



INTERNATIONAL RULES for SPORTS ARNIS

(Updated 2011)

The game is played by using prescribed padded stick in delivering artistic and legal blows, strikes, thrusts, and disarming the opponent to gain scores.

The winner of the match is decided by best of three rounds. Each round lasts for two minutes.

CHAPTER 1 : FACILITIES AND EQUIPMENT

RULE 1.0 COMPETITION AREA (Diagram 1 and 2)

Shall refer to the area by which the conduct of the competition shall be set or held including the free zone around it.

1.1 Dimensions

The playing area is a square measuring 8.0 meters by 8.0 meters with a two (2) meters minimum free zone around it, and a clear space without any obstruction up to a height of not less than 5 meters from the playing surface.

1.2 Lines of the Playing Area

All lines of the playing surface are 5.08 cm. (2 inches) and must be of different color from that of the floor and other lines previously drawn for other purposes.

1.3 Boundary Lines

Four lines mark the boundary of the playing area. The free zone distance measuring 2.0 meters are drawn outside of the playing area.

1.4 Match Lines

Two lines of 1.0 meter long and 2.0 meters apart mark the horizontal match line.

1.4.1 The horizontal match lines are drawn 3 meters from the boundary lines that run perpendicularly to the official's table, and 3.5 meters from the boundary line that run parallel to the official's table.

1.4.2 The horizontal match line left of the official's table is colored red and the opposite horizontal match line is blue to mark the respective line of each player.

1.5 Referee Line

A straight line of 1.0 meter long is drawn 2.5 meters from the farthest boundary line parallel to the official's table.

1.6 Warning Lines

A broken straight line is drawn one (1) meter before each boundary line to serve as a marker before the outside zone.

1.7 Playing Surface

1.7.1 The surface must be flat and smooth and must not be elevated from the ground.

1.7.2 The playing surface must be clean and free from foreign objects that may endanger or cause injury to the players. It is prohibited to hold any competition on a rough, slippery or soiled surface. Any other surface must have the approval of *i*-ARNIS.

1.8 Neutral Corner

The corner of the playing area farthest to the official's table and in between the two (2) judges within the free zone shall be designated as the neutral corner. This shall be the consultation area for the referee and judges.

FOREWORD

This Handbook on the Rules and Regulations of Competitive Arnis is prepared by Arnis Pederasyong Internasional, Inc. (*i*-ARNIS) for use in the conduct of all Arnis competitions in the local, national and international levels. This handbook was initially based on the Rules Manual formulated by Arnis Philippines, Inc., which in turn, was made possible through long periods of consultations with numerous Arnis martial arts authorities. Much care has been made to ensure that the provisions contained herein will conform to, and approximate to the actual Arnis martial arts both in Full Contact and Anyo events for international competition, while at the same time giving prime consideration to the athlete's safety.

The making of this handbook was made possible through the concerted and generous efforts of numerous people who have throughout the years contributed in their own little way for the betterment of Sports Arnis. Thus, credit and gratitude should be bestowed on them.

Code of Ethics:

1. Arnis is an event that aims to bond and develop friendship and brotherhood.
2. It is never a sport to hurt and defeat the opponent but to improve the skills of the players.
3. It aims to develop the mind, the physique and the character of the player.
4. Arnis is played to develop the social aspect that will lead to the close bonding of all practitioners.
5. All the practitioners respect each other. They salute each other when they meet and from a meeting before they depart. The juniors must salute first and maintain the position until the seniors answer their salute.
6. The juniors do not have the right to challenge to fight the seniors unless in the program set by their association to fulfill an objective.
7. All the practitioners continue to move on as there is room for improvement or advancement.
8. Each practitioner must share with other beginners or practitioners the advancement attained.
9. Practitioners must desire to strengthen the Arnis family he belongs to by sharing love, knowledge and understanding.
10. Practitioners must remember that Arnis is not a means to fight people but to bond with them for life improvement.

ACKNOWLEDGEMENT

We acknowledge with deep gratitude the following people who have tremendously contributed to the fulfillment and finalization of this International Rules for Sports Arnis.

