



# DRAGON WORLD CUP



## RULES:

### Dragon Fight Light-contact

- The main principle of this discipline is to encourage fight spirit among young athletes and ordinary members of martial art clubs without being exposed to an increased risk of injury.
- It is designed for the majority of athletes who train at the amateur level, and therefore cannot risk level of the full-contact competitions.
- The rules are set so different martial arts can compete in the same competition. Allowing them to use and explore the potential to fight versus another martial art styles. In the competition there are also allowed takedown and throw techniques. (fight techniques on the ground are forbidden)

#### Categories:

- Categories are divided to Men/Women divisions.
- Categories by the age of competitors in the day of competition.
- Competitors will be divided into the weight categories.
- Only for registred competitors, following the general rules of DWC, on competitor's own danger!
- Look for general rules to see categories.

#### Allowed technics:

##### Kicks:

- Mae, joko, ushiro, mawashi, uramawashi, mikazuki, gedanmawashi - geri.
- Front, side, back, roundhouse, hook, crescent, low, spinning, jump - kicks.

##### Punches:

- Kizami, oi/gjaku, mawashi, ura, kagi, uraken.
- Jab, punch, upper-cut, hook, backfist.

##### Sweeping, throws, takedowns:

- Clear and safe throws and takedowns where attacker doesn't overbalance (full score)
- Sweeping techniques where attacker's body can touch the ground
- In all cases attacker must stay in a fighting zone
- Allowed techniques which don't use dangerous joint and spin pressures. Maximal height of throwing opponent is level of attacker's chest. Throws on competitor's head or neck are forbidden.

##### Defence:

- Dodges, blocks, covers including capturing/catching the attacking limb
- Can hold (clinch for maximum of 3 seconds) only for intention of attacking technique (throws, takedowns)

#### Allowed attacked zones:

- Front/side of the Head (ear to ear zone)
- Upper chest (from neck to belt)
- Inner/outer thigh
- back side of legs for sweeping, throws, takedowns

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## Forbidden attacked zones:

- ⊗ Top and back side of the Head
- ⊗ Neck
- ⊗ Spin
- ⊗ Groin, buttocks
- ⊗ Direct attack on joints and limbs, except of allowed. (kneebreaking kicks are forbidden!)

## Forbidden techniques and behavior:

- ⊗ Excessive or disproportionate force implementation of any techniques
- ⊗ All the techniques that are not adequately controlled and techniques without competitor's vision
- ⊗ All techniques led to restricted areas, including feints
- ⊗ Any attacks with the head, elbow (and knee to the neck, head)
- ⊗ Any attacks made using the side of hand, thumb, ... (only fists)
- ⊗ Spinning Backfist
- ⊗ Kick from the top down (axe / hammer kick)
- ⊗ Attacking the opponent, who is kneeling, falling, or has a raised hand - asking for interrupting the match
- ⊗ Dangerous throws - any techniques, which can cause any serious injury, causing unpleasant fall contestant on the Vulnerability body zones (head, neck, spine, shoulder, knee or other joints etc.) throws with falling from a Greater height than the level of the chest of the attacker.
- ⊗ Techniques of strangulation or choking (including throws and takedowns using the choking - especially whiplash-guillotine!)
- ⊗ Wrestling techniques, holdings lasting more than 3 seconds
- ⊗ Wrestling techniques on the mat (after throws and takedowns the fight is stopped - competitors are divided and the fight is started again.)
- ⊗ Pushing the opponent with forbidden/non-scored techniques
- ⊗ Continuing to fight after the interruption or ending of the fight
- ⊗ Delaying the match by feigning an injury, requiring modification kits, expectoration of dental protector, ...
- ⊗ Fleeing before opponent, hooking (clinch) on opponent without intention of take-down technique, turning backs to opponent and falling
- ⊗ Fleeing from fight zone when retreating before opponent attacks
- ⊗ Stopping fight without the referee
- ⊗ verbal abuse of opponents, coaches, spectators or referees
- ⊗ attitudes and gestures that are not necessary in fighting, unsportmanlike behavior
- ⊗ Biting, scratching, hair/beard pulling, spitting etc...
- ⊗ Holding a cage structure

## Adequate power of techniques:

- Lightcontact is the discipline based on fight techniques. Techniques must be kept under complete control, efficiently and with reasonable force
- The reasonable force is considered 50% of maximal power which can't hurt the opponent (KO with following injuries - except of the situations of "swelling up to the opponent technique")
- Using the reasonable power used to other techniques, especially the throws and takedowns cannot be unreasonable forced to injure the opponent.
- Techniques decided by referees as inappropriate will not be considered in the score. Referees decide considering the situations on their own.

