



## Règlement Le Nunchaku-compétition

### 1 FIGHTERS

#### A Participation Conditions

- Regional, National and International competitions are open to every style, school or method recognized by our federation as well as the European Nunchaku Comite
- Every fighter must have a license
- Parental authorization is expected for children

#### B Mandatory

- Fighters fight barefoot, have clean cut nails and are not allowed to wear any item that could harm another fighter (watch, necklace...)
- Groin guard and helm with face protection (plastic glass or fence like for example)
- If the fight takes place without mats, the fighters are allowed to wear light fighting shoes (like kung fu shoes)
- Elbow and knee protection are allowed as well as chest protection for women and children

#### C Coaches

- Every fighter can have only one coach
- During the fight, the coach can give advices but will not interrupt the fight by any means.

### 2 REFEREES

#### A Main Referee

- He gives the commands for the fight as well as penalties or warnings. He can ask for side referees opinion.
- His authority applies on the tatamis as well as in the direct surroundings.
- He checks the material and the mandatory protections.
- He checks if the side referees, the scorers and the “clock” are ready before starting the fight.

B Side Referees (one on each side of the field)

- They help the main referee by giving mistakes, penalties and/or points if asked to.
- They can move around the tatamis to follow the fight but they will not step on it.
- They keep notes of the penalties given by the main referee.

C Scorers (two per fighter, one in every corner)

- They count during the fight and add every other point granted by the main referee.
- At the mid time, they give their points to the main referee then switch side **and** device.

**Fights last 3 minutes, after 1'30, scorers and side referee switch sides.**

### 3 "CONTACT" COMBAT REGULATIONS

#### A Basic Rules

- Strikes: they can be "released", long strikes, meaning the hitting branch must be in motion or holded, short strikes, with one or two hands while hitting. The latter cannot be done twice in a row.

**It is not allowed to do more than 3 long hittings with the same hand, consecutive or interrupt (by a short hit, by a change, etc...).** After 3 long hittings with the same hand, you have absolutely to hit with the other hand. If you hit 4 times with the same hand, it is a fault counted like a double strike (3 points for the opponent). For example, you can make a short hit followed by 3 long consecutive hits.

- Feint, pretending to hit on the right shoulder and actually hitting the right side of the helm, is authorized.
- Strength: must be controlled and will be penalized if needed.
- Points: they are granted on the hit, not on the recuperation.
- Between every strike or attempt to strike, the fighters must catch their nunchaku before striking again.
- A distance of about 1m must be kept (fighters can go closer for the short strikes)

#### B Points

- Strikes on the helm grant 2 points
- Strikes on the body grant 1 point
- Strikes must be clean and controlled, if the strike only slides on the body, the point **is not granted**
- Technical strikes : an extra 2 point can be granted if the following are performed (maximum twice the same one in a row) :
  - Hitting while doing a spin with both feet in the air
  - Hitting with the front leg in extension towards the opponent, and kneeling on the back leg
  - Hitting while doing a front roll, the impact must be when the attacker's body is in the air.

#### C Mistakes

They grant 3 points to the opponent and must be done without purpose

- Double Strike (also striking after waiting to long)
- More than 3 long hittings with the same hand, consecutive or not.
- Nunhaku loss
- Nunchaku snatch (on the first attempt)
- Stepping outside the fighting area (with one full foot)
- Physical contact
- Elbow or knee forward
- Blocking with the forearm without purpose

#### D Warnings

Any action done on purpose that goes against the respect of the fight.

- Double strike
- Stepping outside the fighting area
- Physical contact
- Any strike done without the nunchaku (punch, kick, elbow, knee)
- Strikes on the neck or between the legs
- Forbidden blocks
- Grabbing the opponent's nunchaku
- Non fighting
- Inactivity: waiting without moving the nunchaku for 5 seconds, fleeing
- Any other disrespectful move, speech or action
- It is forbidden to speak during the fight
- Incorrect behavior from the coach or the fighter
- Violent strikes: can be penalized like a mistake if done in "the heat of the fight" or as a warning if completely uncontrolled.

Points

For the same warning

- 1<sup>st</sup> : 3 points
- 2<sup>nd</sup> : 3 points
- 3<sup>rd</sup> : 5 points
- 4<sup>th</sup> : disqualification

Other disqualification possibilities

- Misbehavior from the fighter and/or his coach
- Disrespecting the main referee's instructions
- For a really violent or dangerous strike obviously done on purpose

Injuries

The main referee can ask at any moment for medical opinion which will decide if the fight can go on or not. If two fighters are injured and/or are declared unable to fight at the same time, the winner is the one who had more points before the interruption.

4 FIGHTS

A Beginning of the fight

Fighters who are called take place on each side of the fighting area, if they have identical material, one must wear a different belt, they carry their helm under the left arm; nunchaku is sheathed in the belt.

Main referee commands

- POSITIONS: the fighters wait, facing each other at their starting positions
- BOW: the fighters bow to each other and then bow to the main referee

- READY: the fighters put their helms on, take their nunchaku in hands and wait facing each other
- FIGHT

#### Other commands during the fight

- BREAK: the fight stops but **not** the time, the fighters go back to their starting places
- STOP: the fight **and** the time are stopped, the fighters go back to their starting places

#### B Mid Time

At the mid time, usually 1'30 minute, the main referee gives the STOP command, scorers switch sides and counting devices.

#### C End of the fight

After the final gong/bell or any other noise chosen to end fights.

- STOP: the fight stops and the fighters go back to the READY position (helm on, nunchaku in hands)
- POSITIONS: helm off, nunchaku sheeted in the belt
- BOW: the fighters bow to each other and then bow to the main referee

#### D Overtime

After two rounds, if there is 3 points or less difference, a third round is fought.

If after the third round, there is still 3 points or less difference, a fourth round is fought with the "Touche" rules.

First one to score 5 points wins