The International Rules for Sports Arnis was first ratified on February 27, 1991 during the First International Arnis Congress held at the Silahis International Hotel in Manila. This two-day global meet hosted by Arnis Philippines was supported and sanctioned by the Office of the President, International Olympic Committee, Philippine Olympic Committee, Philippine Senate, House of Representatives, Department of Tourism and many other private and government entities, respectively.

In 1991, Mr. Ramon Montes, Chairman on Committee on Rules together with Prof. Elisa L. Granada as Vice Chairman and its SecGen Alexander Cruz conscientiously put together the rules in a handbook.

The Committee on Rules was later headed by Mr. Raymond S. Velayo as its Chairman together with Prof. Servillano A. Padiz, Jr. as Vice Chairman, and SecGen Ramon S. Dizon. They contributed to the finalization of this updated 2011 International Rules for Sports Arnis. They were also assisted by the ARPI Referees and Judges Committee Officials.

And finally, we thank all those we have failed to mention that lent their knowledge and expertise in arnis making possible the formulation of these rules.

TABLE OF CONTENTS

FOREWORD	2
CODE OF ETHICS	3
ACKNOWLEDGEMENT	4
Table of Contents	5-9
Diagrams & Figures	10
INTRODUCTION	11

PART 1- FULL CONTACT EVENT

I. SCOPE	11
II. GAME CHARACTERISTICS	11

CHAPTER 1 FACILITIES AND EQUIPMENT

Rule 1	Competition Area	12
1.1	Dimensions	12
1.2	Lines of the Playing Area	12
1.3	Boundary Lines	12
1.4	Match Lines	12
1.5	Referee Lines	13
1.6	Warning Lines	13
1.7	Playing Surface	13
1.8	Neutral Corner	13
1.9	Temperature	16
1.10	Lighting	16
1.11	Position of Players	16
Rule 2	Equipment	16
2.1	Weapon	16
2.2	Head Protector	17
2.3	Body Protector	17
2.4	Scoreboard	17
2.5	Flags	17
2.6	Other Equipment	19

CHAPTER 2 PARTICIPANTS

Rule 3	Composition	19
Rule 4	Qualification	19
Rule 5	Duties and Responsibilities	20
5.1	Players	20
5.2	The Coach	21
5.3	Trainer	21
Rule 6	Uniforms	22
Rule 7	Divisions (Age & Weight Categories)	23
7.1	Men's & Women's Division	23
7.2	Boy's & Girl's Division	23

CHAPTER 3 CONDUCT OF THE TOURNAMENTS, SCORING, BODY POINTS AND PENALTIES

Rule 8	Conduct of the Tournament	24
Rule 9	Salutation	24
Rule 10	Matching and Pairing	24
Rule 11	Scoring	24
Rule 12	Declaring a Winner on a Specific Round	25
Rule 13	Draw Score	25
Rule 14	Body Points	26
Rule 15	Penalties	26
15.2	Foul	27
Rule 16	Disarming	28
Rule 17	Injuries	28
Rule 18	Disqualification	29
Rule 19	Forfeitures	29
Rule 20	Default	29
Rule 21	Declaring a Match Winner	29
Rule 22	Time - outs	30
Rule 23	Protests	30

PART 2-	ANYO EVENT	
I. SCOPE		31
II. GAME CHARACTERISTICS		31
CHAPTER 1	FACILITIES AND EQUIPMENT	
Rule 1	Competition Area	32
1.1	Dimensions	32
1.2	Lines of the Playing Area	32
1.3	Boundary Lines	32
1.4	Entry Lines	32
1.5	Playing Surface	32
1.6	Temperature	33
1.7	Lighting	33
1.8	Entrance of Players	33
Rule 2	Equipment	33
2.1	Weapon	33
2.2	Score Card	34
2.3	Tabulation Sheet	35
2.4	Flags	36
2.5	Other Equipments	36
CHAPTER 2	PARTICIPANTS	
Rule 3	Composition	36
3.1	Individual Event	36
3.2	Team Event	37
Rule 4	Qualifications	37
Rule 5	Duties and Responsibilities	37
5.1	Players	37
5.2	The Coach	38
5.3	Trainer	38

