



# MILITARY SELF-DEFENCE COMPETITION

## CHAPTER 1 COMPETITION ORGANIZATION

- Teams are made up of a minimum of 3 athletes (Small Teams) to a maximum of 5 athletes (Large teams).
- Mixed Teams are allowed.
- Each team should present military self-defense situations or realistic performances, being one of those situations, at least, performed with an aggressor object (rubber, wood or metal without cutting blades)
- Each team will present the techniques a first time in slow motion and after, in real motion.

## CHAPTER 2 CATEGORIES

- OPEN to all competitors

## CHAPTER 3 SAFETY EQUIPMENT

### **Groin and chest/brest protection**

- Both groin and brest protectors are OPTIONAL. Should the competitor choose to wear protectors, they should be previously approved by the arbitrage committee.

## CHAPTER 4 LENGHT

The performance cannot be longer than 5 minutes (including slow motion execution). In case the time limit is surpassed the team will be disqualified.



## CHAPTER 5 CRITERIA OF JUDGING

1. Respectful attitude, introduction and spirit showed by the athletes;
2. Team and techniques coordination and synchronism;
3. Fluidity and rhythm in the application of the techniques;
4. Level of difficulty of the techniques;
5. Correct execution of the techniques showed (defined, clear and understandable gestures);
6. Variety of the techniques performed;
7. Concentration demonstrated;
8. Speed in performing the technique;
9. Realism of the performance which must keep to MILITARY situations;
10. Effectiveness and precision of the techniques.

## CHAPTER 6 SCORING

- The competitor with the highest score shall be declared the winner.
- The scores are given by the Central Referee or Jury and Side Referees.
- The scores can be given directly by the Juries by displayer or recorded in paper.
- In the event of draw, Central Referee and Juries will decide indicating at the same time the competitor with the best performance.

**The initial score in a National Championship is 6,5.**

**The initial score in a Continental Championship is 7,5.**

**The initial score in a World Championship is 8,5.**

For each point of the 10 evaluated criteria, the team will receive:

- - 0,05 if he has a bad performance;
- + 0,05 if he has a excellent performance;
- If the team makes a mistake but continues the demonstration the team will receive - 0,5;
- If the team stops the demonstration they will receive 0,0 as final punctuation.

**Any situations missing in this Regulation shall be resolved by the proof arbitration responsible.**

**The Arbitration Commission reserves the right to amend this regulation until one day before the competition starts.**