

Free Form Fighting

Light Contact

Rules and Regulations

Version 1.0

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Free Form Fighting Light Contact (FFFLC) Contact Tournament Rules

Free Form Fighting system allows the athletes to compete with low risk of serious injury under safe rules.

1. Categories

1.1. Competition is open to all martial arts styles.

1.2. Male & Female Adult age category includes ages from 7 years up to 17 years minus one day. Competitors outside of this category that wish to compete must be endorsed by their Instructor in writing, via the Free Form Fighting Competitor Endorsement Application.

1.3. Male & Female weight categories -

Under 36kg Category	<36 kg
40kg Category	>36kg - 40kg
44kg Category	>40kg-≤44kg
48kg Category	>44kg-≤48kg
52kg Category	>48kg-≤52kg
56kg Category	>52kg-≤56kg
60kg Category	>56kg-≤60kg
65kg Category	>60kg-≤65kg
70kg Category	>65kg-≤70kg
75kg Category	>70kg-≤75kg
80kg Category	>75kg-≤80kg
85kg Category	>80kg-≤85kg
90kg Category	>85kg-≤90kg
Over 90kg Category	>90kg

1.4 All competitors must register with their Martial Arts School, Club or Organisation. The FFF organisers will not accept any competitors that are independent and do not currently belong to a Martial Arts School/Club/Organisation. The Free Form Fighting Competitor Endorsement Application must be filled out by your Instructor, and sent to the FFF Committee for approval, for registration to take place.

1.5. For all 1st round bouts, fighters from the same School/Club/Academy will not be matched up against each other. In the case that a School/Club/Academy

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fields more fighters than available bouts, it will be up to the School/Club/Academy to put forward its best fighters into the available bouts allocated.

1.6 All competitors must have a corner person present for every bout. Competitors are only allowed to have 1 corner person. This is further mentioned in 12.8 and 17.9.

1.7. In honouring the tournament, its competitors and officials, and in the interest of maintaining a safe and fair environment, only competitors who have not been involved in professional competition (from any discipline including but not limited too MMA, boxing, kick boxing etc) are welcome.

2. Weigh Ins

2.1. Weigh Ins will be conducted on the day of the tournament only. We will not honour any requests to weight in at a time outside of the FFF nominated period.

2.2. Weigh Ins will be conducted prior to the event starting, by FFF officials.

2.3. Weigh Ins will be conducted on a digital scale.

2.4. FFF officials will allow for a variance of +/- 1 kgs.

2.5. Competitors will weigh in wearing briefs or shorts.

2.6 At the discretion of FFF weigh in officials, up to 15 minutes may be given to competitors to make the required weight.

2.7. Failure or lateness to attend the weigh in, will result in immediate disqualification.

2.8. Failure to make the required weight, will result in immediate disqualification.

2.9. In the case that a competitor does not make the required weight, they will not be eligible to compete in a different weight category for the tournament.

3. The Fighter's Equipment

It is the responsibility of the competitor to provide all their own equipment (to FFF standards), at their own cost. Failure to do so will result in immediate disqualification. The FFF organisers do not condone sharing equipment between competitors. The FFF officials will perform a verification of all fighters equipment after the weigh ins have taken place.

3.1. Individually fitted mouth protector (gum shield).

3.2. Club or Academy uniform. Being bare chested is not permitted. Wearing tight fitting garments such as skins, under armour, 2XU etc, is also not permitted.

3.3. Shoes are not permitted.

3.4. FFF Regulation glove. Open hand, fingerless, light neoprene, tight fitting glove with wrist strap.

3.5. Individually fitted groin-protector.

3.6. FFF Regulation shin guards. Must cover shins, and foot.

3.7. Bandaging/wrapping/strapping of wrists, hands, feet or ankles is not allowed.

3.8. Garments containing insulting or inappropriate logos are prohibited.

3.9. All jewellery such as ear rings, necklaces, rings, chains, piercings, hair pins or any other cosmetic devices & materials are prohibited .

4. Bouts

4.1. All bouts are conducted in 3 rounds of 2 minutes.

4.2. There is a break of 1 minute duration between rounds.

4.3. At any stage throughout a bout, the referee may signal for the timekeeper to pause the time, so that they may issue any warnings, or penalties as required.

4.4. For any uniform malfunctions, the referee must signal for the timekeeper to pause the time, so that uniforms can be adjusted safely and in a timely manner.