Rule 6	Divisions	39
6.1	Men's & Women's Division	39
6.2	Boy's & Girl's Division	39
6.3	Children's Division	39

CHAPTER 3 CONDUCT OF THE TOURNAMENTS, SCORING, BODY POINTS AND PENALTIES

Rule 7	Conduct of the Tournament	40
Rule 8	Salutation	40
Rule 9	Order of Competition	40
Rule 10	Scoring	40
Rule 11	Criteria	41
Rule 12	Draw Scores	42
Rule 13	Declaring a Winner	42
Rule 14	Penalties	42
Rule 15	Disqualification	43
Rule 16	Forfeiture	43
Rule 17	Default	43
Rule 18	Protests	43

PART 3 - TOURNAMENT OFFICIALS

Rule 1	Officials - Duties and Responsibilities	44
1.1	The Tournament Director	44
1.2	The Screening Committee	44
1.3	Judges and Referee	44
1.4	Timer	44
1.5	Recorder	45
1.6	Tabulator	45
1.7	Flag Officials	45
1.8	Matcher	45
Rule 2	Official Calls and Hand Signals	46
2.1	Handa, Laban	46
2.2	Hinto	46

	2.3	Hiwalay	46
	2.4	Payo	47
	2.5	Hatol	47
	2.6	Panalo	47
	2.7	Laglag	48
	2.8	Paglabag	48
	2.9	Mag– Ayos	49
	2.10	Pagwasto	49
	2.11	Sinadyang Paglabag	49
	2.12	Parusa	50
	2.13	Pinsala	50
	2.14	Maling Gawi	50
	2.15	Walang Labanan	51
	2.16	Pagtulak	51
	2.17	Paghawak	51
	2.18	Pagtuhod	52
	2.19	Pagsipa	52
	2.20	Pagsalag	52
	2.21	Pagsiko	53
	2.22	Pagsuntok	53
Judge's Signals	2.23	Declaring a Winner	53
	2.24	Declaring a Draw	54
	2.25	Consultation / Requesting Time outs	54
	2.26	Labas	54
	2.27	Loob	55
Rule	3.0	Official Calls and Hand Signals for ANYO	55
	3.1	Declaring Scores	56
	3.2	Declaring a Violation	56
	3.3	Violation of Standard Salutation	56
Rule	4.0	Timer's Signals	56

DIAGRAMS AND FIGURES

Diagram 1	Dimensions of Playing Area	14
Diagram 2	The Competition Area with positions of Players, Judges Referee, and other officials	15
Diagram 3	The Score Board	18
Diagram 4	The Flags	18
Diagram 5	Body Striking Points	26
Diagram 6	Scorecard	34
Diagram 7	Tabulation sheet for Anyo Event	35

APPENDICES

Appendix 1	Tournament Application Form (for Athletes)	57
Appendix 2	Full Contact Fight Sheet	58
Appendix 3	Oath of Allegiance	59

RULES AND REGULATIONS FOR THE CONDUCT OF SPORTS ARNIS

INTRODUCTION

This Rules and Regulations has been prepared by Arnis Pederasyong Internasional, Inc. or (*i*-ARNIS) as a standard in the conduct of Local, National and International tournament in sports Arnis. This was presented to the *i*-ARNIS Board of Directors of 2010 for ratification and was subsequently approved. *i*-ARNIS reserves the right to propose changes, amendments or revisions to suit the interest of the Arnis community in all its tournaments in sports Arnis worldwide.

PART I - FULL CONTACT EVENT

I. SCOPE

This standard shall describe the procedures, practices and proper conduct of all competitive Arnis (Full Contact) Tournaments.

