



WORLD FEDERATION OF
KOWAT ALRAMI
& SELF DEFENCE



WFKA

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OFFICIAL AMATEUR

RULES AND REGULATIONS FOR STYLES

FULL CONTACT: From 18 – 37 Years Old M/F

LIGHT CONTACT: From 8 – 18 Years Old M/F



(Edition May 2011)

www.kowatalrami.org

KOWAT ALRAMI RULES and REGULATIONS

1. The official language:

International official language is to be used in Kowat Alrami style - English.

2. The ring and equipments:

* Combat takes place on a square area with a maximum dimension of 6 meter x 6 meter and a minimum of 5 meter x 5 meter raised about 90-120 cm from the ground.

* Ring area must be covered with an appropriate mat that extends out the surrounding cords (50 cm) in all directions.

* Ring area must be surrounded by 4 cord lines, tightly fastened to the beams in the corners. Cords to be placed on the following heights from the ring surface: 35, 70, 100, 130 cm. Cords used should be with a diameter of 3 – 5 cm and distance between them should be sealed by an adhesive tape on each side of the ring, that is to prevent players from slipping accidentally out from the ring.

* Corner's beam should be covered with soft colored material that helps to differentiate players.

The following equipments must be available:

** 2 seats, 2 buckets and 2 ladders (one for each player's corner), water and a first aid unit. Those equipments are to serve the players.

** Tables and chairs distributed around the ring (an official table for supervisors, 3 tables for the juries, one for the therapist). In addition, a gong or bell, 2 stop watches for timing, the referee's rules print outs, draw papers, a speaker connected to a microphone, a ladder to be placed next to one of the neutral corners (the white corner) to serve the therapist and the referee.

3. Costume and protectors:

*Costume:

A costume was designed for Kowat Alrami style, which was inspired from the Arabian traditional outfits. The designer has also considered the various conditions and needs in combats.

**Protectors:

Participants are obligated to use the following protectors:

Mouth protector: this is an obligatory to protect teeth and gums.

Fighting gloves: participants in the same combat must wear fighting gloves of the same weight (not less than 10 ounces). Gloves designed for Kowat Alrami style are trimmed (fingerless) to allow grappling and fastening. Lined part of the gloves covers the fist only.

Groin protector: this is also an obligatory. No combat ever starts without ensuring that participants are wearing groin protector underneath their costumes. Referee is authorized to expulse the participant who attends the combat not wearing groin protector after giving the time permitted to do so.

Feet protectors: feet protectors should cover up all the feet, specially the metatarsals and the heels. Feet protectors should be firmly fastened and secured from slipping or detaching during the combat. These should contain no hard parts or materials and also an obligatory item to be worn during combats.

Shin guard: wearing shin guard is an obligation but should not be made of hard materials.

Additional items: knees and elbows protectors are optional.

Referee is assigned to check on the protectors worn by the participants and to make sure they are in good condition and equal between the participants of the same combat.

4. Championship's regulation system:

***Rounds regulations:** Kowat Alrami combats are held in three rounds of two minutes each, separated by a recess of one minute.

****Medical examination:** All participants have to be subjected to medical examinations to determine their eligibility for participation in the combats. Blood pressure and respiratory system examination should be considered while subjecting participants to medical examinations.

Attendance of a certified doctor fully equipped with medical aid materials and equipments is essential.

*****Participation regulations:**

- The "Moon rank" at least is required to be permitted to participate in the combats of Kowat Alrami.

- Those who have failed to pass the medical examinations are not allowed by any means to participate in the combats.

- Athletes that lost their latest combats to a knockout (K.O.) are not allowed to participate in any combat within a month time of their loss.

- Athletes should be entitled to participate in championships by one of the certified and approved instructors of Kowat Alrami committee.

- Athletes of other martial arts styles have the right to participate in Kowat Alrami combats if approved by the technical committee organizing the championship.

******Age categories:**

Juniors (males / females): 8 – 13 years.

Youth (males / females): 13 – 18 years.

Adults (males / females): 18 – 37 years.

