

## L-13 Rules of Conduct

Index

Preamble

Definition

Conditions of entry

Weighing of competitors

Judging

Pairing of contestants

Contest apparel

Protective equipment

Methods of contest

Contest supplements

Scoring

Jury of Appeal

These Rules of Conduct are compulsory and replace all previous LT-13 Rules of Conduct. If versions in other languages exist, the German version is binding.

### Preamble

The LT-13 contests shall be carried out in fair play and with regard and respect of the opponent as well as in observance of his physical and mental integrity. The opponent shall be seen as partner or at least as opponent whose dignity shall be observed even in the toughest of fights.

Each combatant agrees to adhere to this fair play and to fight accordingly, to subordinate to the decisions of the Commissioner and to fully observe these Rules of Conduct in all conscience, in wording as well as in mind.

### Definition

**Organiser:** Organiser of the tournament LT-13 is the club F.D.K.S (Freunde der Kampfkunst Schweiz - Friends of the Martial Arts Switzerland)

**LT-13 Organisation Committee:** The LT-13 Organisation Committee has been assigned by the Organiser to organise and hold the tournament.

**LT-13 Technical Committee:** The LT-13 Organisation Committee assigns a Technical Committee of experienced instructors, former competitors and/or referees who enforce the observance of these Rules of Conduct and observe the bouts.

**Jury of Appeal:** The LT-13 Organisation Committee elects a Jury of Appeal. The Jury of Appeal is made up of delegates from the LT-13 Organisation Committee, the LT-13 Technical Committee and Referees. In addition, and if possible independent of this group, the LT-13 Organisation Committee elects at least one of the team coaches from the participating teams. The Jury of Appeal counts 3 to 5 members and has the quorum if at least 3 members judge a case. The Jury of Appeal rules with a simple majority.

**Chairman of the Jury of Appeal:** The LT-13 Organisation Committee appoints the Chairman of the Jury of Appeal. The Chairman of the Jury of Appeal negotiates each case and if necessary has the casting vote. At the same time, he is the Senior Tournament Executive.

**Referees:** The Referees supervise that the Rules of Conduct are observed during the bouts and evaluate the bouts according to the Rules of Conduct. The platform referee is the sole arbiter in the fighting area together with the combatants and authorized to give signals. The scoring judge evaluates the bouts and the scores given by the platform referee, the judge evaluates the feedback of the scoring judge and supports the platform referee in supervising the bouts and the observation of the Rules of Conduct.

**Staff:** The LT-13 Organisation Committee may appoint and recruit staff for the duration of the tournament.

**Team:** Combatants enter the tournament as teams either under the name of their Martial Arts club or school or individually. They are supported and represented by a team coach.

#### Conditions of participation

The combatants must have sufficient insurance. The combatants enter the tournament at their sole risk and any liability by the Organiser / LT-13 Organisation Committee / LT-13 Technical Commission and their representatives is excluded.

Each combatant has to provide a medical certificate, which may not exceed 6 months from date of issue and which confirms that the combatant is physically able to participate at the LT-13 tournament in question.

All combatants have to register for the tournament by the date set in the tournament announcement.

The combatant enters the tournament under Swiss law and must be at least 18 years of age and must have reached majority.

If the combatant has not yet reached majority, the combatant has to provide a written authorization by a parent or legal guardian when registering for an LT-13 tournament in order to participate.

The LT-13 technical Committee has the final decision over the final acceptance

#### Entry weighing of contestants

The entry weighing will be conducted prior to the contest at a place and time defined by the LT-13 Organization Committee.

The entry weighing is conducted by the staff under the supervision of a referee.

Male combatants will be weight wearing shorts only. Female combatants will be wearing in addition a sports shirt or bra.

A combatant whose weight is not within the weight class given at registration, will be assigned to a higher/lower weight class by the LT-13 Technical Committee or may be, under certain circumstances, excluded from the competition.

The weight classes are defined after the entry weighing. If only one combatant is registered in on weight class, this combatant is assigned to the next higher or lower weight class. Weight classes with less than 4 combatants are joined with the next higher/lower weight class.

## Judging

The contests are judged in a knockout system.

Each contest shall be two rounds of two minutes duration with a one minute rest period between each round. If the contest is judged even, a third round of two minute duration is held after a one minute rest period.

Under special circumstances, the LT-13 Organisation Committee may define other round durations.

Final contests shall always be three rounds of two minutes duration with a one minute rest period between each round.

## Contestant pairing

During the entry weighing each contestant draws a number assigning him to an opponent. Thus neutrality of contestant pairing is guaranteed.

## Apparel

The competition apparel is provided by the LT-13 Organisation Committee. The combatant may wear his own personal shorts which have to be of black colour.

Shoes are prohibited during competition, except if the combatant has to wear shoes for medical or hygienic reasons.

