

**United Martial Arts Events  
CARENZA/FORMS Competition Rules & Regulations**

**These are the Rules used for the CARENZA/FORMS Competition Rules & Regulations - in Open FMA Competition Style Tournaments.  
You are free to use these rules, but please acknowledge ""UMAЕ"" (United Martial Arts Events). Thank You Glen Rathbone**

**CARENZA/FORMS Competition Rules & Regulations**

**CONTESTANT DRESS REQUIREMENTS**

- \* Carenza/Forms competitors must be appropriately dressed in a suitable costume, school, or organization uniform, and ready to compete.
- \* Competitive divisions with specific categories as designated by the Event Director, will be organized based on age, experience, and gender.

**COMPETITION PERFORMANCE PROCEDURE**

- \* The order of performance shall be determined by lottery, meaning names will be drawn at random. The first three contestants will have completed their forms before their performances are scored, after which scoring of the first three will be done individually in the order they performed.
- \* All competitors following shall be scored immediately upon completion of their Carenza/Forms performance.

**COMPETITOR PRESENTATION**

- \* A bow or salute by all Carenza/Forms competitors is required when entering and leaving the ring.
- \* Competitors shall approach the judges and bow or salute again before introducing themselves, and then state his or her name and school or style. Additional information while optional, must be kept to a minimum.

**THE CARENZA/FORMS**

- \* Carenza/Forms shall not exceed three minutes in length, with empty-hand and/or weapons forms and techniques permitted.
- \* Any weapons used must be under the competitor's control at all times. Use of a weapon or technique that may be hazardous to a competitor, official, or spectator is prohibited. Under no circumstances may a weapon be thrown.
- \* The competitor must display his or her expertise in the use of both weapon and body, with the weapon acting as an extension of the body.

**WEAPONS**

- \* Weapons that are traditional to Philippine martial arts and acceptable for Carenza/Forms competition must pass inspection and be approved by tournament

officials before use.

\* All weapons must be properly maintained, safe, of good design and construction, and present no danger to competitors, judges, or spectators.

\* Projectile weapons of any design including illegal weapons such as throwing knives, darts, throwing stars, and arrows. are strictly prohibited.

## **DISQUALIFICATION**

\* Any Carenza/Forms competitor who performs or attempts a technique that is clearly dangerous, or displays the inability to safely control a weapon, or who exhibits unsportsmanlike behavior of any kind shall be subject to Automatic Disqualification.

## **SCORING**

\* Scoring of Carenza/Forms performances shall be determined by the manner of presentation, balance, power, rhythm, timing, technical skill, symmetry of movements and transitions, difficulty, complexity, control, speed, combat effectiveness, over-all showmanship and self-expression.

\* Errors such as losing control of a weapon, going off routine, pausing inappropriately, or exceeding the three-minute time limit, shall be noted during scoring.

\* With five judges present, the highest and lowest scores shall be removed before final score is calculated.

\* With four or three judges present, all scores shall be entered for final calculation.

## **GRADING**

**Grading for the Carenza/Forms in all divisions shall be determined by authorized officials and may be based on the following suggested categories:**

### **Time in training**

\* One year or less... Beginner

\* One to two years... Intermediate

\* Two years or more, but not Lakan... Advanced

\* Black Belt or instructor level... Lakan

## **SUGGESTED POINTS SCORING SYSTEM**

""Range from:""

\* 6.0 - 7.0

\* 7.0 - 8.0

\* 8.0 - 9.0

\* 9.0 - 10.0

## **TIES**

**In the event of a scoring tie for a place finisher in the Carenza/Forms competition, the procedure for breaking the tie is as follows:**

\* Where five judges have scored the competition, the first method of breaking the tie is

to add both high and low scores normally excluded.

\* If less than five judges are scoring, or if the tie remains, the contestants who are tied will be called to repeat the same routines they originally performed.

\* If the tie still remains after scoring these repeat performances the head judge will call upon the other judges to decide which performance was superior.

## **THE JUDGES**

\* Scoring of each Carezza/Forms performances shall be decided by no less than three, and no more than five judges, with one scorekeeper to calculate final results.

\* The judges must score in accordance with rules and standards as required for each competitive division.