FULL CONTACT KOWAT RULES and REGULATIONS

5. Methodology of technical arbitration:

Combats results are confirmed by the official juries. Their decisions are considered final and obligatory. Combats are considered finished and won by one of the participants if one or more of the following situations occurred:

***Knockout:** A combat is won if a participant directed an allowed effective technique with which disable the other combatant from rising of the ring ground or carry on the fight before the referee reaches the count of 10.

****Technical knockout:** Referee decides to terminate the combat if:

- 1- One of the participants could not carry on fighting.
- 2- One of the participants kept on falling down more than three times during the combat or during a round after being subjected to a knock that necessitated the referee to count up to 8 before participant could rise.
- 3- Inequality of the participants in the same combat.

*** **Points winning:** points winning is announced and confirmed by the official juries. Points are calculated according to the Points Calculation System designed and certified by Kowat Alrami style. The participant with higher point calculation wins the combat.

******Withdrawal:** If one of the participants quitted the combat or has been withdrawn by the responsible coach in the corner, or if one of the participants was injured badly so that the doctor in charge advised to terminate the combat to ensure the safety of athletes.

***** **Expulsion:** Referee is authorized to expulse a participant if a prohibited action was committed. Officials and juries are to be consulted first.

***** **Immobilization:** In the case of:

1- The combatant being thrown down with an allowed effective technique and being disabled from moving or sweeping for 30 seconds. Points in the case of throwing and immobilizing are calculated as follows: 1 point for an authorized effective throwing technique to be added to 1 point for 10 seconds of immobilization, or 2 points for 20 seconds of immobilization, or 3 points for 30 seconds of immobilization.

2- The combatant being disabled from moving or sweeping by a pressure technique on the joints, either standing or grounded. Points are calculated in the same way as previously explained.

3- Submission due to painful pressure technique on the joints. Submission occurs when a participant speaks words that declare surrendering or taps on the ring ground.

*******Points calculation system:** Points are calculated in favor of the participant that directs an allowed effective technique as follows:

- 1- Allowed effective punch on the face or body (1 point).
- 2- Allowed effective kick on the body (1 point).
- 3- Allowed effective kick on the face or kick with a jump on the head (2 points).
- 4- Misbalancing and throwing technique (1 point).
- 5- To declare the time calculation for the timekeeper and the audience when immobilization referee raises a hand pointing out 1 finger for each 10 seconds. When counting reaches 30 seconds the referee holds hands then point them out aside to declare the end of combat and winning one of the participants.

6. Allowed techniques in Kowat Alrami combats:

**Punches (Blow of fists):* Straight blow (JAB), curved path blow (HOOK), upwards blow (UPPERCUT).

**Kicks (Blow of feet):* Front kick, Side kick, Hook kick, Roundhouse kick, Low kick, Crescent kick, Axe, Back kick, Jumping kick and Back spinning kick.

**Throwing and sweeping:* Sweep kicks are allowed in order to unbalance the combatant. Grappling using hands or body is also allowed as well as pressure techniques on the joints.

7. Targets allowed:

Face (front / side), Trunk (front / side), Feet (in the case of sweep kicks to unbalance and immobilize the combatant).

Prohibited targets:

- * Groin area.
- * Back of the head.
- * Neck and throat.
- * Spine.
- * Eyes.
- * Knees.

Prohibited techniques and behavior:

- * Using elbows.
- * Using knees to target the head, the back or the neck.
- * Using the head.
- * Holding in order to prevent or hamper the combatant.
- * Biting, spiting, yelling and using indecent words.
- * Attacking from behind.
- * Using non-technical ways in attempting to throw the combatant.
- * Attacking combatant when falling down to the ground.
- * Using the clothes to grapple or sweep.
- * Starting the combat with seizing or grappling.
- * Using downwards blows (as a hummer).
- * Spanking.
- * Attacking combatant stuck between the surrounding cords.
- * Using surrounding cords while striking.
- * Leaving the ring without permeation.
- * Carry on striking after referee announces the end of the combat or the round.

Not respecting rules and regulations leads the participant to be warned or even expelled from the combat or championship.

8. Points calculation system:

Points are to be calculated using a point's counter or any other suitable way. The participant with the higher points score wins the combat. Points have to be calculated and recorded every round on the arbitration official form, then summed

up in the end of the three rounds of combat. The combat result is announced by the official announcer to declare the combat winner.

