



Abrazare-Ringen Tournament Rules of Bicornio HEMA Gathering, 2018

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1. General purpose

The purpose of this tournament is to create a competitive environment in which the (non-lethal) hand-to-hand combat & wrestling techniques of medieval Europe can be practiced in competitions. The rules have been written to allow the use of as many techniques from medieval martial arts sources as possible, excluding direct damage-oriented empty hand- (punches with fist/palm/forearm/etc., elbow strikes, headbutt, etc.) & leg- strikes (different kind of kicks, knee strikes), and serious wound-making oriented (fish hooking, eye-gouging, groin pressing, full body force against the captured joint, etc.) or unsportsmanlike, dirty techniques (e.g. bites, hair pulling, skin plucking, etc.).

This tournament aims to evaluate chiefly the standing wrestling technique (takedowns with throws, leg trips, joint-lockings, etc.), and only in the second place the ground fighting.

Disclaimer: *This is a full contact event. Although fighters are expected to conduct themselves in a manner that will promote safety, risk of injury is still present. Fighters are expected to be in good health, able to fall without injury, have real knowledge of less one historical hand-to-hand combat tradition, have experience wrestling at speed against a fully resisting opponent. (All Hungarian participants have to have a confirmation letter from their own society about these skills & knowledge.)*

2. Format

The ring can be square or circle format, the minimum diameter/lenght of the ring has to be 4m. The ground has to be more than 3 cm thick tatami/mat. A match between two competitors consists of three one-minute long rounds (with one minute breaks between each round). A round will finish if one combatant gets 3 points or comes down under 0 point, or after one minute clear fighting time (clock runs out in gross time measuring). The winner of the round is the one who could get more points. The winner of a match is who can win more rounds (from the three). (So after a combatant wins two rounds, there is no third one.) There are no weight classes in this tournament.



3. Winning

The goal of each match is to win more rounds than the opponent, so win the match. If a combatant reaches three points in a round, the round will finish and the combatant will win the round. If the clock runs out earlier, the actual points will determine the winner of the round. In case of draw there is no winner of the round. If after three rounds of fighting there is no clear winner of the match, the referee has more possibilities to determine the winner. He can decide alone by taking into consideration which combatant was more initiative. He can order an extra round and decide after that. Or – only in case of elimination matches - he can decide by flipping a coin.

4. Scoring system

4.1 Full (successful) takedown – 2 points. A *takedown* is defined as any technique that forces the opponent to the ground (throwing, tripping). A *takedown* will be scored if any body part of the opponent aside from the hands and knees makes contact with the ground. But the takedown will not counted as full (successful) takedown (only as a half one) if the initiative combatant falling to the ground as well and can't control the opponent definitely. In case of successful takedown the action will be stopped if the opponent on the ground can't pull down his/her opponent to the ground instantly.

4.2 Half takedown – 1 point: In case of mutual "falling" (e.g. pulling down instantly the initiating thrower by interlocking after a throwing) the initiating thrower can get 1 point, no more, and the fight continues on the ground. In this case the initiating thrower is the one who executed the specific takedown, apart from the process of earlier unsuccessful actions and attempts which may have been reversed. (In other words: the initiative fighter may follow his/her opponent to the ground during a throw or takedown but must land in a dominant (normally but not necessarily top) position.) Same scoring method have to be used in case of "sacrifice throws", when a competitor intentionally falls backwards or to the side in order to take down his opponent. A fighter can score with this sacrifice throw as long as he/she ends the technique in a dominant (top) position.

4.3 Failure to establish dominance in a takedown. If both fighters fall to the ground and neither has established clear dominance the action may be not scored according to the referee's decision. In this case the fight continues on the ground.



4.4 Holding from standing position – 2 points. 2 points will be scored if a fighter drives/forces his opponent from standing position at least to their knees and holds him/her on the ground for some seconds (normally 3 seconds) showing control of the position.

4.5 Holding in ground fighting – 2 points. 2 points will be scored if a fighter drives/forces his opponent to an disadvantageous position and holds him/her on the ground for some seconds (normally 3 seconds) showing control of the position.

4.6 Ring out – 1 point. One point is awarded when a fighter forces his opponent out of the ring. A ring-out occurs when at least one of a fighters feet has left the ring (1 point), but the action may not be stopped at the referee's decision. The action will be stopped if both of his/her feet has left the ring.

4.7 Submission - 3 points, which finishes the actual round. - The majority of submission holds can be grouped into two broad categories: joint locks and chokes. Joint locks typically involve isolating an opponent's limb and creating a lever with the body position which will force the joint to move past its normal range of motion. Pressure is increased in a controlled manner and released if the opponent cannot escape the hold and signals defeat by submitting. Opponents can indicate submission verbally or they can "tap out" by tapping the opponent or the mat. (Tapping one's own body is dangerous because the opponent may not be able to tell if his or her opponent is tapping.) A choke hold, by disrupting the blood supply to the brain, can cause unconsciousness if the opponent does not submit soon enough. Submission can be executed from standing position and from ground fighting as well.

At any point during a match a fighter may yield to his opponent by yelling "stop" "halt" or "tap." If a fighter yields his opponent will be awarded with a submission.

4.8. Stalling – 1 point. Only the fighter currently leading in points can be penalized for stalling. A stalling penalty will be issued if a fighter acts in an overly (!) defensive manner and appears to have no intention of making an offensive action, or for being ordered repeatedly by the referee to return to the starting position after a halt. If a fighter is called for stalling their opponent will receive one point. Additionally, the referee can stop the match at any point and reset the fighters to their starting positions in order to prevent stalemate.

4.9. Honorary "half" points. Honorary half points (0.5 point) will be possible to be awarded by the referee if one combatant uses in a very nice way a clear historical technique, or observably withhold the full force of an executed technique to maintain his opponent's safety & health.



5. Penalties

5.1 Disqualification/Expulsion from Tournament. Fighter may be removed from the competition for grievous rule violations regarding the safety of fighters, spectators, or event staff. Significant display of disobedience to referee or tournament staff will be considered a safety violation.

5.2 Ejection from Match. Fighter may be ejected from a match, at the referees decision for repeated warnings/minor rule violations, or a singular serious yet non-malicious rule violation. This will be counted as a loss for the offending fighter and as a win for their opponent.

5.3 Point Penalty. 1 point may be awarded to a fighter's opponent if the mentioned fighter commits multiple minor rule violations (and in some specific scenarios listed below). See furthermore at the stalling option above.

5.4 Warning. A warning may be issued, at the referees decision, for minor rule infractions.

5.5 Safety Warnings. All fighters and coaches are subject to the three safety warning system. Any fighter who receives two formal warnings in a single match will lose the match. Any fighter to receive three safety warnings over the course of the tournament will be disqualified from the tournament. Any warning issued to a coach is applied to that coach's fighter. Warnings are issued by referee and the tournament manager.

6. Forbidden techniques include but are not limited to:

- Striking of any kind - direct damage-oriented empty hand- (punches with fist/palm/forearm/etc., elbow strikes, headbutt, etc.) & leg- strikes (different kind of kicks, knee strikes)
- The use of any technique to deliberately seriously injure one's opponent
- Intentionally throwing an opponent onto their head or neck
- The use of serious wound-making oriented techniques - fish hooking, eye-gouging or gouging any sensitive areas, groin pressing, full body force against the captured joint, etc.
- The use of unsportsmanlike, dirty techniques (e.g. bites, hair pulling, skin plucking, scratching or poking)



7. Required Equipment

7.1 Upper body

- Only some T-shirt is required. Please provide more because tearing is possible.
- Possible to wrestle in gambeson or wrestling singlet as well.
- Not allowed: Any type of Gi, fencing jackets, etc.

7.2 Pants

- Athletic attire is required for the lower body.
- Acceptable examples include: Warm-up or sweat pants, fencing knickers, gym or board shorts, wrestling singlets and leggings/tights.
- Not allowed: Jeans, cargo pants, or other non-athletic pants or shorts.

7.3 Footwear

- No shoes will be worn during the competition. Using socks are allowed.

7.4 Optional Gear

- Groin protection, mouthguard, soft protection for joints, head and/or ear protection

7.5 General Hygiene

- All metal piercings and jewelry must be removed
- Long hair must be tied back securely or braided
- Finger/toe nails must be trimmed
- Fighters must be free of all skin, nail, or other infectious disease, virus, or fungus
- Fighters are to show up to competition as clean as possible, and may be disqualified at the referee's decision for any issues related to health or hygiene- including excessive body odor.

8. Conditions

8.1 Ring layout. The ring and starting positions will be marked on the mat and clearly visible. The ring can be square or circle format, the minimum diameter/length of the ring has to be 4m. The ground



has to be at least 3 cm thick tatami/mat.

8.2 Referee. The referee starts and stops the fight, communicates with the fighters, ensures all participants are ready, controls safety in the ring, interprets the actions, and announces points for the scorekeeper. At no point should anyone but the scorekeeper or tournament manager speak to or otherwise communicate with the referee for issues unrelated to general safety or the current match. Any fighter or coach who attempts to do so may receive a warning.

8.3 Fighters. There will be two fighters for every match. No more than two fighters are allowed on the mat at a time. Each fighter may be attended by one coach. The coach may only enter the mat if invited by the referee, but must otherwise stay outside of the ring and may not interfere with the referee, other fighters, or any tournament staff. Fighters must report to the mat when called. Any fighter called to the mat three times in a three-minute period without reporting will forfeit the match.

8.4 Scorekeeper. The scorekeeper tracks the action of the match as reported by the referee, and updates the digital scoreboard for the match. Only tournament staff may communicate directly with the scorekeeper; any fighter or coach who attempts to do so will receive a warning.

9. Conduct of Bouts

Each fighter will enter the mat, dressed to compete. Fighters will be called to the center to shake hands, and then take their positions at the starting markers. Fighters are expected to be on their guard and ready to wrestle at all times when on the mat. Only the referee and two fighters will be allowed within the arena during each bout.

The referee will signal to the fighters, and scorekeeper that the bout is about to begin. The referee will call “Fight” to signal that the bout has begun and the scorekeeper will start the clock. (Note: the clock will not be stopped during a match unless a fighter is injured, equipment malfunctions, or the referee calls a time halt.)

Fighters shall then begin the match at the referee’s signal. Upon witnessing a submission, a successful takedown, a ring out with both feet, an illegal action, or the time runs out, the referee will call “halt” and separate the fighters. Both fighters will immediately return to their starting positions. The referee



will communicate the score, or penalty to the scorekeeper who will record the result. The referee will immediately signal to the fighters to continue.

The scorekeeper will indicate when the bout has reached the requisite number of points or that time has run out. The scorekeeper will call "time." The referee says "stop!" and will summon the fighters to join him in the center and the scorekeeper will announce the final score after each round.

There is only 60 second between rounds. After the final round, when the referee summons the fighters to join him in the center the winner's hand is raised. Both fighters will then quickly exit the mat as the next match is announced

10. Other rules

10.1 Equipment failure

Fighters will be granted 2 minutes after the first equipment failure to return to compliance. This will decrease to 1 minute for the second failure. If a fighter is unable to repair or replace their gear within the time limit, or if they experience a third equipment failure, they will forfeit the match.

10.2 Injuries

Fighters must act in a prudent and reasonable manner at all times in order to avoid injury to themselves, their opponents, tournament staff, and spectators. Any fighter who acts in an unsafe or malicious manner may be disqualified from further participation in the tournament at the decision of the tournament administrator or referee.

No fighter, coach, or spectator will enter the arena to assist with an injury unless acting as a qualified medical staff or called for by the referee.

An injured fighter will be allowed a 2 minute period to decide if he or she is well enough to continue. If a fighter is not well enough to continue, the match is forfeited. A warning may be issued to the injured fighter's opponent if the injury was caused by reckless, but not illegal or malicious, behavior.

In all cases of injury, the judges and tournament administrator will make an assessment as to whether the injury was inflicted maliciously. A fighter who injures their opponent intentionally will be disqualified from the tournament.



Injury inflicted on any other party (referee, judges, administrative staff, spectators) may result in disqualification, depending on the circumstances and at the decision of the tournament administrator.