\* In the possible event of dispute or disagreement among the judges, an Arbitrator shall be assigned to ensure the officiating process is fair and balanced, and shall have final authority to reach a decision.

## **THE HEAD CAREZZA/FORMS JUDGE**

\* The Head Judge, while actively judging the Carezza/Forms routines, is also responsible for the safety of contestants, judges, and spectators. This includes the inspection and approval of weapons and safety gear.

\* The Head judge will also manage the proper order of performances, ensuring the scoring is accurate and correctly recorded, with place winners properly confirmed and announced.

\* The Head Judge is responsible for enforcing the rules and will maintain the spirit of fairness and sportsmanship throughout the competition.

## **THE SCOREKEEPER**

\* All Judges' scoring will be collected, calculated and recorded by the Scorekeeper, as well as any data required for the operations of the Carezza/Forms competition.

\* The Scorekeeper will provide the Head Judge with results of the scoring and as directed by the Head Judge, announce any data when necessary.

## **THE OFFICIALS**

\* The primary duties of the Officials is to ensure safety and fairness throughout the competition, as well as conducting operations in a polite, fair, and professional manner.

\* This requires a clear understanding of the rules and regulations as established for the Tournament.

## **THE ARBITRATOR**

\* The Arbitrator is the final authority in ruling on all contested issues and appeals.

\* It is the Arbitrator's duty to ensure proper conduct and fairness throughout the operations of the tournament, and rule on irregularities or infractions not included in the rules or specifically assigned to an Official.

\* If the Arbitrator sees that the enforcement of rules or judging is unfair or inconsistent, the Arbitrator may stop the competition to confer with and direct the judges or officials as necessary.

\* The Arbitrator has the authority to remove any Official or Judge if such action is deemed appropriate.

**United Martial Arts Events  
Weapons Self-Defenses - Competition Rules**

**These are the Rules used for the Weapons Self-Defenses - Competition Rules -  
Two Players in Open FMA Competition Style Tournaments.  
You are free to use these rules, but please acknowledge ""UMAЕ"" (United Martial  
Arts Events). Thank You Glen Rathbone**

**Weapons Self-Defenses - Competition Rules - Two Players**

**THE OBJECTIVE OF THE SELF-DEFENSE TECHNIQUES TO BE EXECUTED IS**

- \* Realistic techniques with complete opponent weapon control resulting in the disabling and elimination of threat without being cut or hit.
- \* Must show fluidness (flow) and competence with techniques Completion of the technique must demonstrate the control of the opponent and his/her weapon such that the threat is completely eliminated.

**COMPETITOR WILL PERFORM (3) SELF-DEFENSE TECHNIQUES USING FIRST**

- (1) Empty hand against weapon of choice
- (2) Single weapon against single weapon of choice
- (3) Multiple weapons or improvised weapons of choice

**WEAPONS**

- \* Weapons that are traditional to Philippine martial arts and acceptable for Weapons Self-Defenses competition must pass inspection and be approved by tournament officials before use.
- \* All weapons must be properly maintained, safe, of good design and construction, and present no danger to competitors, judges, or spectators.
- \* Projectile weapons of any design including illegal weapons such as throwing knives, darts, throwing stars, and arrows. are strictly prohibited.
- \* Weapons which have been substituted, altered or lost between registration inspection and competition will result in immediate and irrevocable disqualification of competitor.

**WEAPONS OF CHOICE**

- \* Traditional Filipino Bolo, knife and/ or stick (maximum of 2 weapons can be used)
- \* Any weapons with a sharp edge or point will "NOT BE ALLOWED".

**CONTESTANT DRESS REQUIREMENTS**

- \* Weapons Self-Defenses competitors must be appropriately dressed in a suitable costume, school, or organization uniform, and ready to compete.
- \* Competitive divisions with specific categories as designated by the Tournament Director, will be organized based on age, experience, and gender.

## **COMPETITION PERFORMANCE PROCEDURE**

\* The order of performance shall be determined by lottery, meaning names will be drawn at random.

## **COMPETITOR PRESENTATION**

\* A bow or salute by all Weapons Self-Defenses competitors is required when entering and leaving the ring.

\* Competitors shall approach the judges and bow or salute again before introducing themselves, and then state his or her name and school or style. Additional information while optional, must be kept to a minimum.