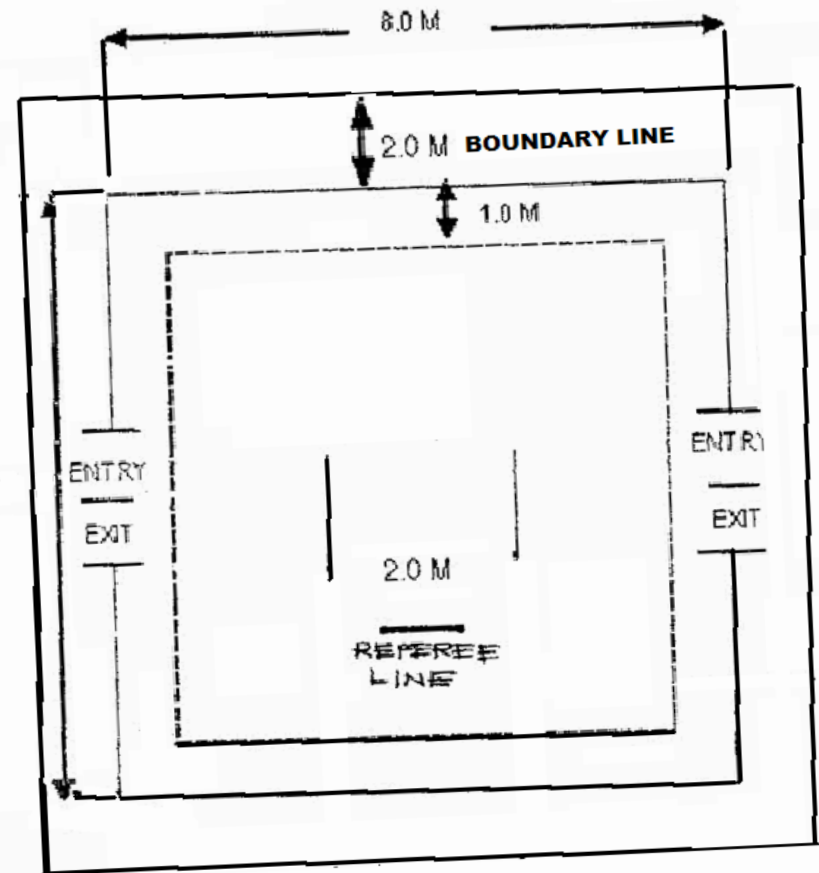
This standard specifies the requirements by which the conduct of all competitions shall be synchronized on the following:

- A. Facilities and Equipment
- B. Participants
- C. Uniforms
- D. Divisions (Weight Categories)
- E. Conduct of the Tournament, Scoring and Penalties

II. GAME CHARACTERISTICS

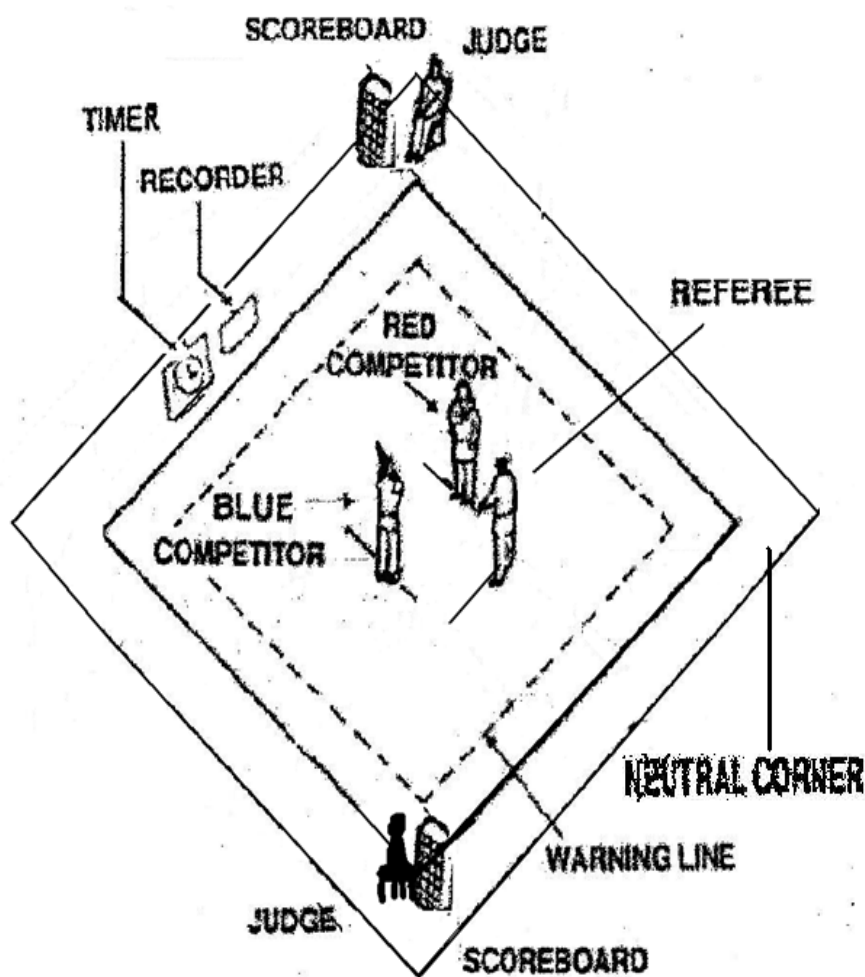
Arnis (stick fighting)- Full Contact event is a combative sport played by two individuals in a court measuring 8.0 x 8.0 meters, with smooth and well kept surface. Players are paired / matched by Division of weight categories.