## Protective equipment

A protective helmet with fence and cheekbone protection is compulsory (black)

Instep protector is compulsory (black)

Groin protector is compulsory

6 oz. gladiator gloves are compulsory

Mouth piece is compulsory

Bandaging of hands is permitted

## Methods of contest

### Allowed methods

Attacking and defending techniques of all possible Martial Arts may be applied.

### Fouls

Spiking an opponent to the canvas on his head or to smash the opponent on the platform with intent

Attack of any kind on a grounded opponent (also if the grounded opponent props himself on hands or knees)

Holding or grabbing clothing or helmet

Eye gouging or fish hooking on face or throat

Twisting or pulling the joints of the opponent against their natural direction

Pulling or striking the back of the head

### Valid aims

the head

the upper body

the thighs

the lower legs

### Forbidden aims

the back of the head

the throat

the genitals

the spine

### Contest supplements

All throws and foot sweeps have to be applied within 5s after the platform referee acknowledges that an attack has gone from the open exchange of blows to close combat, after that the combatants will be separated

If the executing combatant is still standing on the feet after a throw even if the opponent is holding him, the bout is considered successful and the combatant receives 2 points.

If a combatant touches the ground with any other body part than the feet, this is judged as loss of balance. This means Down (2 point score) or First Down (1 point score). Sole exceptions are techniques that require ground contact (eg. Judo or Capoeira). The combatant must be back on the feet within 3s after executing a relevant technique otherwise it is in the judgement of the Platform Referee if it is a Down or First Down.

If a bout results in a First Down, meaning if both combatants go to the ground, the combatant which in the eyes of the Platform Referee was in the inferior position will get The First Down. The superior combatant will receive 1 point.

If the Platform Referee is uncertain who is the superior combatant in a First Down or if both combatants touch the canvas at the same time as well as when prior another decision was made (especially when the Platform Referee interrupted the bout by signal), the Platform Referee can nil the score with "no scoring"

The signal of the Platform Referee has to be obeyed, meaning that all fighting has to stop immediately. When the Platform Referee signals the end of the fight any further action by the combatants is forbidden and will not be scored.

Disregarding the signal of the Platform Referee will lead to a warning. All other infractions will lead to a penalty and may result in the disqualification of the contestant.

Unsportsmanlike behaviour will always be reprimanded (unsportsmanlike is for example striking after the final signal, insulting or spitting, throwing of equipment, delaying time, fighting against the wording of these regulations)

Time delays: if a combatant delays time despite the warning of the Platform Referee, the Platform Referee deducts 10s and the opponent receives 1 point. If the cautioned combatant causes a second delay the Platform Referee deducts another 7s, the combatant will be cautioned and the opponent receives 1 point. Any further delays will be reprimanded with deductions of 5s and a further warning. The opponent receives 1 point each time.

## Scoring

The combatant scores one point if:

the strikes are effective hits (effective in form of movement or acoustic)

the combatant strikes the opponent with a hand, elbow or shoulder technique on a valid aim

the combatant strikes the opponent with a leg or knee technique on a valid aim

the combatant falls after the opponent

the opponent remains passive for 8s after the signal for attack

the opponent is not back on the canvas ready to fight 10s after an Out

the opponent falls on purpose as part of his/her technique without being back on the feet within 3s of falling

the opponent receives a warning (eg warning for time delay, not reacting after the acoustic signal of the Platform Referee)

A combatant scores two points if

the opponent falls to the canvas while the combatant himself remains standing

the opponent is counted out

the opponent receives a warning

A combatant scores three points if:

the opponent falls off the canvas

the opponent receives a warning which according to the Platform Referee justifies three points due to exaggerated roughness or lack of sportsmanship

No points will be issued if

no clear technique is visible

both combatants fall off or leave the canvas at the same time

one combatant falls as part of his/her technique

### The Jury of Appeal

Based on these regulations, the Jury of Appeal evaluates and judges the appeals placed by participating teams against referee decisions.

A team that disagrees with a referee decision may hand in a written appeal to the head of the Jury of Appeal within 30 minutes of completing the contest. With handing in an appeal a 300CHF cash deposit becomes due.

This deposit will be refunded if an appeal is granted. It will, however, not be refunded if the appeal is denied.

The appeal will be treated and the relevant team will be informed of the decision of the Jury of Appeal within appropriate time.

To investigate an appeal, all necessary sources which may be relevant to the appeal may be consulted, these are among others video recordings, discussions, hearings, witness accounts

Referees who are partial or don't execute their duties properly may be cautioned by the Jury of Appeal.

The Jury of Appeal judges the relevance of an appeal based on the outcome of the contest and on the ranking list and after considering all facts decides on adequate steps to apply the appeal.

The decisions of the Jury of Appeal have to be respected by all teams. Violation will be reprimanded depending on the seriousness of the case.