## **THE WEAPONS SELF-DEFENSE**

\* Weapons Self-Defenses shall not exceed three minutes in length.

\* Any weapons used must be under the competitor's control at all times.

\* Use of a weapon or technique that may be hazardous to a competitor, official, or spectator is prohibited.

\* Under no circumstances may a weapon be thrown.

\* The competitor must display his or her expertise in the use of both weapon and body, with the weapon acting as an extension of the body.

## **COMPETITION**

\* Competitors will have 2 minute after bowing in to complete both slow and fast versions of their single technique.

\* Competitor will first present a slow motion version of the technique.

\* Competitor will then execute technique at full speed.

\* Competitor will be scored on his full speed executed technique only.

\* Competitor has 1 chance to execute full speed self defense technique.

## **DISQUALIFICATION**

\* Any Weapons Self-Defenses competitor who performs or attempts a technique that is clearly dangerous, or displays the inability to safely control a weapon, or who exhibits unsportsmanlike behavior of any kind shall be subject to Automatic Disqualification.

## **SCORING**

**Scoring of Weapons Self-Defenses performances shall be determined by the manner of presentation.**

\* Realism

\* Speed

\* Accuracy

\* Opponent Weapon Control

\* Fluidness (flow)

\* Effective Elimination of Threat

- \* Balance
- \* Power
- \* Technical Skill
- \* Symmetry of Movements and Transitions
- \* Difficulty
- \* Complexity
- \* Combat Effectiveness
- \* Over-All Showmanship and Self-Expression

### **Additional Scoring Procedures**

- (1) Bonus points awarded for a controlled disarm.
- (2) Take-downs (optional) can be performed as part of the technique but will not be part of the scoring process.
- (3) Errors such as losing control of a weapon, going off routine, pausing inappropriately, or exceeding the two-minute time limit, shall be noted during scoring.
- (4) With five judges present, the highest and lowest scores shall be removed before final score is calculated.
- (5) With four or three judges present, all scores shall be entered for final calculation.

### **SUGGESTED POINTS SCORING SYSTEM**

#### **Range from:**

- \* 6.0 - 7.0
- \* 7.0 - 8.0
- \* 8.0 - 9.0
- \* 9.0 - 10.0

### **TIES**

**'In the event of a scoring tie for a place finisher in the Weapons Self-Defenses competition, the procedure for breaking the tie is as follows:**

- \* Both tied competitors must demonstrate a second, completely different technique which will be judged according to regular rules.
- \* If the tie still remains after these repeat performances the head judge will call upon the other judges to choose a winner.
- \* Majority vote will Win.

### **THE JUDGES**

- \* Scoring of each Weapons Self-Defenses performances shall be decided by no less than three, and no more than five judges, with one scorekeeper to calculate final results.
- \* The judges must score in accordance with rules and standards as required for each competitive division.

\* In the possible event of dispute or disagreement among the judges, an Arbitrator shall be assigned to ensure the officiating process is fair and balanced, and shall have final authority to reach a decision.

### **THE HEAD WEAPONS SELF-DEFENSES JUDGE**

\* The Senior Official in charge of managing the competition shall be designated Head Judge.

\* The Head Judge, while actively judging the Weapons Self-Defenses routines, is also responsible for the safety of contestants, judges, and spectators. This includes the inspection and approval of weapons and safety gear.

\* The Head judge will also manage the proper order of performances, ensuring the scoring is accurate and correctly recorded, with place winners properly confirmed and announced.

\* The Head Judge is responsible for enforcing the rules and will maintain the spirit of fairness and sportsmanship throughout the competition.

### **THE SCOREKEEPER**

\* All Judges' scoring will be collected, calculated and recorded by the Scorekeeper, as well as any data required for the operations of the Weapons Self-Defenses competition.

\* The Scorekeeper will provide the Head Judge with results of the scoring and as directed by the Head Judge, announce any data when necessary.

### **THE OFFICIALS**

\* The primary duties of the Officials is to ensure safety and fairness throughout the competition, as well as conducting operations in a polite, fair, and professional manner.

\* This requires a clear understanding of the rules and regulations as established for the Tournament.

### **THE ARBITRATOR**

\* The Arbitrator is the final authority in ruling on all contested issues and appeals.