Winning a round of a combat:

The participant who gains the higher points scores with a minimum deference of two points wins the round.

9. Points regulation system:

When giving points, the following terms have to be taken into account:

- * Kick or punches must be of the allowed techniques authorized by Kowat Alrami style.

- * Efficiency of the attacks and the quality of the technical style.

- * Efficiency of the defensive techniques and style.

- * Immobilizing and grappling techniques quality, efficiency and validity.

Priorities of points scoring:

- * Effective kicks.

- * Correct punches.

- * Rapid throws.

- * Immobilization attempts.

Equivalent:

In case of equivalent a decision must be made in favor of one of the combatants according to the following:

- * Number of effective kicks.

- * Efficiency of the attacking techniques.

- * Efficiency of the defensive techniques.

- * Accuracy of techniques.

- * Sport spirit and manners.

- * Accuracy of throwing and immobilizing techniques.

10. Arbitration and arbitrators:

The board of referees in the Federation is ruled by an authorized Committee. This Committee consists of 3-5 official members who are highly qualified and experienced in the field of arbitration. They are assigned to supervise and watch over rules enforcement, seminars and training courses.

Combats are conducted by a referee assigned by the federation. Points are calculated by three juries to be seated next to three sides of the ring (3 meter away from the audience).

The arbitrators of any combat are: the supervisor, the referee, three juries, the timekeeper and the doctor.

****The supervisor:***

The supervisor is an official highly qualified arbitrator of the A degree above 21 years old. The supervisor is totally responsible of all referees and juries in the competition and responsible of recruiting a chief referee in case of multiple rings

existence in the competition. Any objections during combats are to be referred to the supervisor for making decisions about them.

The duties of the supervisor:

- 1- Recruitment of referee and juries for each ring in the competition.
- 2- Supervision over referee and juries decisions and actions.
- 3- Temporally or permanently exclude any of the referee or juries that dose not respect the rules and regulations of Kowat Alrami style.
- 4- Making final decisions about any objections or unexpected situations during combats.

*** *Referee and juries:***

Outfits:

The official outfit for referee and juries consists of: gray trousers, black t-shirt and light black shoes. Referee is not allowed to wear any stuff that might cause injury such as watches, glasses, jewels, ect...

The referee's health status:

Referee has to be subjected to medical examinations to determine their eligibility for performing and bearing the burdens of the arbitrating role on the ring.

****The referee:***

The referee is considered to be the ring master and the rules enforcer.

The duties of the referee:

- Checking on costumes and protectors of participants.
- Giving notes and hints about the rules for the participants.
- Making sure if juries and timekeeper are ready before declaring the start of the combat.
- Keeping the safety of the participants in first priority. That is to declare ending the combat in case of inequality of the combatants.
- Enforcing the rules during the combat and guarantee conducting a clean combat.
- Collecting the forms from the juries and handing them to the supervisor. Then the referee has to raise the hand of the winner to declare the final result of the combat and make the participants shake hands to highlight the sports spirit.
- In case of expulsion of one of the participants officials (supervisor and juries) are to be consulted first. The referee has to explain the reasons of expulsion clearly and accurately to the supervisor who informs the announcer to declare expulsion.

Commands to be used by the referee:

- 1- **EBDAA = Fight** when commands to start or resume the combat.
- 2- **KEFF = Stop** when commands to stop fighting and no resuming before using the command (EBDAA).
- 3- **TARAJA = Break** when commands to step one step back before resuming the fight.

The authority of the referee:

1- Stopping the combat:

*If one of the participants got a prohibited blow or technique, or got injured for any reason.

*If the doctor announced incapability of one of the participants due to injury or any other reason.

*Expulsion for one or both combatants for incapability. In this case the referee has to get approval from the juries.

2- Expulsing or warning:

*If any of the coaches or their assistants breaks any rules, the referee is authorized to give warning or even send them out of the combats area.

*Warning the participant by lifting up a yellow card to his face, in case of any prohibited behavior made during the combat.

*Expulsing the participant that gets three warnings during the combat by lifting up a red card to his face.

* If a participant arrives two minutes late to the ring after announcing his name, the referee gives this participant a yellow card warning.

