



2006 Tournament Rules and Regulations

Table of Contents

USFMAF MISSION STATEMENT	3
RULES AND REGULATIONS.....	3
OFFICIAL USFMAF COMPETITION AREA	5
OFFICIAL USFMAF DRESS.....	5
COMPETITION & MATCH SPORTSMANSHIP	6
USFMAF POINT PADDED/SINGLE STICK MATCH.....	6
USFMAF CONTINUOUS PADDED SINGLE STICK MATCH.....	9
USFMAF POINT PADDED DOUBLE STICK MATCH	12
USFMAF POINT SINGLE LIVE STICK MATCH.....	14
USFMAF OTHER CONSIDERATIONS	17
USFMAF SELF DEFENSE COMPETITION	17
USFMAF SAYAW/FORMS COMPETITION	18

USFMAF MISSION STATEMENT

The mission of the United States Filipino Martial Arts Federation is to promote, share and enrich Filipino martial culture and the communities that practice these arts creating opportunities for cultural exchange, education, and the highest standards of amateur athletic competition.

RULES AND REGULATIONS

The rules of competition for all tournaments, matches, and competitions sanctioned by the United States Filipino Martial Arts Federation (USFMAF) shall be as stated herein. These rules, or any part thereof, may be modified or amended by the USFMAF governing body at any time.

Whenever a specific rule is in conflict with a more general rule, then the specific rule takes precedence. Exceptions to these rules may be made only with the prior approval of the Executive Board of the USFMAF for special circumstances attendant to a particular event, tournament, match or competition. A written exception should be submitted no less than ten (10) days prior to the date of the event.

Competition shall be divided into appropriate categories or division based upon age, gender, weight and experience. An “adult” competitor shall be any athlete who is eighteen (18 yrs.) years of age or older. A “junior” competitor shall be any competitor shall be any athlete under the age of eighteen (18 yrs.) years for all competitions and demonstrations. The USFMAF may elect to offer “senior” divisions for adult male and female athletes who are over the age of thirty-five (35) years. The number of any divisions that may be established, and the age categories thereof, shall be determined and set at the discretion of the USFMAF according to the interest and the number of competitors who may elect to compete in such divisions. The USFMAF reserves the right to create categories or division for physically or mentally challenged competitors, consistent with their abilities and training.

The experience categories for USFMAF competition shall be as follows:

Beginner:	0 – 1 year training
Intermediate:	2 – 3 years of training
Advanced:	3+ years of training

Once a competitor has declared a particular category, then the competitor shall be deemed to be at that level of experience for all purposes. For example, an athlete may not compete in “beginner” division and also enter in any “advanced” division. An athlete may elect to declare a higher experience category than may be appropriate due to experience, but may not thereafter compete in a lower category in the same or future competition(s). For example, an athlete with two (2) years experience may elect to compete in an “advance” division, but may not thereafter compete in

“intermediate” divisions. No "Adult" competitor may compete in a division designated for member of the opposite gender. For example, no "Adult" female athlete shall compete in a division designated as a “Men’s” division and vice-versa. "Junior" divisions may combine gender divisions as appropriate for preteen competitors for beginner through intermediate athletes- this is at the discretion of the Tournament Director and Chief Referee for the event. Advanced competitions must comply with gender specific divisions.

These rules shall apply to all entrants, officials, administrators, and other personnel for all competitions sanctioned by the USFMAF.

The USFMAF may authorize additional special rules as needed for a particular event, tournament, match, or competition, or may promulgate unique or novel rules to meet unusual circumstances. However, such special rules shall not conflict with the rules of the USFMAF and must be approved by the Tournament Director and Chief Referee for the event. All such special rules must be in a written form and be made available to competitors before the start of competition.

In the event that these rules are broken, then the USFMAF, by and through its duly authorized representatives, may impose one or more of the following sanctions: verbal reprimand, written warning, monetary fine, disqualification, or suspension. All such disciplinary sanctions imposed shall be subject to review according to the Bylaws of this Federation, but shall be effective immediately upon imposition. Any athlete who is disqualified for violation of the regulations of prohibited substances or drugs/alcohol shall forfeit any titles or honors awarded, and shall promptly return any medal or other awards. Examples of prohibited behaviors which would merit the imposition of sanctions include making a false or fraudulent statement regarding age or experience, entering under an assumed name, grossly un-sportsmanlike conduct, theft, or any other act contrary to the recognized principles of the Filipino Martial Arts.