5. Legal techniques

- 5.1. All forms of boxing combined with kicks and knees to the body.
- 5.2. All types of foot sweeps performed with the foot.
- 5.3. Rear and reverse kicks to the body.
- 5.4. All types and forms of throwing within 5 seconds of clinching.
- 5.5. Any type of strikes and blows with the elbows.
- 5.6. Foot sweeps with the contact point being above the ankle knuckle.
- 5.7. Any form or type of kicks with the shins against the thighs.
- 5.8. Pushing with the gloves.
- 5.9. All strikes, blows and punches executed with the palm side of the gloves.
- 5.10. Clinching by holding the Trapezius is allowed.
- 5.11. Striking the side of the back is allowed. However, any strikes delivered close to either side of the spine are NOT allowed.
- 5.12. Striking whilst clinching or grasping is allowed, as long as all strikes/ techniques are delivered to legal striking areas.
- 5.13. Shooting, sacrifice throws and other strategic attacking techniques (ie foot sweep in which competitor puts hand on floor to balance whilst sweeping) are legal.
- 5.14. To clarify 5.12, a competitor may choose to place a part of their body on the floor (other than their feet) in a strategic attacking movement or technique.

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5.15. If in the event of an competitor enacting 5.12/5.13, it is legal to strike them, as long as it is within the legal striking areas. Once the grounded position becomes defensive (for the purpose of this tournament, it will be considered defensive after 1 strike has been delivered), no more strikes can be delivered.

6. Illegal techniques

6.1. Clinching longer than 5 seconds is not allowed.

6.2. All kicks to the knees. Includes front, side and back of knee.

6.3. All strikes, blows, punches and kicks to the back of the neck.

6.4. Any type of attack against the joints.

6.5. Any type of strike to the groin.

6.6. Any form or type of kicks or knees to any part of the body above the neckline (throat, neck or head).

6.7. Any form of strike with the hands, forearms or elbows to any part of the body above the neck line (throat, neck or head).

6.8. Biting.

6.9. Grasping/clinching to the throat or neck. No contact of any kind may be made to any part of the body above the neckline, including from the clinch (back of neck).

6.10. Any strike to the spine.

6.11. Any throw/takedown in which the opponent's head or neck is first to hit the ground.

6.12. Clawing, scratching or pinching the flesh.

6.13. Any type of uncontrolled aggressive behaviour

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6.14. Striking an opponent who is down, and in a defensive position. For the purpose of these rules a competitor is considered down if any part of his body apart from the feet makes contact with the ground during the course of a match.

6.15. In the case that an opponent actively chooses to place more than his feet on the ground to execute a strategic attacking move (See 5.12, 5.13), they are only allowed to be struck once, and only when they are in what is considered to be an attacking position. This will be determined at the referee's discretion.

6.16. Any contact above the neckline, to either the front, side or back of the head/neck/throat. This includes clinching with intent to control, strike or throw as well as contacting the neck or the head, whilst in the process of being thrown, or whilst your competitor is attempting a take down.

6.17. At the discretion of the referee up to three warnings will given before a penalty is awarded. On awarding of a 3rd warning, a penalty must be issued straight away.

7. Warnings and Penalties

7.1. Any form of contact to any part of the body that is above the neckline.

7.2. Attacking the opponents spine whilst it is turned towards his opponent. This does not extend to a technique commenced prior to the opponent executing a turning technique (eg. Back kick).

7.3. Any technique that the referee may regard as foul or unfair or not in the spirit of the tournament.

7.4. If a competitor contributes to their own injury by avoiding a legal technique and that technique then hits the competitor in a prohibited place, the technique shall not be deemed a warning. (eg. If a competitor avoids a crescent kick by shifting their leg back then gets hit in the groin).

7.5. If a competitor is so over excited or aggressive and becomes a danger to them-self or the opponent.

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7.6. Any form of Timidity, including but not limited to: Avoiding contact with opponent, intentionally or consistently dropping the mouthpiece, and faking or exaggerating the effects of an injury.

7.7. Engaging in unsportsmanlike conduct, including but not limited to the use of foul or abusive language.

7.8. Attacking an opponent on or during a break.

7.9 Attacking an opponent who is under the care of the referee.

7.10. Attacking an opponent after the sound to end the round has been made.

7.11. Flagrantly disregarding the referee's instructions.

7.12. Interference of any kind by the corner.

7.13. Taking a drink whilst in the middle of a round. A competitor may drink during the 1 minute break between rounds only.