*A second warning to be given to the participant if the third minute passes and did not arrive to the ring.

*After four minutes if the participant did not arrive to the ring, the referee is authorized to expulse this participant without consulting the juries. The referee is to lift up a red card and declare a walk-over.

*The referee is authorized to announce the end of the combat if one of the participants got three knock-downs during a round or during the combat.

****Juries (judges):***

Three juries are to be assigned for each combat. They are to be seated by the middle of the ring's sides. The juries use the formal arbitration form to record the result of each round. These forms are to be handed to the referee by the end of each round to declare the result of this round.

****Timekeeper:***

The timekeeper has to use two stop watches. One for calculating the combat time and the other is to calculate the immobilizing time and the wasted time during the combat.

The duties of the timekeeper are:

*Rounds and recesses timing.

*Giving a sound alert for coaches and assistants to leave the ring few seconds before the start of the next round.

*In case of participant falling down the timekeeper has to start calculating the time with the referee in the same time.

*In case of immobilization the timekeeper calculates the time on another stop watch.

*In case of stopping the combat for any reason the timekeeper has to calculate the wasted time according to the referee's instructions.

11. The officials and assistants:

*** Clerk:**

The clerk's duties are to write down all about combats and then file the documents to the responsible administrator and the technical committee after the end of the combats.

12. The coaching team:

One coach and an assistant are allowed to accompany the participant during the combat. They have to be wearing a clean suitable uniform during their attendance and they have to be obligated to the rules and regulations of Kowat Alrami style.

The coach and the assistant are allowed to step on the ring only during the recess. But only one of them is to be within the ring inner area and the other has to stay behind the cords. They are not allowed to be on the ring during the rounds and they have to clear and remove all their equipments before the round starts.

The coach is not allowed to direct or give instructions to his participant during the round. He is not allowed also to touch any part of the ring during that.

The coach is authorized to withdraw his participant by giving a withdrawal sign: that is to drop a towel to the ring's ground unless the referee is counting in favor of that participant.

Any prohibited behavior or violation of the rules is subjecting the coach or the assistance or their participant to be warned or even disqualified.

13. Conducting the combat:

1- When a participant falls to the ground, the referee commands the other participant to move to a far corner of the ring, then counts from 1 to 10 after making sure of the timekeeper timing.

2- If the participant commanded to move to a corner did not obey, the referee has to stop counting till the command is obeyed.

3- If the falling down participant got up before the count of eight, the referee continues counting to eight then makes sure if the participant is capable to carry on fighting before giving the resume sign.

4- If one of the participants could not carry on fighting, the other participant wins the combat with a knock-down.

5- If the participant got up before the count of 10 then fell down again without the interference of the other participant, the counting resumes up to 10.

6- If both participants fall down and one of them got up, the referee has to continue counting for the one that is still down. In case of reaching the count of 10 the participant, who got up, wins the combat if the referee decided that this participant is capable to carry on the fight.

7- If both participants fall down and the timing bell rang before reaching the count of 10, the referee continues counting up to 10. In case one of the participants got up before that this participant has to go to the ring corner.

8- If both participants fall down and both could not get up before the count of 10, the referee declares equivalent.

9- In the case of throwing and immobilizing the referee gives a sign to the timekeeper to start counting in the same time. The referee counts and points out a finger every 10 seconds.

10- The referee has to make sure that no pressure is made on the larynx during any techniques. In this case the referee has to alert the competent or to stop the combat and resume from the standing possession.

14. Controlling prohibited behavior:

The participant who deliberately breaks the rules and does not obey orders gets a warning (yellow card) or gets disqualified according to the opinion of the majority of the juries. Maximum number of warnings given to a participant is 3 warnings. The third one means disqualifying the participant without consulting the juries in this case.

Any warning directed to a coach or assistance is considered to be a warning to their participant.

The referee is allowed to alert the participants without stopping the timing of the combat, unless that requires time to explain an issue about that warning.

In the case of the yellow card warning timing has to be stopped and the referee has to explain to the participant the prohibited behavior that was made clearly and accurately.