All tournament entries shall be in writing on the official entry form, and accompanied by the appropriate entry fees, photographs, and any required identification or proof of citizenship. No person shall be allowed to participate or compete in any sanctioned USFMAF event unless such person has completed and signed the appropriate entry form, injury waiver, and release of liability.

Unless otherwise prohibited by these rules, an athlete who is eligible may compete in more than one event or division, provided that the appropriate fees are paid. In the event that entry fees are paid by check, draft or credit card which is subsequently dishonored, rejected, or returned, then the person who tendered such payment shall be charged a reasonable handling fee of not less than twenty-five U.S. dollars (US \$25.00), plus all costs of collection thereof, including a reasonable attorney’s fee.

ALL PERSONS WHO ELECT TO COMPETE IN ANY EVENT AUTHORIZED UNDER THESE RULES AND SANCTIONED BY THE USFMAF DO SO AT THEIR

OWN RISK, RECOGNIZING THAT THE FILIPINO MARTIAL ARTS (ESKRIMA, ESCRIMA, ARNIS, ARNIS DE MANO, KALI, PANANTUKAN, PANANDATA AND ANY OTHER RECOGNIZED NAMES THEREOF) COMPETITION NECESSARILY INVOLVES SOME RISK OF SERIOUS PHYSICAL INJURY, OR DEATH SHALL ATTACH TO THE USFMAF OR ANY OF ITS OFFICERS, DIRECTORS, MEMBERS, OR EMPLOYEES FOR ANY CAUSE OR REASON ARISING OUT OF, OR SUSTAINED IN, ANY COMPETITION CONDUCTED HEREUNDER, INCLUDING NEGLIGENCE OR GROSS NEGLIGENCE.

OFFICIAL USFMAF COMPETITION AREA

1. The competition area must be flat and devoid of any and all hazard.
2. The competition area must be square 20 ft. x 20 ft. with boundaries of 5 ft. wide from all four sides creating an overall area of 30 x 30 ft square.
3. In competition area, there will be appropriately colored markings of red and blue, set 10 ft. apart for the competitors to distinguish for the start, break and any/all stoppage by the Center Referee.
4. Corner Judges (CJ) will stand in boundary area and score match. Corner Judges will float appropriately five (5) feet in a 90-degree manner to ensure visibility in awarding points in all matches.
5. Any competitor(s) stepping onto boundaries with BOTH feet will be warned for first infraction and point deduction for second infraction. One foot on boundary is legal.

OFFICIAL USFMAF DRESS

1. All USFMAF Officials will wear appropriate Philippine ceremonial/cultural dress (i.e. Filipino Barong Tagalog with black slacks, traditional Moro garb).
2. Official USMAF identification will be required for all USFMAF Officials during matches.
3. All COMPETITORS are to wear appropriate represented school dress uniform.
4. All competitors must to wear approved USFMAF sparring helmet, gloves and use approved weapons. Live stick competitors must also wear approved sparing aprons. Groin protection is mandatory for males and chest protectors for post pubescent females.

5. Competition colors for competitors will always be Red verses Blue.

COMPETITION & MATCH SPORTSMANSHIP

The USFMAF encourages inclusive sportsmanship and camaraderie among all officials, competitors and spectators. The USFMAF reserves the right to institute any and all disciplinary actions contrary to good sportsmanship (i.e. swearing, abusive/degrading language, verbal & physical threats, etc.). All USFMAF competitions and matches shall be conducted in a safe and proactive manner. ANY competitor or affiliates who after being warned for the first offense by USFMAF Officials will be disqualified and banned from USFMAF events.