\* It is the Arbitrator's duty to ensure proper conduct and fairness throughout the operations of the tournament, and rule on irregularities or infractions not included in the rules or specifically assigned to an Official.

\* If the Arbitrator sees that the enforcement of rules or judging is unfair or inconsistent, the Arbitrator may stop the competition to confer with and direct the judges or officials as necessary.

\* The Arbitrator has the authority to remove any Official or Judge if such action is deemed appropriate.

**United Martial Arts Events**  
**Knife Fighting Point Concept - Competition Rules - Two Players**

**These are the Rules used for the Knife Fighting Point Concept - Competition Rules - Two Players in Open FMA Competition Style Tournaments. You are free to use these rules, but please acknowledge ""UMAЕ"" (United Martial Arts Events). Thank You Glen Rathbone**

**UMAЕ Knife Fighting Point Concept - Competition Rules - Two Players**

**Purpose**

**To develop rules that will as accurately as possible create a competitive environment in which the fundamental skill of knife fighting can be displayed, tested and judged as fairly and accurately as possible while maintaining a substantial margin of safety and efficacy.**

**THE COMPETITION**

- \* Strikes and defenses will be judged actively by two judges and one referee.
- \* Each judge will be tasked with watching one competitor's target area for points scored while the referee will monitor the overall action.
- \* The winner of the match will have earned six points or a point majority by controlled strikes with the padded weapon (representing a knife) to the opponent's body.
- \* Two points for strikes to the weapon arm and thigh.
- \* One point for strikes to the non-weapon arm, torso and head.
- \* The match will continue without a time limit should a tie result in the regulation three-minute round.
- \* The first competitor to score a point in overtime shall be declared the winner.

**AREA OF COMPETITION AND EQUIPMENT**

- \* Competition will be between two opponents only confined to a measured ring (10' radius or 20' square) for a set period of time with a cumulative point structure.
- \* The center of the ring shall be marked by marking tape or similar material, and starting position for the competitors shall each be marked five feet from the center in opposite directions.
- \* Out of bounds lines will be clearly marked with marking tape or other appropriate material.
- \* Equipment provided shall only be the above described padded weapons.

**SAFETY EQUIPMENT**

**-Mandatory-**

\* Head gear with eye protection, padded gloves mouthpiece and groin protector shall be provided by the competitors and must pass inspection by officials before competition is allowed.

\* (Optional) Chest or torso protector, elbow and knee pads, forearm and shin pads and other safety equipment are optional at a competitor's choice.

\* Clothing may be of any color, including Insignias and writing, but must be considered in good taste and with a neat appearance.

\* Shoes must not have soles that mark or damage the floor.

\* Street clothing is prohibited.

## **THE OFFICIALS**

\* Management of the tournament shall be by committee or Event Director and Head Arbitrator, who shall designate Officials for the operation of tournament.

\* There shall be a briefing conducted by the Event Director and Head Arbitrator for all officials before the tournament to insure proper knowledge of rules and procedures for the tournament.

\* There shall be a center Referee, two Judges, Scorekeeper, and timekeeper for each match.

## **THE REFEREE**

\* Referees must be of instructor rank and in good standing with their organization

\* Referees duties will include control of the ring, descriptions of action and oversight of judging.

\* The referee's judgment in the ring is absolute.

\* Disputes with the referee shall be registered with the Arbitrator Only.

====The Referee Will Call The Competition as Follows====

- (1) Fighters line up
- (2) Bow to each other
- (3) Bow to me
- (4) Bow to the judges
- (5) Fighters ready
- (6) Fight

Once a point is indicated by a judge or after a point scoring encounter, the Referee must describe the action in a manner similar to this example:

- \* Halt (or Break), fighters line up.
- \* Black attack. Red block and counter.
- \* Black retreat and counter attack.
- \* Judges ready? Call.”
  
- \* The Referee is the First authority in the conduct and management of the match
  
- \* The Referee shall issue directions to Judges, Scorekeeper and time keeper.
  
- \* He shall indicate points, warnings, penalties and if necessary disqualification of a competitor or removal of any official, Coach, Second, or trainer due to misconduct.
  
- \* The Referee is responsible for inspecting and assuring the proper design, markings and cleanliness of the ring.
  