15. Accidental fouls:

If the combat has been stopped for an accidental foul occurrence, the referee has to decide the possibility of resuming the combat after consulting the doctor who examined the injured or hurt combatant. The juries are to be also consulted by using the phrase (foul or no foul). If the referee decided to resume the combat, the combatant who made the foul has to be warned or alert.

If the combat has been stopped for an accidental foul occurrence and the doctor decides that the injured or hurt combatant is not capable of resuming the combat, the referee declares the end of combat. In that case the juries calculate the points for each combatant according to the points calculating form. The combatant with the higher points score wins the combat.

If the previous situation accrued in the first round of the combat, the referee declares the unhurt combatant as the winner.

16. Rules violations:

*The participant, who deliberately violates the rules or commits one of the prohibited behaviors during the combat without harming the other participant, gets a warning by a yellow card to be lifted up. In this case the other participant gets a

point on the counter. If the same participant commits another violation or prohibited behavior, a second warning is to be given to that participant and the other participant gets two points on the counter. In the case of a third violation or prohibited behavior the participant gets expelled from the combat for disqualification and the other participant in this case is conceder to be the combat winner.

*In the case of accidental or unintentional fouls that participant only to be alerted, this foul did not affect the other participant's ability to carry on fighting.

*In the case of accidental or unintentional fouls that affect the ability of the other participant to carry on fighting, the combat stops. The participant with the higher points score wines the combat.

Filing objections

1-Only the representative of the team has the right of filing objections.

2-Filing objections can only be done after the end of the combat.

3-Objections have to be written down and fees have to be paid when filing objections.

Making decisions

The supervisor is authorized to study the objections and make decisions about them. The juries and the referee might be consulted as well before making decisions. Once the decision has been made it is final and obligatory.

17. Notes and general regulations:

*When the referee says the word “EBDAA”, the participant has to start the fight by kicks and punches techniques. The participant is not allowed to start with throwing in attempt of immobilizing.

*Kicks and punches on joints are not allowed. Only pressure techniques are allowed in attempts of immobilizing.

*If both participants attempted to throw in the same time and no one of them could successfully throw the other, the referee has to stop the combat by saying the word “KEFF” and then resume once again with the kicks and punches techniques.

*No punches or hitting on the ground allowed. Only immobilization techniques are allowed when one of participants has been successfully thrown on the ground.

*In case of immobilization points are calculated as follows:

Immobilization for 10 seconds gets 1 point.

Immobilization for 20 seconds gets 2 points.

Immobilization for 30 seconds finishes off the combat.

*The immobilized participant has to try to get freed by technical attempts only and is not allowed to use any techniques that might harm to the other participant.

*Grapple the combatant by a hand and hitting by the other is not allowed when grapple the attempt of immobilizing is the allowed technique.

*Warnings are to be given as follows:

First rule violation or prohibited behavior gets an oral warning or alert.

Second rule violation or prohibited behavior gets a yellow card warning and the other participant gets a point on the counter.

Third rule violation or prohibited behavior gets a yellow card warning and the other participant gets two points on the counter.

Fourth rule violation or prohibited behavior gets red card and expulsion for disqualification.

18. Weight categories in Kowat Alrami style:

Weight categories for participants of 18 - 37 years old

No.	Males weight	Weight category	Females weight	No.
1	Below 50 kg.	Fly weight		
2	Below 55 kg.	Bantam weight	Below 50 kg.	1
3	Below 60 kg.	Feather weight	Below 55 kg.	2
4	Below 65 kg.	Light weight	Below 60 kg.	3
5	Below 70 kg.	Light welter weight	Below 65 kg.	4
6	Below 75 kg.	Welter weight	Below 70 kg.	5
7	Below 80 kg.	Light middle weight		
8	Below 85 kg.	Middle weight	Below 75 kg.	6
9	Below 90 kg.	Light heavy weight		
10	Below 95 kg.	Cruiser weight		
11	Above 95 kg.	Heavy weight	Above 75 kg.	7

LIGHT CONTACT KOWAT RULES and REGULATIONS

The light contact rules are similar to the full contact except of the permeation of the knock-out blow. Winning a light contact combat depends only on points scoring. Light contact style is an obligatory for participant under the age of 18 years.

