

SMAA

Sport Martial Arts Association

CONTINUOUS SPARRING RULES

COMPETITOR'S RESPONSIBILITIES

It is the full responsibility of the competitor to know all the rules of the tournament and be ready in his/her competition uniform at ringside when his/her name is called.

There is a separate waiver that must be signed prior to competition for all SMA Continuous events

PROOF OF AGE

A copy of the birth certificate for 17 & under competitors should always be ready to be presented in the case of need for verification of age. You should carry proof with you at all times. If you do not provide proof of age within 2 minutes when requested, you will be disqualified.

UNIFORM

All competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon Do, etc.) uniform in good state of repair. A competitor with offensive words or artwork on the uniform may be denied the privilege of participation. The appropriate color belt or sash must be worn in competition.

RING SIZE

The ring for competition shall be 20' x 20' minimum will or with out rope barrier. Rings with no rope barrier must have at least a 6' border around the 20' x 20' competition area. Judges seats are to be positioned at 3 sides or the ring area with clear unobstructed views of the competition area.

CONTINUOUS SPARRING RULES OF COMPETITION)

1. Center referee has complete control of the ring. There will be no arbitration.

If an official is affiliated with a competitor and potential influence or prejudiced by that affiliation, he shall be required to remove themselves for the duration of the match. Generally, officials shall not be replaced.

2. Center referee has no vote on winner of the match. 3 judges ringside will decide the winner on a 10 9 point basis Scoring system. Based on the competitor scoring the most strikes at target areas during each round. The match is won by the competitor who wins the most rounds.

3. Match length will be (3) 1-minute rounds. For eliminations and (3),2-minute rounds for the Championship matches , with a 30-second rest in-between rounds.

4. Any attempt to stall between rounds will result in disqualification of player.

5. Any player disqualified is not eligible for the next round.

6. All gear must be foamed dipped.

7. Moderate contact to the body.

8. Moderate contact to the head.

9. Light touch to the face
10. No takedowns.
11. No ground fighting.
12. No groin contact.
13. No blind technique
14. Absolutely no uppercuts, knee strikes, or elbows strikes will be allowed.
15. No techniques against the joints.
16. No contact to the back or spinal area.
17. No Limit of consecutive punches can be thrown without a break of contact or a kick being thrown.
18. Player may throw as many kicks as they like. But must throw a minimum of 4 kicks per round
19. Sweeps maybe used only with front leg and boot-to-boot only.
20. Disqualification. The decision rest solely on the center referee's discretion. Malicious conduct will not be tolerated

POINTS, TARGETS & TYPE OF CONTACT

1. The target areas shall be the body, chest, stomach, sides, kidney, and with qualified focus, the face (strikes to the back of the head must be aimed above the ears). Top of the head is not a target.
 - a) Hand techniques will score 1 point for all ages and all belt levels
 - b) Front kicks to the body will score 1 point
 - c) Front kicks to the head will score 2 points
 - b) Spinning back kicks to the body will score 2 points
 - d) Spinning Aerial kicks will score 3 points to any target

FOULS

1. Fouls:
 - a) Any technique executed blindly.
 - b) Any technique executed in a wild and unsafe manner.
 - c) Open hand techniques toward the face
 - d) Striking the spine, throat, back of neck, and head below the tops of the ears, or kicking to the leg
 - e) Excessive body contact with the intent to do harmful injury.
 - f) Attacking the back.
 - g) Talking in the ring.
 - h) Running out of bounds whenever a competitor steps out of bounds, the center referee will wait 3 seconds or until both competitors are out of bounds, whichever comes first before stopping the clock and returning the fighters to a neutral position. The offensive competitor may score a point as long as both feet remain in the ring while punching or if one foot is in bounds while kicking. The defensive competitor may not score a point if any part of his foot is on the boundary lines nor will be permitted to move back into the ring and score without both fighters first being brought to a

neutral position by the center referee. The inbound fighter shall be given every opportunity to score under the guidelines as long as a competitor's safety is not in question.

- i) Stalling.
- j) Un sportsman like conduct.
- k) Outside interference.
- l) Coaching
- m) Turning your back to avoid fighting, or call your own point
- n) Kicking to the leg(s)

PENALTIES FOR FOULS

Penalty points shall be awarded for each infraction (foul) beyond the second warning of a foul. Any third infraction constitutes a point being taken away from the competitor's total score for that round. A contestant can lose on a penalty point. Fouls shall continue even into overtime.

These are the SMAA Rules of competition for the Sport Year of 2008. These rules can only be overridden by the Event Promoter by replacing them with specific rules of competition being posted. Please be sure to check with the promoter of any event you compete at to receive the complete rules of competition that they would be using.

