



DRAGON WORLD CUP

RULES: Self-Defence (individual)

(Presentation of self defence situations)



Goal:

- In this discipline the team of two competitors are presenting solving self defence situations with techniques practised by their martial art style. Presentation could be in different categories:
 - **Martial arts version** - Solving situations by techniques practised in specified martial arts style
 - **Self defence version** - Real self-defence, for example Krav Maga, street defence, respecting the laws of the CZ
 - **Professional version** - Especially for police and army professional forces, safety agency and students of specialized schools in these specializations. (Only from 16 y.o.)

2) Categories:

- Team can be made of two women, two men, or mixed
- There are no team limits in way of age, experience level, sex, and weight of competitors in the team. Competitors are divided into categories only by the age of defender (competitor doing self defence).
- There is a possibility for competitor to start as attacker in more teams (scored only in his own self-defence performance)

Divisions:

- juniors: (-12 y.o.)
- kadets: (13-17 y.o.)
- seniors: (18+ y.o.)
- Organizer can change age divisions based on number of registred teams in the category

Performance:

- Team perform solving self defence situations. Firstly one competitor shows self defence techniques (number of techniques is specified based on the category) and then competitors change their roles.
 - juniors : (-12 y.o.) 4 attacks/competitor, 1 attack with escrima (stick)
 - kadets: (13-17 y.o.) 4 attacks/competitor, 1 attack with escrima (stick)
 - Seniors: (18+ y.o.) 5 attacks/competitor, 2 attacks with weapon (stick and knife)

Competition area:

- The competition area is min. 6x6 m
- The competition area is made with tatami (for safety of competitors)
- Tatami is min. 2,5cm heigh
- Weapons - allowed are only rubber, wooden or pvc training weapons - can't be sharp!!!

Competitor's clothes:

- Competitors must have clothes matching with the presented style (should be protective, shouldn't rip easily)
- Men under chest piece of kimono can't have anything (no t-shirt, no underwear)
- The minimum requirements for the clothing: long pants, club t-shirt (shorts are not possible)
- Clothes cannot have any iron or other hard decorations which can make injuries or destruction of competition area
- Clothes are clean, net, and in adequate size for the competitor
- Entrance to the competition area is possible only without boots or in boots designed for tatami training
- **Protective equipment:** nothing is required. Recommended are: teeth protection and groin protection. Other equipment depends on competitors and their coach.

Competitor's appearance:

- Competitors must have short fingernails and toenails - can't be long and sharp!
- Competitors cannot wear anything dangerous, something what can make injuries to himself or the comrade
- Competitor who is wearing glasses can have contact lenses - only on his own danger!
- Long hard must be in haircut where hair can't get to the eyes of competitor.

DRAGON WORLD CUP

Discipline rules and activities:

- Before the start of competition will be meeting of all teams for certain category
- Control of all team (competitors) presence, their appearance and their weapons
- Choosing number for teams
- After announcing the team number – team (competitor) with this number go to the competition zone (bow before entering competition area)
- Both competitors go to their specified place and bow to the referees
- First defender go to his place, raise his hand and bow to the referee, introducing him, and the category (martial arts, self-defence, professional)
- On Head referee command starts the competitor presentation by bowing to each other
- Each attack and defence must be real, adequate powered with dynamics and fight spirit representing experience of the team
- After each attack both competitors stand back to their specified place
- After ending of performance competitors are standing on their specified place, bow to each other, and turn to the referees and wait to the result (score)
- On Head referee command team leaves the competition area (face to face to referees), before leaving the competition area team should bow
- After finishing all performances in category are announced winners. In the case of draw there is a second round of performances between the teams (competitors) with the same score. The winner of draw is announced immediately after both teams performances.

Possible attacks:

- Holdings, catching
- Embracings, chokings
- Hand and leg attacks - kicks, punches, ...
- Weapon attacks (knife, gun, stick...)
 - Before attacks it is allowed to use any shock technique in order to get the opponent off the balance
 - Attacks can come from any defender's side, attacker can make a combination of techniques to attack
 - Shock and making attacker out of balance should be based on logic in combination of techniques
 - Kicks and punches should have intention to really hit the opponent with dynamics so they look real
 - Unnecessary (unreasonable) battle shouting would be penalized
 - All actions should be shown towards referees

Score criteria:

- When attacker obviously helps his comrade in action (for example - taking a certain body position to make a technique, or jump into the defender technique) - it will be deducted in the whole score
- During weapon attack attacker can't endanger himself, and during the whole self defence situation weapon must be under control - can't be a situation of "flying weapon". Weapons should be removed from attacker.
- Self defence actions should end up by controlling the attacker by choking, or by bar (armbar, legbar, ...) or by KO technique (especially aimed for vital points)
- When the team wants to compete in "Self-defence" category, they must solve self-defence situations by the laws of the Czech Republic! In Czech Republic it is forbidden to attack lying attacker. (max 1 technique), choking, catching, bars of the attacker must be visibly given up by him. (3 hits to the ground by arm or leg)
- Referees are giving bigger score to diverse/changed attacks and self defence techniques (It means that score of performance with diverse techniques will be much higher, than in performance with one defence techniques for all situations)
- Attacks must be made on realistic strenght, with energy and intent to harm the opponent - must be under good control and if attacker attack with combination - the combination must be logical.
- Throws and all takedowns which takes attacker to the ground - must be done in good kuzushi (disbalance) in good speed and in good stance
- Bars, choking must be good visible by referees and must be done corectly - ended by attacker's giving up

DRAGON WORLD CUP

Main scoring criteria:

		Score %
Technique	Correctly solved situation, attacking area, stance, movement and mobility in stances - including involvement of body, diversion of techniques, technical level of techniques, ...	30
Effectivity	Correct entrance, timing, fight distance, sight, aiming to the vulnerable body zones, logical continuity of combination, ...	20
Dynamics	Speed, fight spirit, mastery of movement, good balance and coordination	20
Control	Weapon control including it's removal, immobilization or KO of attacker	20
Team coordination	Good team coordination, reality, authenticity to the presented style, ethics	10

Referees

Jury

- In Jury there are minimum of 1 head and 2-4 point referees.
- There can't be more referees from the same club.
- Administrator and timekeeper

Pointing (scoring)

- Every referee is giving points from x,0 - x,9 points in two points span (for example: 5,0 - 6,9), head referee can choose simple pointing only in one span (5,0 - 5,9)
- In case of large points difference between referees (more than 1 point in normal, or 0,5 in simple pointing) head referee must consult this with all the referees where they consult this result.

Scoring

- After finishing of a performance (presentation), which is ended by bowing to referees, referees on the command of Head referee raise hands with point tables to show points to the team.
- Final score is counted all score together. The winner is the competitor with the highest score.
- After all teams (competitors) performances are announced the winners, and in a case of draw - there is second round of competition between teams with the same score

Disqualification

- The team do not get to the competition area (or one from the team without good reason) in 1 minute from warning
- Failure to follow proper quality and conditions of competitor's equipment, clothing and appearance of competitors
- Ethic problems, not sportmanlike behavior

Head Manager



Head Referee