Weight and age categories for juniors and youth

No.	Weight categories	Juniors 8-13 years old	Males youth 13-18 years old	Females youth 13-18 years old
1	Feather weight	Below 25 kg.	Below 40 kg.	
2	Light weight	Below 30 kg.	Below 45 kg.	Below 40 kg.
3	Light welter weight	Below 35 kg.	Below 50 kg.	
4	Welter weight	Below 40 kg.	Below 55 kg.	Below 45 kg.
5	Light middle weight	Below 45 kg.	Below 60 kg.	Below 50 kg.
6	Middle weight	Below 50 kg.	Below 65 kg.	Below 55 kg.
7	Light heavy weight	Below 55 kg.	Below 70 kg.	Below 60 kg.
8	Cruiser weight		Below 75 kg.	Below 65 kg.

19. General instructions for arbitrators:

Arbitrators have to be characterized by certain ethics and qualities to be able to successfully conduct combats and give right decisions. Here are some general instructions related to this issue.

- 1- Justice and fairness when giving a decision.
- 2- Concentration and awareness during combats.
- 3- Not to rush and think thoroughly before giving a decision.
- 4- Arbitrators have to be non-vulnerable and never get affected by the audience shouting and yelling during the combat.
- 5- Arbitrators must be neutral and never get biased to a certain team or participant.
- 6- Arbitrators have to be quick and intuitive.
- 7- To be certain and accurate when calculating points or giving warnings.
- 8- Arbitrators must be keen to continuously develop their capabilities and abilities of arbitration. They must be knowledgeable and aware of all rules and regulations changes.

Finally, arbitrators must remember that they carry the burden of justice and fairness. As arbitrators are the main factors of this style success, they are certainly can help to attract or alienate people to Kowat Alrami style.

President - Founder
Grand Master Dr. Walid Kassas



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The Refereeing Rule for Self-defense Styles Competitions

• **Self-defense Introduction**

Self-defense is a phrase that includes a set of techniques and methods used by a person encountering a danger or a threat. Whatever the aggressor's actions are, means should be used by the defender to stop him without extreme violence. In sport competitions, it's done according to the recent rule.

And the link among the methods of self-defense is all the martial arts and self-defense because the main purpose of any of these methods is the practice of training of self-defense against any attack from any person practicing a certain type of martial arts or others.

• **Main Features of Self-defense**

- A. Priority of self-defense, ways and tactics, and then techniques
- B. No constant patterns for self-defense
- C. In cases of self-defense, all the applied tactics and techniques should be done in the frame of self-defense law cases, and the psychological part is very important.
- D. Self-defense practices should be realistic and not imaginary; however, it's impossible practically to find a complete realistic pattern because every self-defense case has its own special characteristics and unexpected factors.

Therefore, WFKA's programs aim at meeting the realistic conditions as much as possible. WKFA'S fight styles focus on developing a trainee psychologically and physically to use self-defense in realistic situations.

So, the International Federation for KOWAT ALRAMI & SELF DEFENSE sports, WFKA, established the techniques and the styles of self-defense contests and their following rules:

• **Self-defense Contests Styles**

- a) Traditional sports style
- b) Modern self-defense style
- c) Free method of self-defense

A. Traditional Sports Style

The competitor proceeds with his assistant opponent to the arena wearing the accredited KOWAT ALRAMI costume including gloves and protective feet. The participant encounters only one competitive opponent as if they were in a sport ring and all the techniques are implemented twice. The first one is done in a slow motion to explain the movements being applied, and then the same technique is done faster. The techniques applied are the accredited ones by KOWAT ALRAMI which combine punching, kicking,

holding with throwing and fixation. The contest duration is only one minute during which the competitor is able to apply a group of fighting techniques or more.

B. Modern Self-defense Style

The competitor proceeds with his opponents assistants (2 to 5 persons) to the square of competition wearing the clothes they want without protective means or gloves or weapons. All the techniques are implemented twice. The first one is done in a slow motion to explain the technique being applied. Then the same movements are applied quickly. The duration of the competition is only one minute. There are no restrictions in relation to movements or clothes.