Sport CMA Rules

As sanctioned by the SMAA Sport Martial Arts Association

Weight Classes

17 and under

1. Lightweight 114.9 lbs. and below
2. Welterweight 115 lbs. to 129.9 lbs.
3. Middleweight 130 lbs. to 149.9 lbs.
4. Light Heavyweight 150 lbs. to 169.9 lbs.
5. Heavyweight 170 lbs. and over

18 and over

6. Heavyweight 139.9 lbs. and below
7. m 140 lbs. to 149.9 lbs.
8. m 150 lbs. to 159.9 lbs
9. m 160 lbs. to 169.9 lbs
10. m 170 lbs. to 179.9 lbs
11. m 180 lbs. to 189.9 lbs
12. m 190 lbs. to 199.9 lbs
13. m 200 lbs. to 209.9 lbs
14. m 210 lbs. and over

Experience Level

1. Beginner: 6 months to 1 1/2 years experience
2. Intermediate: 1 1/2 years to 4 years experience
3. Advanced: 4 years experience and above

Mouth Pieces

1. All contestants are required to wear a mouthpiece during competition. The mouthpiece shall be subject to examination and approved official.
2. If the mouthpiece is involuntarily dislodged during competition, the referee shall call time, clean the mouthpiece and reinsert the mouthpiece at the first opportune moment, without interfering with the immediate action.

Apparel

1. Each contestant shall wear mixed martial arts shorts, biking type shorts, or kick-boxing shorts.
2. Gi, Kimono or shirt is prohibited during competition.
3. Rash guard (long or short sleeve) must be worn, no skin only.
4. Shoes are prohibited during competition.

Note: Contestants may not attack using their own or the opponent's cloth.

Gloves

1. All contestants shall wear either: four, five or six ounce gloves. (For example: Combat Sports International's Pro-Style Grappling Gloves)



Note: Contestant's gloves suitability will be checked on the day of the competition.

Protective Equipment

1. Male mixed martial artists shall wear a groin protector of their own selection.
2. Groin protector is optional for females

Head Gear

1. Head gear must be worn by all contestants, the head gear will be provided by the promoter if contestant does not have the proper equipment of their own.

Shin Guards / Forearm Guards

1. All contestants shall wear specific grappling Shin Guards. (For example: Combat Sports International's MMA Amateur Grappling Shin-Instep Guards)
2. All Contestants shall wear forearm guards.



Note: Contestant's Shin Guards suitability will be checked on the day of the competition.

Optional Equipment

1. Knee Pads / Elbow Pads

Fighting Area

1. The mat area will be approximately 20 X 20 sqft.
2. If the fighters go out of this area the referee will restart the fight in the centre of the mat, in the same position they were when they left the mat. If the fighters were in a standing position, they will restart facing each other in the middle of the mat.
3. All matches start from the stand up position with three feet between the opponents

Legal Strike Target Areas

1. Front body above the belt-line to below the collar bone
2. Side of the body from the front around the side to an imaginary line that runs from the middle of the shoulder blade down to the middle of the buttocks (above the waist) Area includes kidney
3. Outer thighs
4. Head including the face

Illegal Strike Target Areas

1. Any part of the neck
2. From the belt line and down including groin, excluding the outer thigh.
3. Between the Middle of the shoulder blades
4. Head and /or face of any downed opponent.

Legal Techniques to legal body area

1. Any kind of submission hold (except for eagle's claw type techniques attempting to close the wind pipe).
2. Any arm bar, shoulder lock, or wrist lock
3. Any leg lock or ankle lock.
4. Punches, kicks, excluding the head and/or face of a downed opponent
5. Knees and elbows to legal target areas. (Knees and elbows are restricted to the front body and side body area only).

Illegal Techniques

1. Any technique applied in a dangerous manner will lead to disqualification.
2. Straight kicks to the knees (because of risk of damage).
3. Kicking the opponent while they are on the floor, if the fighter is standing.
4. Throwing by lock or strangle.
5. Uncontrolled wrenching of the neck.
6. Clawing, pinching, twisting the flesh or grabbing the clavicle.
7. Eye gouging.
8. Fish hooking.
9. Head butting.
10. Groin attacks of any kind.
11. Touching groin area.
12. Grabbing the ears.
13. Hair pulling.
14. Small joint manipulation.
15. Thumbing.
16. Scratching and pinching.
17. Biting or spitting.
18. Spiking an opponent to the canvas on his or her head or neck.
19. Intentionally placing a finger in any opponent's orifice.
20. The use of abusive language in the fighting area.
21. Any unsportsmanlike conduct that causes an injury to opponent.
22. Attacking an opponent on or during the break.
23. Attacking an opponent who is under the referee's care.
24. Stalling (avoiding contact, or consistent dropping of mouthpiece, or faking an injury).
25. Interference from a Combined martial artist corners.
26. Flagrant disregard of the referee's instructions.
27. No Slippery substances allowed.