- \* The Referee is responsible for inspecting and approving all safety equipment and weapons to assure proper function.
  
- \* The Referee shall oversee the supply of materials such as time clocks, scorecards, pencils, time-over towels or markers, simulated weapons, and Referee Staff.
  
- \* The Referee must be well-versed in competition rules and procedures, and is responsible for assuring Judges and other Officials working a match are qualified and knowledgeable as well.
  
- \* The Referee, Judge, or other Officials may be removed if all participants of the match are in agreement, or at the decision of the Event Director or Floor Manager, prior to a match.
  
- \* In cases where a removal request by a competitor has been made for the removal of an Official, but is not unanimous by all participants, the final decision is at the Event Director's discretion.

## **JUDGES**

- \* All judges must be of Black Belt rank or equivalent with a preference for instructors.
- \* Each Judge will be assigned a fighter to observe.
- \* They will watch the action, closely following the competitors movements and looking for strikes upon legitimate targets of the fighter they have been assigned.

## **NOTE: JUDGES ARE TO OBSERVE FOR STRIKES AGAINST THEIR FIGHTER, NOT BY THEIR FIGHTER.**

- \* If a judge sees a legitimate score against his/her fighter, they are to raise their hand to indicate such.

- \* The Referee will call halt, describe the action and ask for scores.
- \* Judges must be knowledgeable in match rules, and able to properly call the action.
- \* The Judges shall maintain a proper attitude and conduct that will assist the Referee in management of the match.
- \* There shall be two Judges assigned to assist the Referee in calling points, warnings or penalties during a match.
- \* There must be agreement of two out of three (one Judge and Referee, or two Judges) for a point to be scored.
- \* One Judge known as the "Mirror Judge" shall be placed directly opposite the center Referee at all times.
- \* The second Judge, known as the "Shadow Judge" shall be positioned at a 90 degree angle to the right of the Referee.
- \* Judges shall wait for the command of the Referee before indicating points.

### **TIMEKEEPING**

- \* An official Timekeeper shall use a timekeeping (stop watch) or similar device and have a rolled towel to throw into the ring to stop action when the three-minute round is timed out.

### **SCOREKEEPING**

- \* A visual display of competitors scores shall be maintained during the match.
- \* Scorekeepers shall indicate scores, warnings and penalty deductions on scorecards provided by the tournament.

### **MATCH REGULATIONS**

- \* There shall be a Staging Area located next to each competition ring.
- \* It is the responsibility of each competitor to be present in the assigned ring Staging Area when being confirmed in his or her category.
- \* The Staging Area is where competitors wait to enter a match.
- \* Seconds are required to wait in the staging area as well.
- \* The Scorekeeper shall be responsible to check the roster to confirm all competitors listed, and that no two competitors from the same school are competing against each other in their first match whenever possible.

- \* The eliminations bracket shall then be set.
- \* If no one is confirmed, then there shall be a draw of numbers by the competitors.
- \* The one choosing the closest number set by the Scorekeeper and Referee shall get the "BYE"

## **THE MATCH**

- \* Upon hearing the command to start, the Timekeeper will start the clock, which shall run continuously for the allotted three-minute period of the round, stopping only for the Referee's command of "Time Out!".
- \* The Referee is the only Official authorized to call a time out, and may do so to deal with an injury, serious rule infraction, equipment problem, or conference with the Judges, or other tournament Officials.
- \* The Judges may call points to the Referee and/or stop the match with an open-palm hand signal.
- \* At any time when the Referee calls for a break, the competitors must move to their neutral positions and wait until called to resume the match, at which time the Referee, Judges, and competitors will move to their designated starting positions.
- \* The Referee and Judges will indicate one or two points scored with the use of a one or two-finger signal, pointing to the side scoring the point, denoting target area struck.
- \* The Referee must then confirm the point(s) and insure the correct point has been recorded by the score keeper on the score-keeping device.

## **MATCH ENDED**

- \* The match shall end when the allotted time of three minutes has expired and the Time Keeper "throws in the towel", or when a competitor has acquired 6 points, and the Score Keeper has notified the Referee.
- \* The Referee shall confirm all points and time with the Score Keeper and Time Keeper, and determine the winner.
- \* The Referee will call the competitors to the center ring where they will salute the head table, Judges, Referee, and each other.
- \* The Referee shall announce the winner by raising the competitor's arm or by pointing to the competitor with an extended arm.
- \* The winning competitor must go to the Score Keeper and confirm his name is moved up in the bracket.

