



# Competition Rules LIGHT CONTINUOUS

## INTRODUCTION

The S Factor rules are “World Martial Arts Competitions”, they provide different categories to suit many of the martial arts disciplines. The S Factor rules were developed to be safe, simple, easy to implement and easy to understand. The “S” is for Skill and the scoring is about skill the competitor’s performance.

## MANDATORY SAFETY EQUIPMENT

This is required or you will not be allowed to compete.

1. Gum Shield
2. Kick Boots (They must cover the toe nails and have no concealed heel).
3. Head Guard.
4. Gloves (The fingers and thumbs must be completely covered “Closed Finger” or 10 oz boxing gloves)
5. Groin Guard (Male Only)
6. Shin Guards (PU Only under Gi bottoms)

## OPTIONAL SAFETY EQUIPMENT

This equipment is recommended and optional.

1. Groin protector for women.
2. Chest guard
3. Arm Guards
4. Full Face Head Guard.

## PROOF OF AGE

Proof of age is required required; all junior competitors should bring proof of age. The failure to do this may cause the promoter to with hold a winning title or award until the age of the competitor is authenticated through his school. This is on the competitors entry form.

## **PROOF OF AGE** (continued)

In the case of a series of eliminators culminating a champion the champion's date of birth should be relevant to the date of the final or grand championships. Example at the date of the final grand championship he should still be the age criteria of the category they entered. If they compete for several eliminators then at the finals are unable to compete because they have had a birthday so they exceed the age of a category they may not be able to fight or defend that title.

## **CONTESTANT REQUIREMENTS**

**LIGHT CONTINUOUS:** is a section that resembles a boxing format with continual bouts without stopping to score. Scores are awarded at the end of each bout. Your sponsors can provide logos and uniforms printed up to your specification. The limitation is you are not allowed to use offensive language or images on your uniforms.

Each contestant must present them self to the referee when called, failure to do this may result in penalty points being given. The competitor must be ready to compete, and any object or jewellery that the referee feels will endanger either contestant must be removed at the request of the referee. Finger and toenails must be properly cut to eliminate possible chances of injury to an opponent. T-Shirts or baggy tops must be tucked in to avoid a kick becoming trapped or tangled.

Conduct is a fundamental part of martial arts, any undisciplined behaviour by competitors or their clubs can be penalised with points, disqualification or removal of the entire club without a refund.

## **POWERS OF OFFICIALS**

**TIME KEEPER:** The appointed official supervises and controls the clock for the time duration. He/She will start and stop at the command of the centre referee and will inform the centre referee when the contest time has expired. The time keeper keeps time for the centre referee and suspends contest time if requested by the centre referee. The time keeper may also double as a score keeper.

**SCORE KEEPER:** This appointed helper keeps score of both competitors. The judges or counter will reveal the scores of each competitor to the score keeper who record them. They will also be responsible for deducting penalty points under the instruction of the centre referee. All discrepancies are handled by the centre referee and not the score keeper.

**SECTION MANAGER / CHIEF REFEREE:** The Section Manager is the most experienced of the officials who is thoroughly versed on the rules and completely in charge of his/her mat, ring and match. Referees enforce safety & the rules to ensure fair play. He looks to his judges for a vote and the majority score is given to the score keeper to record.

The Section Manager and Chief Referee have control of the following:-

- Match starts and finishes with the referees command.
- Has the final decision on any dispute on score.
- Issuing warnings or points without a majority decision.
- Can over rule a majority rule to issue a warning or penalty or disqualification.
- Automatically disqualify competitors with more than 3 penalty points. (Referees may ask judges take a vote to disqualify a contestant for gross misconduct or disregard for safety including level of contact)
- Has power to issue time outs. (Competitors can ask for time outs, but it is at the discretion of the referee if he issues one).
- Give private and public warnings.
- Disqualify a contestant for excessive contact without a warning.

**JUDGES** must issue points or contests the way they see them. Judges may consult with the centre referee to help determine penalties or warnings, although the referee has the power to issue them alone. Judges may be called to vote on points, disqualification or penalties. It is the majority vote of the judges and referee that determines a point or win.

**Light Continuous Corner Judges** are required to use electronic counters to count the techniques of each contestant from their corner of the mat arena; this is called corner judging since each judge operates the 2 sides from opposite corners. They will step in between competitors should any danger present its self or injuries occur.

