

Golden Dragon Cup 2017

Belgian Open All Martial Arts Tournament

Rules and regulations

1. General remarks

- **Appealing a referee decision**
when appealing a referee decision, pictures and videos are not accepted as evidence, unless the party who disagrees with a Referee's decision has filed an official and written complaint to the Head referee within 15 minutes after the referee's decision. Together with the undisputed evidence, the party has to pay a warranty of 100 EUR.
- **Awards ceremony**
awards will be given to 1st, 2nd and 2x 3rd places. (There will not be a loser-final between 3rd and 4th places).
- **Maximum number of participants**
the number of participants is limited to 90.

2. Participation conditions

- **Juniors:** women and men aged 16 to 17 years.
- **Seniors:** women and men aged 18 years and above.
- Women are not allowed to participate while being pregnant. Due to privacy reasons we are not allowed to ask for official medical records but we do require a signed and official statement that the female participant is not pregnant on the day of the tournament.
- The age limit for taking part is 35 years unless the participant's medical insurance company decides otherwise and has an official medical certificate from his or her doctor.
- Experience in at least 5 competitive matches, this fact needs to be supported by a competition log or a written declaration signed on the day of the tournament.
- The Participants have to be medically fit to engage in sports to participate in the tournament. This means that the participant has to provide on the day of the tournament an official declaration of "Medically fit to engage in sports" (by means of a competition log, official medical certificate, etc.)
- Each participant must be willing to undergo a short sporting aptitude test before the definite registration and weigh in on the day of the tournament.

- The organization will provide a 1 day only insurance for the safety of the participants. But on the condition that all the registrations are received in time. We advise you to send us your registration **before** the 10th of March via email (info@longhumen.be).
- Participation in the expenses is 10€ (1 coach and 1 attendant are free of entry costs but have to be present with their participants during check-in)

3. Competition types

1. **Full contact** (punches to the head are allowed. (F.e. : Sanda, Kickboxing, Muay Thai, Karate, etc.)
2. **Semi Full Contact** (= Quinda: punches to the head are **NOT** allowed (F.e.: Kungfu, karate, etc.)

4. System of competition (Only for Full contact with no ground-work)

- Individual matches
- System of combat, by direct elimination (K.O., K.D.)
- Each match consists of two 2 rounds of 2 minutes of effective combat with 1 minute of rest between the 2 rounds.
- In case of equality, a 3rd round of 2 minutes will be added after 1 minute of rest.

5. Competition area

The competition will be held on 2 competition mats, each 8 x 8m square.

6. Protective equipment

Each participant has to bring his/her own protective equipment.

- Full contact
 - boxing gloves 10 or 12oz (red or black)
 - shin and foot protections
 - a groin protection (men and women)
 - a tooth protection
 - women only : A chest protector
- Semi full contact
 - Same as full contact except the gloves, these are open and provided by the organization.

Important notes:

- Shin and foot protections may **NOT** be reinforced or strengthened. We suggest the use of supple, cotton shin and foot protections
- Women that prefer not to wear a chest protector will need to sign a document in which they declare to wear no chest protector on their own risk.

7. Weight and Age categories

()The minimum age limit is 16 years (juniors with a written and signed permission by their parents and coach)*

*(**)The maximum age limit is 35 years unless declared otherwise by your medical insurance.*

1. Juniors men 16 – 17 years old

- a. less than 65kg
- b. 65,1kg – 75kg
- c. more than 75kg

2. Seniors men above 18 jaar

- a. less than 65kg
- b. 65,1kg – 70kg
- c. 70,1kg – 75kg
- d. 75,1kg – 80kg
- e. 80,1kg – 85kg
- f. more than 85kg

3. Seniors dames vanaf 18 jaar

- a. less than 60kg
- b. more than 60kg

Important notes:

- These categories, depending on the number of participants, may be adjusted!
- A Team may only register a maximum of 4 participants in the same weight category
- A participant which on the day of the weigh in appears to be 2 weight classes higher then on registration, will be disqualified.