Notes:

1. If a contestant breaks the rules twice he will be disqualified by the referee or the referee determines that a foul was intentional and flagrant.
2. Fouls will result in a point being deducted by the official scorekeeper from the offending mixed martial artist's score.
3. Only a referee can assess a foul. If the referee does not call the foul, judges shall not make that assessment on their own and cannot factor such into their scoring calculations.
4. A fouled contestant has up to five minutes to recuperate.
5. If a foul is committed, the referee shall:
 - call time;
 - check the fouled mixed martial artist's condition and safety;
 - assess the foul to the offending contestant, deduct points, and notify each corner's seconds, judges and the official scorekeeper.
6. If a bottom contestant commits a foul, unless the top contestant is injured, the fight shall continue, so as not to jeopardize the top contestant's superior positioning at the time.
7. The referee shall verbally notify the bottom contestant of the foul.

8. When the round is over, the referee shall assess the foul and notify both corners' seconds, the judges and the official scorekeeper.
9. The referee may terminate a bout based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.

How to win

The winner will be decided according to:

1. If a contestant gives up or submits (Tap out or verbal tap out).
 2. Technical knockout:
 - Referee stops bout;
 - When an injury as a result of a legal maneuver is severe enough to terminate a bout;
 - An opponents in-ability to protect themselves by the referees decision
 3. Decision via score cards:
 - Unanimous: When all three judges score the bout for the same contestant;
 - Split Decision: When two judges score the bout for one contestant and one judge scores for the opponent;
 - Majority Decision: When two judges score the bout for the same contestant and one judge scores a draw;
 4. There are no Draws.
 - if the judges score the first 2 rounds a draw, the fighters will have 3rd round consisting of 2 minutes to determine the winner;
1. If a competitor is unable to defend himself or the referee feels contestants well being or life is in danger, the Referee will declare the winner.
 2. In case of accidental injury or blood spillage the contestant has one minute to completely stop the bleeding or recover else the referee will require that he loses.
 3. Referees decision is final.
 4. Winning by Submission Advantage (Referee Decision)

Officials

- Medical personnel shall be available at all times and easily recognizable.
- A chief referee and arbitrator will be appointed prior to the beginning of the tournament.
- Equal training emphasis must be placed on officials as well as competitors. Only highly trained official who have a working knowledge of the rules. The chief referee in his/her wisdom, may select or reject officials who do not meet these criteria at any time during the tournament, with no recourse for protest or debate.
- Each contest must have: One referee, two judges, one scorekeeper, and one timekeeper.
- All officials should be identifiable by wearing appropriate clothing.

Duties of the Center Referee

The referee does not keep score. The referee is charged with supervision of the contest. He/she administers and controls the tempo of the contest, enforces the rules, and ensures fair play. To this end, he/she starts and stops the fight, calls and enforces all penalties.

The referee shall communicate clearly with the scorekeeper and timekeeper, as well as announces the winner of each match. The referee shall announce in a loud clear voice all official decisions, and shall indicate with voice and gestures the player affected by his/her decisions.

Center referee is the only person who can call for and administer a penalty.

The center referee is encouraged to give verbal commands throughout the competition where a penalty has not been called, such as "watch the contact, or, stay in bounds, etc."

Only the center referee may call time out. He/she must do so for the following reasons:

- A. To allow equipment adjustments.
- B. To assess penalties, administer warnings.
- C. To attend to an injured competitor.
- D. To hear a legal protest.

The center referee will occasionally confer with the judges when in his/her opinion the scores are not consistent, this will help to ascertain the competence of the judges.

Duties of the Judges

Two corner Judges keep score with lap counter type devices. The Judges will count all striking and throwing points of their designated competitor that are to a legal target area, using a legal technique, while standing and while on the ground. The center referee will instruct the appropriate Judge as to how many points should be counted in the event of a hold down. Judges are required to limit their motions to their respective areas of the ring, and they must never interfere with the motions of the referee or competitors. The Judge that is closest to the score-keeping table will be responsible for relaying signals and commands between the referee and the timekeeper, and scorekeeper

Duties of the Timekeeper

Timekeepers shall be seated adjacent to the competition area and shall stop and start time according to the referee's signal to do so. When the fighting has stopped for more than three seconds and if for some reason the center referee fails to call time out the timekeeper should automatically stop time, and then restart time with the referee's signal, or when fighting resumes. Timekeeper shall, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the center of the fighting area, inform the referee when time has run out, or when he/she has received a formal protest. Time officially runs out only when the center referee calls the signal to stop.

Duties of the Scorekeeper

Scorekeeper shall keep count of all penalties awarded to competitors, as instructed by the center referee. He/she will maintain scores sheets and call up each competitor, including those on deck. All the required score sheets, hand counters, stopwatches and necessary flags must be at the scorekeeper's table.

