



STREET 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 street 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

The athletes will be divided by age.

- **CHILDREN** – 4 to 12; open.
- **JUNIOR**– 13 to 17 anos; open.
- **SENIOR** – 18 to 29 anos; open.
- **MASTERS** – over 30 anos; open.

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 STREET 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 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.