8. Fouls

The following acts constitute fouls in a contest and may result in penalties, at the discretion of the referee, if committed:

- Butting with the head
- Elbow strikes
- Knee strikes to the head of the opponent
- Knee strikes to the legs
- Flying knee strikes
- More than 1 successive knee strikes to the body

- Directed attack to the joints, eyes, throats, neck, spinal column and groin.
- Pushing the opponent out of tatami
- Using abusive language on the tatami
- Attacking the downed opponent while he's on the ground
- Scissor kick takedown around the neck or legs
- Engaging in any unsportsmanlike conduct that causes injury to an opponent
- **Only in Semi Full Contact** attacking to the head with fists

9. Scoring criteria

Winning 1 point

A contestant will win 1 point if he/she:

- hits the opponent's head with a punch (**forbidden in the Semi Full Contact !**)
- hits the opponent's trunk with a punch
- hits the opponent's trunk with a leg technique
- hits the opponent's trunk with a knee kick (not repeatedly)
- hits the opponent's thigh with a low kick (inside and outside of thigh)
- if the opponent is knocked out to 8
- if the opponent puts off his gloves during break

Winning 2 points

A contestant will win 2 points if he/she:

- hits the opponent's head with a leg technique (no knee techniques)
- Takedown (the opponent touches the mat with the whole body), while himself remains standing
- By attacking the opponent out of the fighting area

10. Losing the contest

The participant loses the contest in following cases:

- Receives 2 public warnings (= 4 penalty points)
- Receives 4 private warnings (= 4 penalty points)
- Receives 2 private and 1 public warning (= 4 penalty points)
- Fails to rise to before the count of ten (KO)
- Fails to rise to before the count of eight, three times (KD)
If the participant fails to rise to before the count of eight, two times in the same round, the participant loses that round.
- When the referee decides that a contestant is too weak compared to his opponent.
- If, after the 3rd round again undecided, then the contestant who has received the most penalties and KD's and who took the least initiative during the match will lose.
- When one is disqualified (for forbidden acts or conduct inconsistent with the rules of politeness and courtesy).

- The participant can tell the referee he / she wants to forfeit, or during the round by raising his/her hand to the referee and signal him that he / she wants to forfeit the contest.
- When the coach stops the contest by throwing a towel inside the fighting area.
- When the referee stops the contest when the skill level between the two participants is too high.
- When the doctor decides that the participant is not able to fight any further due to sustained injuries,
- If the doctor finds that the contestant is unable to continue fighting, he will notify the table responsible to signal the stopping sound he will personally tell the referee that the contest may no longer continue.

Appendix 1: Relates to participants aged 16 to 17 years and 35 to 39 years on the day of the tournament.

(*) Category “Junior”

Present the identity card on the day of the tournament. The coach has to be fully aware that his participant is medically fit to participate in the tournament.

The parents have to provide a signed and written permission to the participant which declares he is allowed to participate in the Golden Dragon Cup with his full name, address and date of signature. This approval has to be delivered before the tournament to the coach and handed over by the coach at the weigh-in to the responsible of the definite registrations.

() Category “Senior”**

The coach has to be fully aware that his participant is medically fit to participate in the tournament.

In case the participant is aged between 36 and 39, he has to provide a medical certificate not older than 60 days through his / her coach, with a statement that the participant is fit to participate in the Golden Dragon Cup.

It is impossible for the organization to validate all certificates, declarations and statements related to a valid age and a valid insurance on the day of the tournament. It is the responsibility of the contestant and his coach to validate all their insurance requirements, and the requirements defined by this document, to provide these documents without question to the responsible people of the weigh-in and definite registration. No other person of the organization nor the rules and regulations of the

Golden Dragon Cup can be held accountable for the negligence of a contestant or his coach.

Every contestant will sign a declaration on the day of the tournament to confirm their knowledge of these statements and the rules and regulations of the Golden Dragon Cup.

DAILY SCHEDULE

- 09:00 – 10:15:** Control of registrations and weighting. Will be shut promptly at 10:15, After that no more weighing will be accepted!
- 10:30-10:45:** Coaches Briefing
- 11:00:** Opening Ceremony
- 11:30:** Start of the tournament - 1st part
- 14:30:** Break and demonstrations
- 15:00:** Part 2 of the tournament
- 17:00 - 18:00:** Final and Award Ceremony
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