USFMAF POINT PADDED/SINGLE STICK MATCH

- A MATCH will be composed of ONE three (3) minute round. Time is only stopped when the center judge makes a specific request to the timekeeper.
- THERE WILL BE NO REST PERIOD for USFMAF PADDED/SINGLE STICK MATCHES.
- One (1) official USFMAF TIME KEEPER to keep time.
- One (1) official USFMAF SCORE KEEPER to tally scores.
- One (1) official USFMAF CENTER Judge with flag pole/stick will oversee/manage matches and score matches.
- FOUR (4) floating (five feet leeway) USFMAF CORNER JUDGES with appropriately colored (to match competitors) red and blue flags will score all matches.
- USFMAF PADDED SINGLE STICK LENGTH must be twenty-eight (28) inches or of equal length. Required padded weapon for adult division is made by SMAK-Stiks.
- All competitors in match must SALUTE judges, Judge and each other at start/end of match.
- A WINNING MATCH IS TO SEVEN (7) POINTS; first competitor to 7 points wins.
- POINT(S) ARE AWARDED BY 3 OUT OF 5 MAJORITY CALL by Center Judge, and the four (4) Corner Judges.

- ALL LEGAL STRIKES/HITS WILL BE AWARDED (1) POINT EACH (i.e. strikes to arm/legs and torso will be awarded one point; strikes to head will also be awarded one point).
- ALL AND ANY STRIKES TO BACK OF HEAD/NECK are ILLEGAL and can cause verbal warning and/or instant disqualification from tournament by Center Judge.
- ALL SPINNING STRIKES approximately one hundred-eighty degrees (180°) are ILLEGAL and can cause verbal warning and/or instant disqualification from tournament by Center Judge.
- ALL PUNYO (end of stick closest to weapon hand; aka butt end of stick) strikes are ILLEGAL and can cause verbal warning and/or instant disqualification from tournament by Center Judge.
- DROPPED WEAPONS RESULTING FROM A CLASH will incur a verbal warning from Center Judge; Second dropped weapons will result a half (½) deduction from total score.
- BROKEN WEAPONS will result in a stoppage of timed match and be replaced by Center Judge.
- If in the event of TIE at end of timed match, there will be a SUDDEN DEATH ROUND of one (1) strike for one (1) point to any legal part of body.
- Only attacks with the padded stick(s) are allowed. NO ARM, NECK, TORSO CLINCHING/GRAPPLING/LOCKING, PUNCHING, KICKING, FOOT STOMPING/SWEEPING ALLOWED. FIRST OFFENSE will result in a VERBAL WARNING by Center Judge. SECOND OFFENSE will result in offending competitor being DISQUALIFIED by Center Judge.
- NO FACE, HELMET PUSH OR PULLS ALLOWED. First time face, helmet push/pulls will result in a VERBAL WARNING by Center Judge. SECOND OFFENSE will result in offending competitor being DISQUALIFIED by Center Judge.
- ALL LEGAL DISARMS WILL BE AWARDED ONE (1) POINT (will be added to total match score).
- ALL WEAPON DISARMS MUST OCCUR WITHIN TWO (2) SECONDS; any and all disarms longer than two (2) seconds will cease with Center Judge calling for a "Break!" Center Judge will then give a verbal warning to the competitor initiating weapon disarm, that all disarms MUST be within two (2) seconds. Center Judge will then reset at appropriate competitor markings; If

second infraction occurs, Center Judge may deduct and/or disqualify offending competitor.

- ALL WEAPON DISARMS MUST BE DONE AT WRIST LEVEL; All disarms near elbows and shoulders will result in a first warning and will then incur disqualification by Center Judge and/or Judges for second offense.
- At the end of Padded Stick(s) match, fight points are tallied up and all point deductions and/or fouls are accounted to overall total. Official Score Keeper and Center Judge will add/deduct points for official score.

USFMAF Judge Calls for Point Padded/Single Stick Match

- The role of the Center Judge in Point Stick Matches is to maintain safety and to stop the action when a point is scored. It is assumed that they will only stop the action when they see a clear point scored (verses a block or miss with no follow up) or to stop prohibited and/or dangerous actions.
- Following a POINT STRIKE, the Center Judge (CJ) will call for “BREAK” of competitors and competitors will reset to appropriate markings. CJ will then call “JUDGES READY,” where in-turn the four (4) Corner Judges will look down at floor and wait until CJ announces “CALL”. At the command “Call” all four judges, including Center Judge must simultaneously raise their flags appropriate to that of winning point. Corner Judges may look up after the score is awarded. The score is awarded to the competitor with three or more flags from any of the (5) judges (Center Judge and Corner Judges)

- Corner Judges have three calls:
 1. Single Flag Raised – The judge sees a clear hit by one competitor and awards the point. The Center Judge will add up flags to award a point.
 2. Both Flags Crossed in front of Eyes – The Judge was unable to see a clean point. No point is awarded to either competitor.
 3. Both Flags Crossed in front of Waist – The judge either saw a simultaneous hit and declares a clash or in the case of Live Stick point the weapon hit the safety jacket in a manner that in real life would not have touched the body. No point is awarded to either competitor.