Legal Protest

A legal or formal protest can only be lodged for a noncompliance of the rules and can only be introduced by a designated coach, the tournament director, or his designate. A legal protest to be acted upon during a match must be lodged with the timekeeper, who will immediately notify the

center referee. The center referee will then call a time out to deal with the protest.

Point Scoring System

Striking to legal target areas is worth 1 Point

1. For crisp, clean striking hand or elbow techniques delivered with to legal target areas. Each strike must be seen to be a potentially damaging or injurious blow and will be awarded one point. This includes kicks to the body
2. A flurry may be considered a repetitive number of doubtful strikes and only one point will be awarded. (Judges' discretion).
3. Kicks to the head making contact are scored at two points.
4. Any combination strikes will be considered on their own merit, they will be considered as multiple points or a flurry, at judges' discretion.
5. Kicks to the outer thigh in combination with a strike to the body shall score two points.
6. A flurry combination or good powerful strikes to legal targets that result in the opponent being knocked down will score two points.

Takedown Full Advantage is awarded 2 points

- In determining the takedown, the referee will look to who initiated the takedown, and how it ended up. Thus, if one contestant shoots, his opponent sprawls, and the sprawling contestant pull guard; a takedown is awarded, as the initial movement was a takedown attempt. If however, a contestant aggressively pulls guard from standing, no takedown is awarded.
- Note: The Scoring System is designed to award each contestant according to the standards defined above: Striking, Takedown, to Control, to Submit. Playing for points is rewarded. Thus, if a player gets a Takedown, lets his opponent up, and then again goes for the Takedown, consecutive points need to be awarded. This will help establish which fighter has control of the match. If a striker sets up a combination executes it well re sets themselves away for there opponent them executes the same combination again, they are to be awarded the appropriate point.
- Remember: This is a sporting competition not a professional fight. Although moderate contact is allowed safety and control is the key to achieving a victory. Showing dominant skills of grappling over striking or striking over grappling or the combination of the two together to control your opponent for the majority of the match time limit. Is to be rewarded by the point scoring system

Dominant Control Full Advantage is awarded 2 points

- Controlling your opponent is a crucial step to obtaining a Submission, thus Full Advantage (2 Points) is awarded for aggressively obtaining Dominant Control. Dominant Control is any secure form of control that lends itself to submission. The control has to be long enough to set up a submission attempt, which can be as short as a second or two. These forms of

control include: Back Mount; Side Mount; Head and Arm; Knee on Stomach; Top Mount; North/South; Scarf Hold; (Hooks are not required for Back Mount control).

- Note: Among the most common ways to get Dominant Position are: Ending a Takedown with a Dominant Position. In this situation, two points are awarded for a Takedown, and another two points are awarded for obtaining Dominant Position, for a total of Four Points.

Guard Pass or Sweep Full Advantage is awarded 2 points

- Sweep from Guard to a Dominant Position. Further, if you take the Back from Guard, this is the functional equivalent to a Sweep. Full Reverse, defined as going from the bottom of a Dominant Position to the top of a Dominant Position, leaving the situation totally reversed. For Example: You are the bottom North/South, you roll the top, and end up with top North/South.
- Note: The Scoring System is designed to award each contestant according to the standards defined above: Takedown, to Control, to Submit. Competing for points is not rewarded. Thus, if a contestant simply transitions between Dominant Positions, he does not achieve additional points. For example, if you have Side Control, and you go to Mount, and then Knee on Stomach, no additional points are awarded. Further, no points are awarded for Escapes. Thus, if you are Bottom Mount, and you bridge or sweep into Guard, no points are awarded as you went from a disadvantageous position to a neutral position.

Submission Full Advantage is awarded 2 points (Full and Strong Submission Attempt)

- A Submission is recognized as full and strong when is one or more of the following occurs: The opponent takes time to escape; Upon escaping, the opponent does not instantly move to an attack of his own, but instead assumes a defensive posture; The defender is 'In Danger' the finish has the potential for completion (if executing a knee-bar, the hips have to be placed correctly, if a choke, the neck must have been reached, etc.); The finish in question is not a low percentage submission (wrist lock, body scissor, etc).
- Minor Advantage (1 Point) is awarded for a Submission Attempt that is significant but does not meet the above criteria.

Stalling

- The referee has the discretion to take 2 Points away from a contestant, if they stall. A warning must be given at least once prior to points being taken away. The referee can warn a contestant up to 3 times prior to taking points away. The referee does have the right to stand the contestant up or keep them in the same position after points have been taken a way.

Time Limits

Qualifying

- 2 Rounds of 3 Minutes (1 minute rest) plus 2 minutes overtime if contestants are too closely matched to designate a winner.

Finals (Quarterfinals, Semifinals and Final)

- 2 Rounds of 4 Minutes (1 minute rest)