## **MATCH FORFEIT**

- \* A match shall be called a forfeit when any competitor accumulates a total of three infractions or when the competitor disobeys a direct order of the referee or displays unsportsmanlike conduct.
- \* A match shall also be forfeit if a competitor fails to report to the ring after three consecutive calls
- \* A team or competitor may be called forfeit if they have seriously abused tournament rules, host facilities rules, or have displayed unsportsmanlike conduct or abusive attitude.
- \* A competitor may be called forfeit for use of intentional heavy strikes intended to inflict harm as well as stabbing with the weapon.
- \* A competitor may be called forfeit for intentional strikes to the groin, throat or back of head.

## **WARNINGS**

### **Warnings shall be issued for the use of:**

- \* Failure to obey the command "Break" or "Halt"
- \* Punching, grappling, kicking, sweeps, chokes, foul language, thrown weapon
- \* Deliberate stepping out of bounds to avoid being hit
- \* Unsportsmanlike conduct.

## **Checking**

- \* Effective checking is allowed to immobilize or block the opponent's weapon arm.
- \* However, checking to the body or head is not allowed and will result in a foul.
- \* In addition, deliberate heavy strikes to the weapon arm intended to harm the opponent will be considered a foul and a disqualifying event.
- \* Checks can result in a 2 second grab to facilitate a disarm only.

**United Martial Arts Events**  
**Continuous Stick-Fighting COMPETITION RULES (Stick Concept Only)**

**These are the Rules used for the Continuous Stick-Fighting COMPETITION RULES (Stick Concept Only) in Open FMA Competition Style Tournaments. You are free to use these rules, but please acknowledge "UMAЕ" (United Martial Arts Events). Thank You Glen Rathbone**

**UMAЕ Continuous Stick-Fighting COMPETITION RULES (Stick Concept Only)**

**SPARRING**

- \* Sparring shall consist of three rounds of 60 seconds each, with 30 second rest.
  - \* There will be a maximum of one persons allowed in each competitor's corner (Coach).
  - \* Scoring will be based on the "10-point Must" system before deductions.
  - \* Scoring will be reflected by the use of power, accuracy, aggressiveness, ring control, offense, defense, and technical control.
  - \* One to two Disarms will be scored as part of the match. Three disarms will end the match with a TKO.
- The ring may be used to control the action, not to avoid the action.

**TARGET AREAS**

- \* The top, front, and sides of the helmet.
- \* The back of the body and/or helmet may be hit while delivering with sticks, circular strikes, and indirect strikes while facing the opponent.
- \* Both arms and hands are legitimate target areas.
- \* Punching or kicking, including sweeps are prohibited, only the attacks with the stick are allowed. Hits, slashes, and with sticks are legal.
- \* Only strikes above the belt are legal.
- \* Strikes to the neck, back, to the knees or below, to the groin are prohibited and may result in disqualification.
- \* No checks to the face.
- \* No hooking, grappling, or wrestling.
- \* No striking or pushing with any part of the body.
- \* No more than two consecutive strikes to the same part of the body allowed.
- \* Trapping and Parrying is legal, Locking and Holding is not.
- \* "Hold and Hit", instantaneous and with immediate release is allowed, but not continuously throughout the match.
- \* Disarms must be immediate, or have an immediate release.
- \* Locking or twisting the joints for a disarm are not allowed.

## **TO STOP ACTION**

- \* For injury, equipment failure or some other technical problem, or to signal a surrender, a competitor must back up and raise their hands. They must not turn away.
- \* Unsportsmanlike conduct or swearing by competitors, Judges, coaches, or spectators is prohibited.

## **SAFETY EQUIPMENT**

- \* Safety equipment, including head gear, gloves, and chest protectors will be provided by the Competitor and must undergo inspection by head referee prior to use.
- \* Sticks will also be provided by the competitor, but must also pass inspection by head referee for possible defects that may result in injury during use.
- \* Mouth-guard, protective cup, elbow, forearm, thigh pads, and tennis shoes are mandatory for sparring and are the responsibility of the fighters.