7.14. Receiving ice/strapping or any other forms of medical treatment from anyone during a bout (includes during the break between rounds). If this happens, a penalty must be issued to the competitor immediately.

7.15. Having more than 1 corner person present in a corner at any stage throughout the bout. An immediate penalty will be issued to the competitor when this happens.

7.16. Serious breaches (either isolated or repeated) of the rules/regulations, will result in a review process and may lead to the School/Club/Academy being banned from participating in future events. This review process will be conducted by the FFF organising committee and senior officials.

8. Scoring

8.1. Scoring will be determined by the Free Form Fighting W/L/D system.

8.2. Each competitor will receive a score of either W (win) L (lose) or D (draw), after each round. If a competitor is scored as a W, then the other competitor would automatically receive a L, and vice versa. D will be issued to both competitors if the round is deemed a draw.

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8.3. For each round, the 3 judges will give a score to each fighter. At the end of the bout, the scorekeeper will add up the scores, and communicate the results to the Head Judge.

8.4. In the case of a penalty, the judges will automatically mark the competitor that received the penalty as an L. The other competitor will then be scored as a W. The only exceptions to this case, would be if the competitor that was awarded a penalty, wins the bout by a Knock Down, or if both competitors receive a penalty each, resulting in both fighters being scored as a draw for that round.

8.5. The role of the head judge is supervise the scoring, and manage the scoring judges.

8.6. The 2 scoring judges are responsible for scoring each round. It is their role to decide which competitor they believe won the round, and indicate with the coloured score card to scorekeeper as required.

8.7. In the event that after 3 rounds, and the total scores equal a tie/draw, then a weigh in will be conducted to determine the winner of the round. The competitor that has the lowest weight, will be then deemed the winner. To clarify, the weigh in will only happen after 3 rounds have taken place, and only when the combined judges scores results in a draw/tie.

8.8. In the case of a weigh in, the competitors will immediately weigh in wearing all equipment and uniforms that they competed with.

9. Evaluation of the fight will be on the following guidelines:

9.1. Best and most skilful combinations (Cleanly executed techniques, including striking, takedowns and transitions)

9.2. Fighting spirit, initiative and control of the fighting area.

9.3. Respectful and honourable conduct

10. Officials

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10.1. 1 Referee, 1 Head Judge, 2 Scoring Judges, 1 Timekeeper, 1 Scorekeeper. All officials must be trained and approved by the FFF organisers. A minimum of 1 FFF safety officer must be present for all bouts. A FFF safety officer must be currently working in the medical field ie as a doctor/nurse/paramedic/ambulance officer.

10.2. A referee may not referee a bout which contains a competitor from their club/school/academy.

10.3. In the case that a decision regarding a Penalty, or a disqualification arises, the referee may call a conference with judges. Time will be paused. The judges will be called upon for consultation only, and will have no official bearing on the decision.

10.4. Competitors are not required to pay the tournament entry fee, and are listed on the Officials List.

10.5. For 3 competitors or less, the Senior Representative of the competitors school plus 1 extra person are listed as team officials, and not required to pay.

10.6. For more than 3 competitors, the Senior Representative of the competitors, plus 2 extra people are listed as team officials and not required to pay.

11. Victory by decision

11.1. When the majority of the judges award the bout to the same competitor that competitor must be declared the winner.

11.2. In all other situations the referee MUST follow the decisions of the judges.

11.3. No decision can be declared unless there are a majority of the official judges in favour.

11.4. The decision of the judges cannot be overturned unless there has been an error under the rules.

11.5. In the event of the bout going the distance and both competitors not receiving any penalties, the winner will be the competitor that has won majority of the rounds.

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11.6. If a competitor executes a foul technique, the referee will either signal for time to be stopped, and issue the appropriate warnings or penalties (as deemed appropriate), or will encourage both competitors to continue fighting. In these instances, no extra time will be given for competitors to recover. A competitor will receive only a 3 second count from the referee once they are ready to continue the round. If after 3 seconds, and they cannot continue, then the bout will be stopped and the other competitor will be deemed the Winner.