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## Competitor's clothing:

- At least club T-shirt (without long sleeves), Rashguards (only chest - no legs), shorts, kickboxer's pants, kimono, sportswear of similar character
- Shirts and trousers must have a different color - shirt is tucked in -> colors identify waist of competitor. If clothing is the same color, competitor must be wearing "obi" - belt with different than clothes color.
- It is forbidden to have vulgar, provocative, or promoting intolerance logos and lettering.
- Logo and Club name, or personal sponsors advertising of competitor or his club are allowed.
- Clothing of competitors must be undamaged, adequate size, clean and can not be painted. It is not allowed to modify clothes by curving sleeves
- Forbidden any jewelry, piercings, earrings -> (if can't get out of competitor's body - must be taped)
- Hair must be representative - hair can't go to the eyes of competitors!

## Protection equipment:

- Required:** mouthguard, helmet, chest protector (- 18 y.o.), breast protector - women and girls from 18 years, fight gloves 10 OZ (sewn thumb), groin, shin and foot protectors
- Permitted (+18 y.o.)** Helmet, chest protector
- All these protective equipment must come from authorized producers and must be in a good-fully functional conditions.
- In medically reasonable case can the competitor having a soft bandage on elbow, knee or ankle, respectively. compression sleeve without reinforcement. Taping fingers and other body parts are allowed in the case of health reasons. Necessary to inform at weighing or medical examinations at the tournament.
- Bandage the fingers and wrists is forbidden!

## Competition area:

- Standard Tatami form a square 8 x 8 m, marked with color-contrasting tape, or tatami.
- The minimum internal dimension of the competition area shall not be less than 6 x 6 m
- Another alternative is the cage - octagon (according to event organizer)

## Time:

- The match lasts:
  - Category JUNIORS** 12-17 years: 2 rounds - 2 minutes / 1 minute break
  - Category SENIORS** 18+: 2 rounds - 2 minutes / 1 minute break
- Time is stopped for: modifications of wearing protectors, competitor's treatment, official warning, in a situation where something is preventing the continuation of the competition, or at the direction of Head referee.
- Time of the competition can be adjusted. Editing is the responsibility of the organizer of the tournament

## Referees:

- Head referee 1 person
- Point referee 3 people
- Administrator and Timekeeper
- Equipment: timer, rules, registration list, score table, writing equipment, sound signalization or pre-agreed method of signaling timing, surgical gloves for head referee, referee flags
- Clothing: White shirt, tie (red with logo), dark trousers, indoor shoes

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## Scoring:

- Points are criteria for final determination of the winner by 3 point referees throughout the fight
- Penalties and its amount is determined by head referee - in case of doubt can be penalty consulted with one or all point referees. Head referee announce all of his decisions to the point referees - could be verbal / nonverbal signals. Head referee is responsible of all his decisions, correctly given to the competitors
- The referees also point the activity and passivity of the competitor
- The referees also point the precision of used techniques and defence
- Each point referee reports the score of both competitors to the administrator after each round
- When it is DRAW after 2nd round (both competitors have the same score) there will be 3rd round. When it is after 3rd round still draw, the winner will be the competitor who uses the first successful technique

## Pointing criteria for referees

- Punch to the body (allowed by technology-hit zone) **1 point**
- Punch to the head (fixed technology-hit zone) **1 point**
- Kicks to the body (allowed by technology-hit zone) **1 point**
- Kicks to the thigh (unless the foot is lifted from the ground) **1 point**
- Pushing from the battlefield (with allowed techn., Remaining in the battlefield) **1 point**
  - **Unrated IF struggle in the Octagon!**
- Takedown - taken down with the opponent, forbidden takedown technique **0 points**
  - Used out of competition area, the attacker doesn't stay in the competition area
  - **Not rated The Octagon**
- Takedown - clean technique, loss of stability (remaining in the competition area) **1 point**
- Takedown - clean technique, good stability (remaining in the competition area) **2 points**
- leg kick to the head **2 points**
- jump kick to the body (the height of a jump - knee level) **2 points**
- jump kick to the head (the height of a jump - knee level) **3 points**
- Techniques which are only touching or which are only pushing the opponent are not counted as successful technique
- If a contestant hits the opponent in a jump - he must fall back into the competition area. Otherwise the technique is not counted
- Pointed are only allowed techniques used in the competition area, and that are effective hitting allowed body zones.