Minimum Required Safety Gear

All padded category competitors must wear approved head gear, mouth piece, protective gloves, and a cup; in addition the padded weapon used are padded as designed by SMAK-Stiks. Additional protection is allowed at the discretion of the athletes and their coaches as long as they are not deemed a safety hazard to either competitor.

USFMAF CONTINUOUS PADDED SINGLE STICK MATCH

- Matches will consist of three (3) rounds, each round being one (1) minute in duration. Between each round there will be 30 second breaks periods.
- On any/all "BREAK" calls the timekeeper will stop the clock; competitors must reset at appropriate markings; Center Referee will then continue the fight with a call of "Laban." Laban means fight in Tagalog and several other Philippine languages.
- One (1) official USFMAF TIME KEEPER to keep time.
- One (1) official USFMAF SCORE KEEPER to tally final scores.
- One (1) official USFMAF CENTER REFEREE with flag pole/stick will oversee/manage matches.
- FOUR (4) USFMAF CORNER JUDGES will score all matches on official USFMAF score sheet.
- USFMAF CONTINUOUS PADDED SINGLE STICK LENGTH must be twenty-eight (28) inches or of equal length.
- All competitors in match must SALUTE judges, referees and opponent at start/end of match.

- A WINNING ROUND is scored using the 10 POINT MUST SYSTEM*; 10 points for the winner, 9 or fewer for the loser.
- POINT(S) ARE AWARDED by the four (4) Corner Judges using 10 point must system and recorded on OFFICIAL USFMAF score sheet; Center Referee does not score matches.
- After the conclusion of the match (3 full rounds) the Center Referee will collect all four USFMAF scoring sheets and with OFFICIAL USFMAF SCOREKEEPER tally all scores to determine the winner. A perfect score is thirty (30) points.

*THE 10 POINT MUST SYSTEM is a method of scoring whereby the 4 judging officials must award the winner of a round ten (10) points, and the loser of the round nine or fewer points. A competitor can lose a point by fouling or by sustaining a "knockout." A "Knockout" happens when a competitor does not intelligently use defensive maneuvers/counters or fight back. If the round is even, each competitor must be awarded ten (10) points. Note, however, although a competitor may win the round, he can lose a point by committing a foul, for example, in which case the round likely would be scored nine (9) points for each competitor.

- ALL AND ANY STRIKES TO BACK OF HEAD/NECK are ILLEGAL and can cause verbal warning and/or instant disqualification from tournament by Center Referee.
- ALL SPINNING STRIKES approximately one hundred-eighty degrees (180°) are ILLEGAL and can cause verbal warning and/or instant disqualification from tournament by Center Referee.
- ALL PUNYO (end of stick closest to weapon hand; aka butt end of stick) strikes are ILLEGAL and can cause verbal warning and/or instant disqualification from tournament by Center Referee.
- DROPPED WEAPONS RESULTING FROM A CLASH will incur a verbal warning from Center Referee; Second dropped weapons will result a half (½) deduction from total score.
- BROKEN WEAPONS will result in a stoppage of timed match and be replaced by Center Referee.
- If in the event of TIE at end of timed match, there will be a SUDDEN DEATH ROUND of one (1) strike for one (1) point to any part of body.

- Only attacks with the padded stick(s) are allowed. NO ARM, NECK, TORSO CLINCHING/GRAPPLING/LOCKING, PUNCHING, KICKING, FOOT STOMPING/SWEEPING ALLOWED. FIRST OFFENSE will result in a VERBAL WARNING by Center Referee. SECOND OFFENSE will result in offending competitor being DISQUALIFIED by Center Referee.
- NO FACE, HELMET PUSH OR PULLS ALLOWED. First time face, helmet push/pulls will result in a VERBAL WARNING by Center Referee. SECOND OFFENSE will result in offending competitor being DISQUALIFIED by center referee.
- ALL LEGAL DISARMS WILL BE AWARDED ONE (1) POINT (will be added to total match score).
- ALL WEAPON DISARMS MUST OCCUR WITHIN TWO (2) SECONDS; any and all disarms longer than two (2) seconds will cease with Center Referee calling for a "Break!" Center Referee will then give a verbal warning to the competitor initiating weapon disarm, that all disarms MUST be within two (2) seconds. Center Referee will then reset at appropriate competitor markings; if second infraction occurs, Center Referee may deduct and/or disqualify offending competitor.
- ALL WEAPON DISARMS MUST BE DONE AT WRIST LEVEL; All disarms near elbows and shoulders will result in a first warning and will then incur disqualification by Center Referee and/or Judges for second offense.
- At the end of Continuous Padded Stick(s) match, fight points are tallied up and all point deductions and/or fouls are accounted to overall total. Official Score Keeper and Center Referee will add/deduct points for official score.

Role of Center Referee and Corner Judges in Single Continuous Padded Weapon Matches

1. The role of the CENTER REFEREE in Point Stick Matches is to maintain safety and to stop the action when no defense is being used. The padded weapons represent weapons and not pillows and should be respected for the symbolic damage they would inflict. We follow the philosophy of damaging your opponent while taking minimal to no damage.
2. Competitors who allow themselves to be hit multiple times without backing away or attempting to defend will be warned, penalized, and can be disqualified.
3. Corner Judges score based on the number of interactions controlled during a round. Judges look for clean offensive and defensive abilities. An interaction is weighted based on strikes given minus those received.
4. Judges look for clean attacks delivered without receiving counter damage. Judges must be able to recognize that this can be achieved via blocks, timing,

footwork, special relationships like zoning, passing techniques, reversals, and counter attacks. The skill set to see all these techniques are developed in judging point matches, continuous matches require a higher skill set to judge.

Minimum Required Safety Gear

All padded category competitors must wear approved head gear, mouth piece, protective gloves, and a cup; in addition the padded weapon used is padded as designed by SMAK-Stiks. Additional protection is allowed at the discretion of the athletes and their coaches as long as they are not deemed a safety hazard to either competitor.

USFMAF POINT PADDED DOUBLE STICK MATCH

- A USFMAF PADDED DOUBLE STICK MATCH will be composed of one three (3) minute round.
- THERE WILL BE NO REST PERIOD for USFMAF PADDED/SINGLE STICK MATCHES.
- One (1) official USFMAF TIME KEEPER to keep time.
- One (1) official USFMAF SCORE KEEPER to tally scores.
- One (1) official USFMAF CENTER Judge (aka CENTER JUDGE) with flag pole/stick will oversee/manage matches and score rounds.
- FOUR (4) floating (five feet leeway) USFMAF CORNER JUDGES with red and blue flags will score all matches.
- USFMAF PADDED SINGLE STICK LENGTH must be twenty-eight (28) inches or of equal length.
- All competitors in match must SALUTE judges, Judge and each other at start/end of match.
- A WINNING MATCH IS TO SEVEN (7) POINTS; competitor first to 7 points wins.
- POINT(S) ARE AWARDED BY 3 OUT OF 5 MAJORITY CALL by Center Judge, and the four (4) Corner Judges.
- ALL LEGAL STRIKES/HITS WILL BE AWARDED (1) POINT EACH (i.e. strikes to arm/legs and torso will be awarded one point; strikes to head will also be awarded one point).

- ALL AND ANY STRIKES TO BACK OF HEAD/NECK are ILLEGAL and can cause verbal warning and/or instant disqualification from tournament by Center Judge.
- ALL SPINNING STRIKES approximately one hundred-eighty degrees (180°) are ILLEGAL and can cause verbal warning and/or instant disqualification from tournament by Center Judge.
- ALL PUNYO (end of stick closest to weapon hand; aka butt end of stick) strikes are ILLEGAL and can cause verbal warning and/or instant disqualification from tournament by Center Judge.
- DROPPED WEAPONS RESULTING FROM A CLASH will incur a verbal warning from Center Judge; Second dropped weapons will result a half (½) deduction from total score.
- BROKEN WEAPONS will result in a stoppage of timed match and be replaced by Center Judge.
- If in the event of TIE at end of timed match, there will be a SUDDEN DEATH ROUND of one (1) strike for one (1) point to any part of body.
- Only attacks with the padded stick(s) are allowed. NO ARM, NECK, TORSO CLINCHING/GRAPPLING/LOCKING, PUNCHING, KICKING, FOOT STOMPING/SWEEPING ALLOWED. FIRST OFFENSE will result in a VERBAL WARNING by Center Judge. SECOND OFFENSE will result in offending competitor being DISQUALIFIED by Center Judge.
- NO FACE, HELMET PUSH OR PULLS ALLOWED. First time face, helmet push/pulls will result in a VERBAL WARNING by Center Judge. SECOND OFFENSE will result in offending competitor being DISQUALIFIED by center Judge.
- ALL LEGAL DISARMS WILL BE AWARDED ONE (1) POINT (will be added to total match score).
- ALL WEAPON DISARMS MUST OCCUR WITHIN TWO (2) SECONDS; any and all disarms longer than two (2) seconds will cease with Center Judge calling for a "Break!" Center Judge will then give a verbal warning to the competitor initiating weapon disarm, that all disarms MUST be within two (2) seconds. Center Judge will then reset at appropriate competitor markings; If second infraction occurs, Center Judge may deduct and/or disqualify offending competitor.

- ALL WEAPON DISARMS MUST BE DONE AT WRIST LEVEL; All disarms near elbows and shoulders will result in a first warning and will then incur disqualification by Center Judge and/or Judges for second offense.
- At the end of Padded Stick(s) match, fight points are tallied up and all point deductions and/or fouls are accounted to overall total. Official Score Keeper and Center Judge will add/deduct points for official score.

Minimum Required Safety Gear

All padded category competitors must wear approved head gear, mouth piece, protective gloves, and a cup; in addition the padded weapon used is padded as designed by SMAK-Stiks. Additional protection is allowed at the discretion of the athletes and their coaches as long as they are not deemed a safety hazard to either competitor.

USFMAF POINT SINGLE LIVE STICK MATCH

- A MATCH will be composed of ONE three (3) minute round. Time is only stopped when the center judge makes a specific request to the timekeeper.
- THERE WILL BE NO REST PERIOD for USFMAF POINT SINGLE LIVE STICK MATCHES.
- One (1) official USFMAF TIME KEEPER to keep time.
- One (1) official USFMAF SCORE KEEPER to tally scores.
- One (1) official USFMAF CENTER Judge (aka Center Judge) with flag pole/stick will oversee/manage matches and score matches.
- FOUR (4) floating (five feet leeway) USFMAF CORNER JUDGES with appropriately colored (to match competitors) red and blue flags will score all matches.
- USFMAF SINGLE LIVE STICK LENGTH must be twenty-eight (28) inches or of equal length and diameter. Suggested stick width is 3/4" of an inch and shall not exceed 1" in diameter.
- All competitors in match must SALUTE judges, Judge and each other at start/end of match.
- A WINNING MATCH IS TO SEVEN (7) POINTS; first competitor to 7 points wins.

- POINT(S) ARE AWARDED BY 3 OUT OF 5 MAJORITY CALL by Center Judge, and the four (4) Corner Judges.
- ALL LEGAL STRIKES/HITS WILL BE AWARDED (1) POINT EACH (i.e. strikes to arm/legs and torso will be awarded one point; strikes to head will also be awarded one point).
- LIVE STICK STABS (SAK SAK) are only allowed to the abdominal region from the front: the region below the rib cage and above the waist. Stabs that attack other areas or that are delivered to follow a trajectory into other areas such as the face or neck are ILLEGAL and can cause verbal warning and/or instant disqualification from tournament by Center Judge.
- ALL AND ANY STRIKES TO BACK OF HEAD/NECK are ILLEGAL and can cause verbal warning and/or instant disqualification from tournament by Center Judge.
- ALL SPINNING STRIKES approximately one hundred-eighty degrees (180°) are ILLEGAL and can cause verbal warning and/or instant disqualification from tournament by Center Judge.
- ALL PUNYO (end of stick closest to weapon hand; aka butt end of stick) strikes are ILLEGAL and can cause verbal warning and/or instant disqualification from tournament by Center Judge.
- DROPPED WEAPONS RESULTING FROM A CLASH will incur a verbal warning from Center Judge; Second dropped weapons will result a half (½) deduction from total score.
- BROKEN WEAPONS will result in a stoppage of timed match and be replaced by Center Judge.
- If in the event of TIE at end of timed match, there will be a SUDDEN DEATH ROUND of one (1) strike for one (1) point to any legal part of body.
- Only attacks with the padded stick(s) are allowed. NO ARM, NECK, TORSO CLINCHING/GRAPPLING/LOCKING, PUNCHING, KICKING, FOOT STOMPING/SWEEPING ALLOWED. FIRST OFFENSE will result in a VERBAL WARNING by Center Judge. SECOND OFFENSE will result in offending competitor being DISQUALIFIED by Center Judge.
- NO FACE, HELMET PUSH OR PULLS ALLOWED. First time face, helmet push/pulls will result in a VERBAL WARNING by Center Judge. SECOND OFFENSE will result in offending competitor being DISQUALIFIED by Center Judge.

- ALL LEGAL DISARMS WILL BE AWARDED ONE (1) POINT (will be added to total match score).
- ALL WEAPON DISARMS MUST OCCUR WITHIN TWO (2) SECONDS; any and all disarms longer than two (2) seconds will cease with Center Judge calling for a “Break!” Center Judge will then give a verbal warning to the competitor initiating weapon disarm, that all disarms MUST be within two (2) seconds. Center Judge will then reset at appropriate competitor markings; If second infraction occurs, Center Judge may deduct and/or disqualify offending competitor.
- ALL WEAPON DISARMS MUST BE DONE AT WRIST LEVEL; All disarms near elbows and shoulders will result in a first warning and will then incur disqualification by Center Judge and/or Judges for second offense.
- At the end of Padded Stick(s) match, fight points are tallied up and all point deductions and/or fouls are accounted to overall total. Official Score Keeper and Center Judge will add/deduct points for official score.

USFMAF Judge Calls for Point Padded/Single Stick Match

- The role of the Center Judge in Point Stick Matches is to maintain safety and to stop the action when a point is scored. It is assumed that they will only stop the action when they see a clear point scored (verses a block or miss with no follow up) or to stop prohibited and/or dangerous actions.
- Following a POINT STRIKE, the Center Judge (CJ) will call for “BREAK” of competitors and competitors will reset to appropriate markings. CJ will then call “JUDGES READY,” where in-turn the four (4) Corner Judges will look down at floor and wait until CJ announces “CALL”. At the command “Call” all four judges, including Center Judge must simultaneously raise their flags appropriate to that of winning point. Corner Judges may look up after the score is awarded. The score is awarded to the competitor with three or more flags from any of the (5) judges (Center Judge and Corner Judges).
- Corner Judges have three calls:
 1. Single Flag Raised – The judge sees a clear hit by one competitor and awards the point. The Center Judge will add up flags to award a point.
 2. Both Flags Crossed in front of Eyes – The Judge was unable to see a clean point. No point is awarded to either competitor.
 3. Both Flags Crossed in front of Waist – The judge either saw a simultaneous hit and declares a clash or in the case of Live Stick point the weapon hit the safety jacket in a manner that in real life would not have touched the body. No point is awarded to either competitor.

Minimum Required Safety Gear

All live stick category competitors must wear approved head gear, mouth piece, protective gloves, padded sparing apron and a cup; in addition hard knee and elbow pads are recommended. Additional protection is allowed at the discretion of the athletes and their coaches as long as they are not deemed a safety hazard to either competitor.

USFMAF OTHER CONSIDERATIONS

All USFMAF advanced division matches must be video taped. The camera angle needs to include all four (4) Corner Judges. This is to insure the integrity of scoring and judging for our top competitors.

These videos are also available for coaches who request a video review of scoring or judging. This is done on a fee basis unless the coach's discrepancy is validated. When the coach is found to correct in video review the fee is waved.

Videos and copies of scoring documents are to be sent to national head quarters within 14 Days after the tournament. Reviewed matches are used for upgrading and/or maintaining Referee and Judge Certifications.

Videos may also be used for internal USFMAF instructional purposes and competitor waivers must include verbiage to allow the use of their images for USFMAF purposes.

USFMAF SELF DEFENSE COMPETITION

The USFMAF acknowledges that the self defense competition is highly subjective. What one master says is a junk technique another has used successfully in real life again and again. Traditionally the most effective aspects of our arts were never shared. At the same time during barangay (village) fiestas martial skill was often shown off! This is an opportunity for various schools and systems to show off their best.

Guidelines for Self Defense Competition

Each competitor will have two and a half minutes to demonstrate a variety of techniques. A minimum of six techniques must be demonstrated. Competitors will demonstrate and explain each techniques at a slow speed and then demonstrate all to the previous techniques at speed with their partner.

Competitors will use the same space used for weapons sparing and should remain in the 20' by 20' area.

USFMAF SAYAW/FORMS COMPETITION

The USFMAF acknowledges that sayaw and form competition is highly subjective. Traditionally sayaw in Filipino Martial Arts was spontaneous and unrehearsed. The large variety and personal nature of Filipino sayaw is something we would like to see maintained. At the same time we look forward to increased participation in this important aspect of traditional Filipino Martial Arts.

Guidelines for Sayaw/Forms Competition

Each Sayaw/Form must be less than two minutes in length and may be done to music. Each competitor will tell the officials what systems they will be sharing and where their system or instructor comes from.

Competitors will use the same space used for weapons sparring and should remain in the 20' by 20' area.

Guidelines for Sayaw/Forms Scoring

- 0.00 – 0.99:** Competitor does not complete form, shows poor sportsmanship, etc.
- 1.00 - 2.99:** Poor balance, focus, power, flow, transition of techniques and or stances, hesitations.
- 3.00 - 4.99:** Fair demonstration of form, hesitations, loss of balance, poor concentration, weak techniques empty hand or weapons. Practitioner looks like they are doing something they learned or choreographed.
- 5.00 - 5.99:** Average demonstration of form.
- 6.00 - 6.99:** Above average demonstration of form, extra effort in techniques.
- 7.00– 7.99:** Good demonstration of form, Movement occurs natural and personal to the practitioner.
- 8.00– 8.99:** Very good demonstration of form, balance, speed, power, focus, and transition of techniques. Movement occurs natural and personal to the practitioner.
- 9.00 - 9.99:** Excellent demonstration of form, speed, balance, focus, power and transition of techniques and continuity. Movement occurs natural and personal to the practitioner: it almost looks as if they invented many of the techniques they are doing.
- 10.0:** Rarely if ever given.

At the beginning of each Sayaw/Forms category the judges will gather briefly. In the meeting the head judge may answer any specific questions from any of the corner judges or competitors. In addition the head judge will designate a primary scoring range appropriate for the division about to compete.

Score Keeping

1. Each Sayaw/form division will have five (5) judges per ring. One center Official plus one Official in each of the four corners.
2. Each Division will have (2) scorekeepers. One to record the score on paper, and one to look on making sure the recording judge hears the scores correctly while they are being announced.
3. When totaling the scores, the scorekeeper will drop the low and the high score and add the remaining three scores together to determine the winners (Original Score).
4. If tied, the scorekeeper will add the low score to the total (Tie Breaking Score).
5. If still tied, the scorekeeper will then add the high score to the Tie Breaking Score.
6. If there is still a tie, the competitors will be required to do another Sayaw/form. In the beginning divisions the competitor may do the same Sayaw/form again.

Weapon Specifications

1. Wood weapons: baston, garote, carved sundang, dulo dulo, staff, etc.
2. All weapons containing wood must be made of hardwood and/or rattan.
3. Bladed weapons must be constructed of ridged metal and must be dull or taped. No flex in the blade with a solidly built handle.
4. Flexible weapons: latigo (whip), chain, tubao, malong (Philippine Sarong) etc.
5. Metal Weapons that contain wood must be constructed of hardwood.
6. No non Filipino/Malay Weapons are to be used. The only exception is for modern tactical blades and harness gear.
7. The Officials will be responsible for inspecting all weapons for the above listed specifications and to insure each item's structural integrity.