C. Free Self-defense Style

The unarmed competitor proceeds with his opponents assistants (2 to 5 persons) to the court of competition. It's possible for them to be armed or unarmed wearing the clothes they chose. The movements are implemented once in a quick way. The duration of the competition is only one minute. There are no restrictions in relation to movements or clothes.

The techniques and criteria on which the judge makes his decision concerning the result of self-defense competitions

1. **Speed**
2. **Power**
3. **Right techniques**
4. **Quick reaction**
5. **Realism**

Duration: Maximum is one minute (60 seconds)

Contest Area: The contest is carried out on a flexible rug (Tatami) $8 \times 8 \text{ m}^2$

Clothes:

- a. **Traditional Sports Style:** The athlete competes barefoot wearing the suit, gloves, and the protective feet accredited by the self-defense sports. The assistant opponent clothe is the same.
- b. **Modern and Free Self-defense Styles:** The athlete competes barefoot or wearing the special shoe for the self-defense sports. The same thing is applicable to assistant opponents.

Categories and Ages

Categories	Ages	Weights
Rookies – Males and Females	8-13	Open weight
Youth – Males and Females	13-18	Open weight
Adults	18-40	Open weight
Veterans	40+	Open weight

Refereeing: Committee of Referees:

- **Referees & Judges**

Self-defense styles competitions are led by a federal referee who manages the process of the competition and declares the result. Five federal judges sit in front of the competition mat (rug) away from the audience (3 meters minimum). Crew of referees for any match includes: president of referees, referee of ring, five judges, and time keeper.

The matches are led by a crew of referees including:

Referees President (Supervisor)
Central Referee
Judges
Time Keeper

1. Referees' President (Supervisor)

He is in charge of the referees and judges of the championship. He should hold a referee degree, (the category of thousand) or internationally classified. He should be knowledgeable of the rules, and his age is above 21. He assigns the main referee ring in case there is more than one. He has the right to present any objection during the matches and can refer back to the committee of referees if it's necessary.

Referees President Duties - He is the reference concerning everything related to referees and judges and must do the followings:

- a) Choosing the unbiased and qualified referees and judges for every ring available in the championship
- b) Observing the performance of referees and judges and addressing the necessary advice and warnings but not during the contests
- c) Recording and following up the competitors' rising in the contests to guarantee the rising of winning players, declare the winners' final result, and determine the first three positions

2. Central Referee Duties:

A. He must:

- Examine the players' clothes and the safety equipment according to traditional sports style and what is required from the others
- Should collect them and give remarks in relation to the rules
- Confirm that match duration is one minute
- Confirm that the performance is done in the frame of the approved techniques of KOWAT ALRAMI SPORTS
- Confirm players identification before they start playing
- Confirm the readiness of the judges and the time keeper
- Request the judges to declare the result at the same time and the final result and the winning competitor in the blue or red angle

B. Orders of Contest's Referee - must use the following orders terms:

1. **START**: when he orders to start the competition
2. **STOP**: when he orders the competitors to stop
3. **JUDGES**: when he asks the judges to declare the result together
4. **RESULT**: when he asks the judges to declare the result
5. **WINNER**: when he declares the winner's result by raising his hand toward the winner (competitor) in the contest

3. Judges

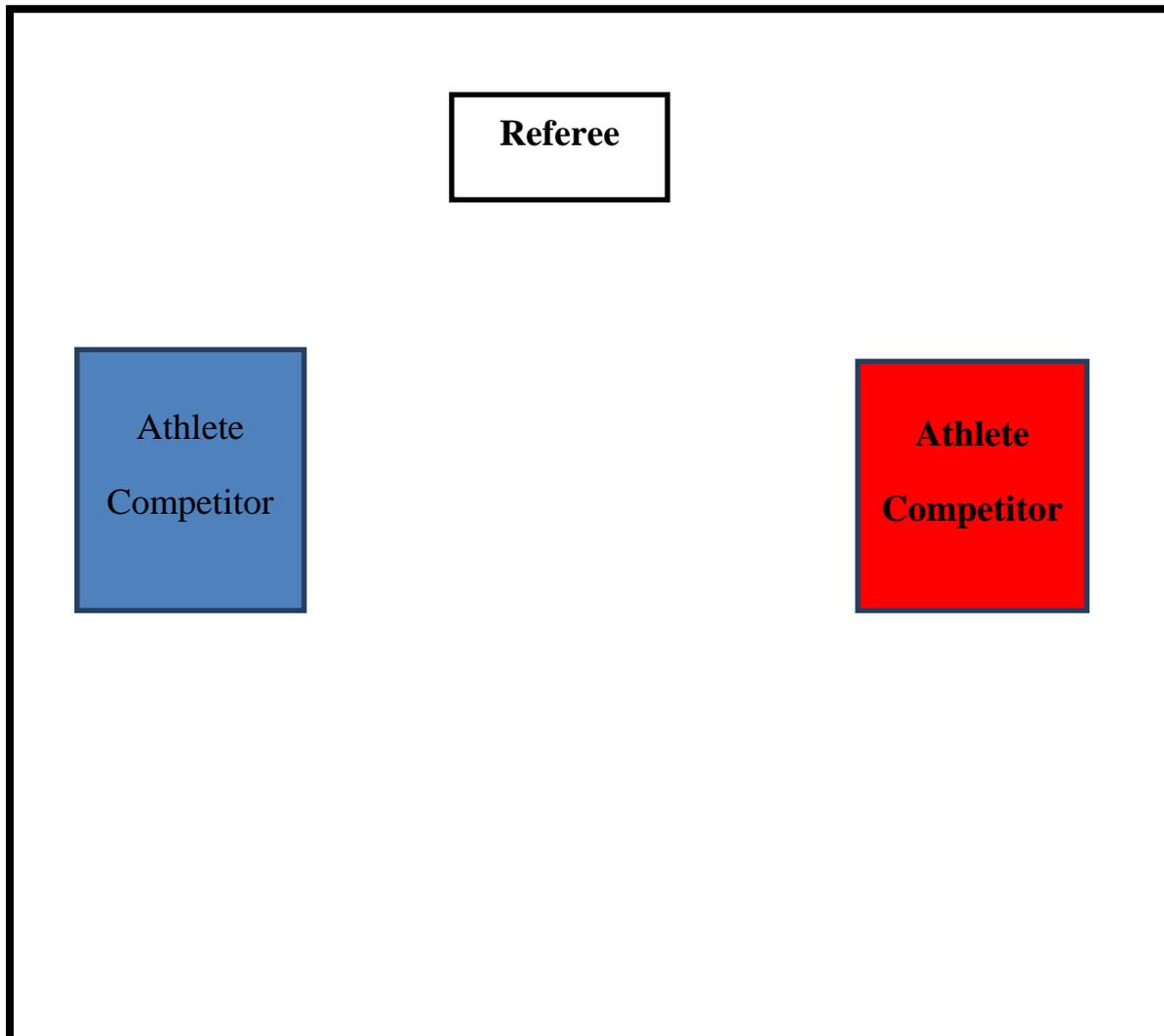
The committee of judges consists of five judges sitting at the main table facing the referees and the competitors in the contest. Every judge is responsible of one of the following techniques: **speed, power, right techniques, right reaction, and realism**. Every judge holds two cards, red and blue, same colors of the rug sides that indicate the competitor's entrance side. The judges should observe the movements and the techniques of the competitors carefully and accurately for the sake of evaluating and giving the right result. When the match ends, the referee of the contest asks the judges to declare the result that has been assessed between the two competitors in the red and blue sides (positions) by saying **judges** first to get ready. Upon saying **result**, the judges raise up the red or blue card which indicates the winning of the red or blue competitor. And the evaluation should be based on speed, power, right techniques, right reaction, and realism.

4. Time Keeper

The time keeper determines the contest's timing, which is one minute, once the referee says the word **start**. He records the timing between the two competitors during the contest. In case of equivalence, (two pro judges for the red and two pro judges for the blue, and the fifth judge raised the two cards together), then he refers to two competitors' time recording, and the winner will be for the one who is committed to time accuracy in the contest which is announced by the supervisor.

Contest Area

The contest is done on a flexible rug (Tatami) 8×8 m²



Main Table for the Supervisor, Judges, and Time Keeper

Time Keep	Judge	Judge	Supervis or	Judge	Judge	Judge
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