## The points-loss - penalty:

- Light violation: **verbal warning**
- 1st violation: **official warning**
- 2nd violation: **-1 point**
- 3rd violation: **-2 point, losing a round (lost round)**
- 4th violation: **Disqualification**
- Hard violation: **Disqualification**
- Head referee on the third warning reports to the point referees about losing the round by the warned competitor
- In the case of disqualification the match is immediately ended on Head referee's command and the opponent is the winner of the competition
- For all the violation Head referee stops the fight and gives the negative points/warnings/disqualification. If the contestant gets the minus point, it can no longer be penalized by unofficial verbal warnings - it must always be followed by a more serious penalty, even if it is a less serious offense
- After the second falling competitor's mouthguard during a match is followed by the first official warning after another falling out is followed by the next higher penalty

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## Point match (DRAW):

- If the result is DRAW (the same point score of both competitors) than the point referees will decide about winner based on:
  - fewer penalties and minus points
  - better activity during match
  - effective defense
  - better technical performance

## The progress of the match:

- Competitor after competition's announcement goes with his coach to the competition area, where properly insert and check the protective equipment
- Coach identifies the contestant tying obi / belt with specified color
- On head referee's command the competitor goes to the head referee to check his equipment
- On head referee's command the competitors get to their specified starting zone where they bow to each other on head referee's command
- On the command "FIGHT" the fight starts ....
- At the end of the round the competitors go to their coach area
- At the end of the last round competitors bow to each other and await for announcing the winner of the competition by head referee.

## No competitor's presence for the competition:

- After the announcement of the match in the case of no competitor's presence, or his coach with the good reason of his absence, the competitor gets a warning - 60 seconds to come before disqualification.
- If the head referee has the information about the missing competitor's giving up - the head referee doesn't have to keep 60 seconds waiting time for the competitor. His opponent automatically is the winner

## The interruption of the match by the competitor:

- If the competitor needs to stop the fight (the reason may be: needed treatment, modification kits or intention to giving up the match) he lifts one hand and waits until Head referee interrupts the match. Then the competitor tells or shows, what is the problem and judge referee decides if the pause is needed
- Using this rule for delaying fight, recreation, gathering information from a coach, etc. will be punished by the referee

## The end of the match:

- Match ends judge referee on timekeeper's command that the time has ended. Timekeeper's command can be acoustic (gong, bell, whistle, etc.). Or by throwing pre-agreed item
- The match can be ended even before the time limit in the following cases:—
  - Head referee's decision for the absolute dominance of one of the competitors (RSC), the continuation of the match can no longer bring any changes in score, but there is a risk of injury.
  - to disqualify one or both competitors
  - For injuries - a competitor is unable to continue even after treatment.
  - The decision of the doctor who has the right to stop the match, at his decision that one of the competitor is at health risk.
  - Giving up by competitor or by his coach.
- Immediately after the match, based on the results of individual point Referee will head referee announce the winner of the competition by raising winner's hand up facing to the public

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## Coach:

- Coach registers competitor, participates during weighing, signs for minors revers / health and technical competence of competitor, start at your own risk and consent of the Act. representative/
- competitor is required to be accompanied by one coach. He is responsible for the technical experience of its competitors
- The coach can have one assistant
- Coach accompanies the competitor to the competition area, helping him with modifications of equipment and during a match he can decently provide tactical advices
- The most important task of the coach is, if necessary, decide for athletes and end the match by throwing in the towel - to protect his competitor's health
- Inappropriate behavior of the coach and the assistant referees can be punished by judge penalty of his competitor, or even his replacement, or deportation from the championship if necessary.

Head Manager:



Head Referee:

