

IFMA STICK FIGHTING RULES

Judging same as point sparring:

(No Warnings - All Fouls are One Point)

Time:

Two Minutes running time. Competitor with the most points at the end of Two Minutes, is declared the Winner.

Legal Targets:

The Entire Body - Head, Arms, Legs, Torso, Hands, and Foot

Note: Parrying your opponents Stick away with your Free Hand is Legal

Illegal Targets:

No direct contact to the Front of the Neck, No striking to the Groin or Spine, No Thrusting techniques to the Face or Head,

Illegal Techniques:

No Open Hand techniques, No Punches Allowed, No Kicking, No Grappling techniques. No use of Punyo or Butt End of the Stick, No Grabbing your opponents Stick with your Free Hand. **All OF THESE ARE ILLEGAL TECHNIQUES.**

Safety: No ground fighting. If Competitor goes down all action **STOPS RESETS**

Scoring:

One Point - Arms, Legs, Torso, Hand, and Foot

Note: The Competitor who **drops** his or her Stick deemed by the Center Judge or by majority of Referees receives One Point:

Two Points - Head Strikes

Note: The Competitor who disarms his or her Opponent deemed by the Center Judge or by the majority of Referees receives Two Points.

Legal Scoring Techniques:

Striking with padded end of the Stick, Striking with **ONLY** One Hand on the Stick, Thrusting techniques to the Body **ONLY**. Solid Striking or Thrusting techniques should be Scored, Glancing blows "Nicks" are up to the discretion of the Referees.

Youth Divisions - 10 & Under - "Short Stick" - Up to 24 inches,

Junior & Adult Divisions - "Long Stick" - Up to 28 inches,.

Currently, the **ONLY** Approved Sticks for IFMA Competition Are Both "Premier Padded Weaponry" and "Smak Stiks."

Any Questions Please Contact: Datu Tim Hartman "Smak Stiks" or Sensei John Gunn "Premier Padded Weaponry"