 2 semi-finals + small and big finals	16	80' to 112'	1 st to 4 th : 4 5 th to 12 th : 2
13	3xP3+P4	4 matches : 2 semi-finals + 2 finals	19	95' to 133'	1 st to 4 th : 4 or 5 5 th to 13 th : 2 or 3
14	2xP3+2xP4	4 matches : 2 semi-finals + 2 finals	22	110' to 154'	1 st to 4 th : 4 or 5 5 th to 14 th : 2 or 3



IAGLMA Official Tournament Rules and Procedures

And so on...

APPENDIX D

IAGLMA SELF DEFENSE TECHNIQUES

Set One:

- 1) Front single wrist grab, same hand
- 2) Front single wrist grab, cross hand
- 3) Front double wrist grab
- 4) Front single wrist grab, both hands
- 5) Front lapel grab, one hand
- 6) Front lapel grab, both hands
- 7) Front Choke hold both hands
- 8) Reverse punch face level
- 9) Reverse punch torso level
- 10) Rear bear hug around the arms
- 11) Shoulder grab from the side
- 12) Overhead strike with escrima stick
- 13) Circular/roundhouse punch to the face
- 14) Lapel grab with one hand, punch with the other hand

Set Two

- 15) Circular horizontal knife slash to the face
- 16) Choke from behind with the forearm
- 17) Mounted position attack, attacker sitting straddled on supine defender
- 18) Head lock, held at the side
- 19) Hair grab from the front
- 20) Hair grab from the rear
- 21) Front kick
- 22) Round Kick
- 23) Side kick
- 24) Two circular punches to the face
- 25) Full nelson Bstanding
- 26) Double wrist grab from behind
- 27) Defender supine, attacker in guard position
- 28) Horizontal strike to torso with Escrima stick
- 29) Thrust to torso with Escrima stick

Set Three

- 30) Defender seated on a chair, unable to use legs Bknife thrust to face
- 31) Gun to the front of the head Aexecution@ style
- 32) Defense against two attackers, attacks are optional, but must be simultaneous
- 33) Round kick to the legs
- 34) Spinning back kick
- 35) Front inverted choke hold
- 36) Overhead knife attack
- 37) Underhand to the groin attack with a knife
- 38) Slash to the body with a knife
- 39) Thrust to the torso with a knife

- 40) Knife to the back
- 41) Slash to the face with a knife reverse grip
- 42) Knife held to the throat from the front
- 43) Knife held to the throat from the rear
- 44) Gun to the head from the front
- 45) Gun to the body from the front
- 46) Gun to the back
- 47) Gun to the head with rear forearm choke hold (hostage position)

Please note: These attack techniques may be modified for special needs participants. For example, a special needs competitor may be seated and then the grabs may be to the chair. Other attacks may be modified to accommodate other special needs conditions. All modifications must be accepted by the Tournament Director and the IAGLMA Rules Committee or an IAGLMA representative.

APPENDIX E

Self-Defense sets for 10th Gay Games "Paris 2018" tournament

General rules: Beginners defend against attacks from Set #1, Intermediates and Advanced competitors defend against attacks from Set #2 and Set #3, Black belt competitors defend against attacks from Set #4, Set #5 and Set #6. All sets and attacks must be executed in the given order.

- Set #1:** Reverse punch to torso
Lapel grab with one hand, punch with the other hand
Front kick
- Set #2:** Front lapel grab, both hands
Overhead strike with escrima stick
Choke from behind with the forearm
- Set #3:** Round kick
Defender supine, attacker in guard position
Slash to the body with a knife
- Set #4:** Mounted position, attacker sitting straddled on
supine defender
Head lock, held at side
Two circular punches to the face
- Set #5:** Horizontal strike to torso with escrima stick
Defense against two attackers, attacks are optional but
must be simultaneous
Kick (any height and style is acceptable)
- Set #6:** Overhead knife attack
Knife held to throat from the front
Gun to the body from the front

PLEASE NOTE: Competitors and attackers have the flexibility to prepare their specific attacks from the general descriptions. Competitors are encouraged to bring their own attacker but it is usual for pairings to be made at events which enable people to enter the Self Defense competition if they have arrived without a partner. Competitors are expected to demonstrate one set then pause to allow judges scoring.



IAGLMA Official Tournament Rules and Procedures