## **CONTACT LEVELS DEFINED**

**Excessive Contact:** Is made when an opponent strikes with force in excess of that necessary to have scored a point. Although this is largely a judgement call, indications that contact has been excessive may be assessed by the following reactions:

## CONTACT LEVELS DEFINED (Continued)

1. 🏆 A visible snapping back of the head from the force of a strike.
2. 🏆 A knockdown of an opponent (not recklessly charging into a technique or occurring in instances where the fallen party neither fell, slipped or was of balance).
3. 🏆 A knockout of an opponent.
4. 🏆 The appearance of severe swelling or bleeding. (Bleeding from other obvious external injury may be in itself grounds for excessive contact if it is considered the fault of a contestant).
5. 🏆 The distortion or injury of the body from the force of a blow to the body.
6. 🏆 All contestants are required to be able to compete within these contact requirements of their chosen category.

If a competitor prefers hard contact we regard that the purposeful use of full contact in another category as a coward's approach since we do have full contact categories. The disqualification of competitors using full contact or uncontrolled contact will be harsh and competitors considered bullying will be disqualified without refund.

Competitors must be able to compete within the confines of the category and format required controls for contact, do not enter any format or category unless you meet criteria and can control the contact levels it is unacceptable. How you train and what you train in is no defence in the interest of safety, contact levels and the rules are paramount and refs decision final.

## SCORING POINTS

***What constitutes a point:*** A point is scored when a *controlled legal martial arts technique* scored by a player *within bounds of the competition area* that strikes an opponent with a *controlled technique* using the *allowable force (SEE Contact Levels Defined)* & *touch contact to a legal target area*.

The guiding criteria are:-

- 🏆 Was it a legal technique?
- 🏆 Was it delivered with the required force?
- 🏆 Was the player who scored in bounds?
- 🏆 Had the match been stopped by the centre referee?
- 🏆 Was either contestant down illegally when the point was scored?

## AWARDING POINTS

Each time a point is scored the centre referee will stop the bout and award the points to the player who has scored.

## WINNING A LIGHT CONTINUOUS MATCH

To win a Light Continuous Match you must meet one or more of the following criteria:

1. In the event of a draw be ahead on the electronic counters points.
2. Be ahead on points when the competition time expires.
3. If the score is equal at the time of expiry and the opponent has a penalty point.
4. If your opponent is found to be of a different grade to what is stated.
5. If your opponent has lied about his match up details.

## LIGHT CONTINUOUS CONTROL (Summary)

Control and contact requirements are implemented by the referee. Touch contact to the head, face and body is expected from all competitors. Moderate light contact is tolerated to the body, but full control must be maintained.

*Legal Target Area:* Entire head, ribs, chest, abdomen and collar bone.

*Illegal Target Areas:* Spine, back of neck, throat, sides of neck, groin, lower legs, knees and back. *Attacks to these areas may result in penalty points.*

*Non Target Areas:* Hips, shoulders, buttocks, arms and feet are non-target areas. Points are not to be scored to non-target areas. *If it is deemed that a contestant is deliberately attacking these areas penalty points may be awarded.*

*Illegal Techniques:* Spinning back fist, head butts, hair pulls, bites, scratching, elbows, knees, eye attacks of any kind, takedowns on to hard surface floors of the arena, slapping, striking the head or body of a downed opponent, uncontrolled techniques (throws, sweeps or takedowns) or any *technique deemed unsafe for sports combat.*

*Legal Techniques:-* All controlled techniques with the acceptance of those listed as illegal, provided the rules and regulations are complied to.

*Light Continuous* to grab the uniform or limb to execute a technique is permissible provided the opponent is not dragged around and the grab is only for the purpose to use a controlled technique. Maximum time 2 seconds.

## AMMENDMENTS

Nov 2006:

In The Event of a Tie an Extra Round Will Be Fought.

To Omit To Allow To Grab Uniform or Limb.

New Rule: Referees Warnings:

The Referee will give only ONE Official Warning before Disqualifying A Fighter. The Referee May Disqualify A Fighter without First Issuing An

Official or Public Warning If The Fighter Has Been Given Numerous Unofficial Private Warnings, But Has Not Attempted To Change His/ Her Way In Which They Are Fighting. The Referee May Also Disqualify A Fighter Without First Giving An Official Warning If The Contact Level Was Above What Is Acceptable In A Light Continuous Bout. A Warning May Also Be Given To A Fighter If His/ Her Instructor/ Corner Crew Ignores the Rules