11.7. If in the case of 11.6. and an the referee deems an intentional foul has been delivered, depending on the severity of the breach, the referee has the right to disqualify the competitor that made the breach.

11.8. If a competitor causes an injury to them-self and cannot continue (eg. Trips and hurts the knee) the match is awarded to the other competitor.

12. Disqualifications

12.1. A competitor who fails to obey the referee's instructions during a bout.

12.2. A competitor who is late or who fails to appear for a bout. We will allow only 1 minute for the competitor to appear for a bout, after bout has been scheduled to start.

12.3. A competitor who has received 2 Penalties with in 1 round.

12.4. A competitor who remains facing their opponent, and does not or is not prepared to engage in fighting, for more than 10 consecutive seconds will be regarded as lacking the will to fight and will be disqualified. Both competitors in a bout may be disqualified under this clause at the referees discretion.

12.5. Failing to acknowledge (salute/bow) and show respect to the opponent will result in disqualification.

12.6. Failing to acknowledge (salute/bow) and show respect to the referee will result in disqualification

12.7. Failing to acknowledge (salute/bow) and show respect to the judges will result in disqualification

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12.8. Any competitor that does not have a corner person for their bout.

13. Procedure for starting a bout/round

13.1. Referee calls the competitors to the mat.

13.2. The competitors face the official judges and acknowledge (salute/bow).

13.3. The competitors face the referee and acknowledge (salute/bow).

13.4. The competitors face each other and acknowledge (salute/bow).

13.5. The competitors assume their fighting positions.

13.6. "Fight" is called by referee.

14. Procedure for ending a round

14.1. Gong is sounded once at 1m50s by the timekeeper

14.2. At the 2 minute mark, the gong is sounded 3 times, to signify the end of the round.

14.3. The competitors face each other and acknowledge (salute/bow).

14.4. The competitors face the referee and acknowledge (salute/bow).

14.5. The competitors face the Head Judge and acknowledge (salute/bow).

14.5. Competitors return to their corners.

15. Procedure for ending a bout

15.1. Gong is sounded once at 1m50s by the timekeeper.

15.2. At the 2 minute mark, the gong is sounded 3 times, to signify the end of the round.

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15.3. The competitors face each other and acknowledge (salute/bow).

15.4. The competitors face the Referee and acknowledge (salute/bow).

15.5. The competitors face the judges and acknowledge (salute/bow).

15.6. Both competitors are called to the centre of the mat

15.7. The referee calls for the decision of the judges.

15.8. Decision is announced, and referee raises their own hand in the direction of the winner. Winner is presented to the spectators.

15.9. The competitors shake hands and leave the fighting area.

16. Declaration of a Decision

16.1. The referee stands in a position so that they can see all the judges.

16.2. The referee then announces (I will take your decision). At this time the judges indicate their decision, the scorekeeper calculates the score and informs the head judge who then indicates the winner.

16.3. The referee will then indicate by raising their own arm in the direction of the winner or declare a draw.

16.4. In the case of a drawn bout the referee shall announce the decision has been issued as a draw, and proceed to weigh in both competitors. The weigh ins will be conducted immediately, with competitors wearing everything that they fought in. The lightest competitor will then be deemed the bout winner.

16.5. The referee cannot override a majority decision of the judges, the judges decisions are final.

17. Competitor Safety

17.1. The role of the referee is to ensure the safety and welfare of both competitors, whilst encouraging the competitors to fight. The referee may at any

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time, pause the bout, to consult with the FFF safety officer in regards to the safety of a competitor.

17.2. The referee may stop and end the bout, if they believe that a competitor's safety and welfare is at risk, through continuance of the bout. This can happen at any stage throughout the round.

17.3. Each competitor must wear a mouth guard, groin guard, and FFF approved shin guards and gloves and will not be permitted to compete without these items. The referee can check at any time to ensure this is being adhered too.

17.4. The FFF safety officer's role is to assist the referee in ensuring each competitors safety. As a minimum standard, the FFF safety officer must actively be working in the medical field. They will be called upon to make decisions on competitors safety throughout the tournament, as further mentioned below.

17.5. The FFF safety officer will be on hand to provide basic medical treatment to any competitors that require medical attention throughout the competition. For any injury that is deemed to be serious, an ambulance will be called at the competitors expense, from which point they will take over responsibility of care.

