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## RULES

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### COMPETITION STRUCTURE

The competition will follow a multiple elimination format. Each competitor will engage each other in one 120-second round. The round will be judged at its completion and the winner announced. Competitors will be directed to their positions by the Referee and upon the command READY POSITION will begin with their right arm down at their right side in preparation. The Referee will then give the command TOUCH, whereupon the competitors will complete three (3) preparatory cycles of da saam sing (that is, three sets of three strikes with each arm), lightly touching each other's arms. Immediately upon completion of the preparatory cycles the Referee will give the command GO! upon which the competitors will commence at full power until time is called for the round, or the Referee gives the command STOP. When the command STOP is given both competitors will immediately stop and stand at attention. Shifting of stances is allowed, provided that the feet remain in the same space. No stepping/sliding, etc. from side to side will be allowed.

### JUDGING/SCORING

There will be 3 judges, each will judge the competitors using a scale of 8.0-9.9 on the following 3 criteria:

**POWER**-Defined by visible transference of force from one competitor to the other; naturally the competitor that receives more force than he gives will be scored less than his opponent.

**FOCUS**-Defined as Fighting Spirit and willingness to engage, the lack of which will result in diminished power and ability to protect oneself in the competition, and an escalating danger of injury.

**TECHNIQUE**-Defined by stance-work, and coordination of stance, waist and arm movement. Naturally, a competitor with hard arms but poor technique runs a greater risk of being injured by an opponent with better technique, hence more focused power. Further, sloppy technique increases the risk of accidental injury to either competitor (see STRIKE AREAS).

### STRIKE AREAS

All areas of the forearm higher than the wrist and lower than the elbow (with the exception of the inner arm) are legal, as long as the three areas of the bridge (inner corner, outer, outer corner) are all contacted. No other parts of the body may be contacted during the competition. Hands must be open; NO CLOSED FISTS.

### KNOCKOUTS

Forfeit by the competitor (willful or otherwise)-If willful the competitor will be given a "Standing 8" count and asked if he wishes to continue. Continuance is at the discretion of the referee.

Blatant injury

TECHNICAL KNOCKOUT (at the discretion of the referee)

Indications by competitor that he is unable to optimally continue (to include significant decrease in power, focus and/or technique)

Indication of impending injury

### ILLEGALITIES

1. Contact, intentional or otherwise, with any part of the body not specified as a strike area  
Stepping or sliding both feet side to side to change the point of contact (1st Offense-.1 point

deducted, 2nd Offense-Disqualification)

2. "Pulling," characterized as moving very fast to "touch" and pull back from the contact, thereby avoiding the full power of the opponent (1st Offense-warning, 2nd Offense-.1 point deducted, 3rd Offense-TKO).

3. Willful moving of the feet from their specified space, or willful withdrawal from the competition area (1st Offense-warning, 2nd Offense-.1 point deducted, 3rd Offense-TKO)

4. Unsportsmanlike Conduct: This includes, but does not limit, inappropriate language, taunting, gesturing or overt attempts to intimidate opponent (1st Offense-warning, 2nd Offense-Disqualification)

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#### **WEIGHT DIVISIONS**

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- Lightweight-up to 149lbs
- Middleweight-149-189lbs
- Heavyweight-190lbs and up