17.6. The FFF safety officer may also make a decision:

17.6.1. that a competitor cannot continue in a bout.

17.6.2. that a competitor cannot enter the next round.

17.6.3. to end a bout mid-round if they believes a contestant is in danger.

In this case, the FFF safety officer will signal the timekeeper to pause the bout (5 gong sounds). A discussion including the FFF Safety Officer, Referee, Competitor in question and their cornermen will determine whether the bout will continue.

17.7. Any competitor receiving an injury cannot compete further without approval from the FFF safety officer.

17.8. The FFF safety officer is the only person authorised to provide any type of medical treatment or medical assistance to fighters. Icing and strapping either before or during the bout by a corner person or team official is not allowed, and will result in a penalty being issued.

17.9. No bout will be permitted to commence without the FFF safety officer being present.

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17.10. The officials may randomly check competitors urine for sport enhancement drugs at any time through out the competition.

17.11. Every competitor must have 1 person in their corner for every bout, acting as a corner person. No more than 1 person will be permitted. Breaches will result in an immediate awarding of a penalty.

17.12 Under no circumstances will it be allowed for a competitor to compete minus a corner person. Failure to have someone in your corner will result in immediate disqualification.

17.13. A corner person has the option to 'throw in the towel' at any stage throughout the bout, if they believe that the competitor they represent is not in a fit state to continue. If this occurs, the bout will automatically finish, and the competitor will no longer be active in the tournament.

17.14 No competitor shall compete under these rules if they have tested positively for any of the following diseases (Hepatitis B, Hepatitis C, or HIV) or if they have any disease that may be transmitted to another person through saliva, sweat, touch or bodily contact. The FFF organisers expect that each school/ academy/club will take due diligence and not put forward any competitors suspected of any of the above.

17.15. Each competitor must fill in and sign the Waiver form provided, to be eligible to compete in the tournament.

18. Protests

18.1. All protests must be lodged within 5 minutes of the final decision being made of the respective bout.

18.2. A Protest Fee of \$100 must be paid upon lodgement. This fee will be refunded if the Protest is successful. All unsuccessful Protest Fees will be forwarded to the nominated charity that the particular tournament is raising money for.

18.3. All protests must be made with the Protest Mediator at the protest desk and

may not be protested on the mat. Any protest on the mat will be deemed illegal and the fighters will be banned from further FFF events.

18.4. Protest will be considered by all judges and tournament referee.

FFF Glossary of Terms

- Free Form Fighting Competitor Endorsement Application: Application form that must be filled out by the Head Instructor for each competitor that they wish to put forward for competition. Without completion of this application form, the FFF Committee will not honour any requests to compete. Basic details of nominating instructor, club/school/academy affiliation and competitor are required to complete this form.
- Bout: The term given to each scheduled fight, at a FFF competition. This includes the time from when the fighters are announced onto the mat immediately before the fight, the actual physical fight, and the announcing of results directly after the fight.
- Rounds: The term given to each 2 minute segment in a bout, in which 2 competitors fight. There are 3 rounds, each of 2 minutes for every bout. There is a 1 minute break between rounds. Rounds are identified as Round 1, Round 2, and Round 3.

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- **Warning:** Given to a competitor who has made a rule breach, either accidentally or deliberate. Warnings are given for what is deemed as minor offences. Warnings do not have any bearing on the scoring. However if a 3rd warning is given in a round, a penalty must be issued. For any warning to be given, the referee will signal for time to be stopped. The referee will then ensure that the competitors, and judges are aware of the warning, and the reason for it.
- **Penalty:** Issued for a serious rule breach, or on the 3 warning being issued in a round. A penalty issued to a competitor, means that they must be scored as a loss (L) for that round. 2 penalties in a round, will result in disqualification. For a penalty to be given, the referee will signal for time to be stopped.
- **Trapezius:** In human anatomy, the part of the body that extends across the back and shoulders, and is beneath the neck line.
- **Knock Down:** The term used in the case that a competitor, is unable to fight after a 3 second count by the referee. This includes but is not limited to the following situations
 1. Falling to the ground due to body strikes, and unable to stand back up after 3 seconds.
 2. Receiving a bit hit to the body, disengaging and walking away, and not able to engage after 3 seconds.
 3. Taking longer than 3 seconds to re enter the ring after being knocked outside, or failing to come out to the next round after call to begin round, and referee's 3 second count.