DIAGRAM 1



PLAYING AREA

DIAGRAM 2



COMPETITION AREA

1.9 Temperature

The minimum temperature for an outdoor competition shall not be below 25 degrees Celsius (77 Fahrenheit). For the indoor competition, the temperature shall not be higher than 25 degrees Celsius (77 degrees Fahrenheit) and lower than 16 degrees Celsius (61 degrees Fahrenheit).

1.10 Lighting

Lighting apparatus is located above free space (rule 1.1) It must not cause any reflection to the surface and must not affect the vision of the players.

1.11 Position of Players

Before the game starts, players must be positioned in the playing area so that the red-coded player is at the right side of the referee and the blue-coded player is on his left side.

RULE 2.0 EQUIPMENT

Shall mean the materials and accessories that are used in the conduct of the competition, all of which shall conform to the standards set and approved by *i-ARNIS ONLY*.

2.1 Weapon

2.1.1 The padded stick shall be the official weapon of the player. the specifications of which shall be in accordance with the *i-ARNIS* standard. No other similar material will be allowed to be used in any local, national or international competitions.

2.1.2 Each padded stick shall be properly foam-cushioned and shall have a maximum grip diameter of not more than 3.81 cm. (1 1/2 inch) and length of 76.20 cm (30 inches for men and women). The length of padded stick shall be cm (27 inches for boys and girls).

2.1.3 Both padded stick shall be color-coded, one red and the other blue.

2.2 Head Protector

2.2.1 Refers to a pair of protective head gear to include an impact-worthy face mask, the specifications of which shall be in accordance with the *i*-ARNIS standard.

2.2.2 Both headgears must be color-coded, one red and the other blue, to match the padded stick of the player.

2.3 Body Protector

2.3.1 Refers to a pair of protective body protector, properly cushioned, the specifications of which shall be in accordance with the *i*-ARNIS standard.

2.3.2 Male and female player must both wear body protector and groin protector. Body protectors and groin protectors specifications shall be in accordance with the *i*-ARNIS standard. Both body protectors and groin protectors shall be color coded to match the color of the player.

2.3.3 Forearm and shin guards are compulsory. The specifications shall be in accordance with *i*-ARNIS standard. Both shin & forearms guards must be color coded to match the color of the player.

2.4 Scoreboards (Diagram 3)

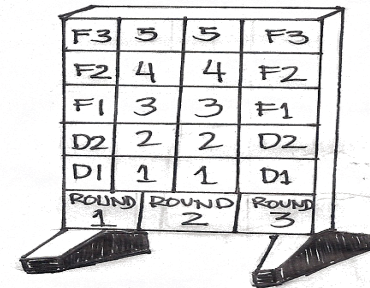
2.4.1 A pair of scoreboards, either manually or electronically operated, the specifications of which shall be in accordance with the *i*-ARNIS standards.

2.4.2 Two score boards per contest area shall be placed at diagonally opposite corners outside the playing area, inside the competition area within the free zone, right where the judges are positioned.

2.5 Flags

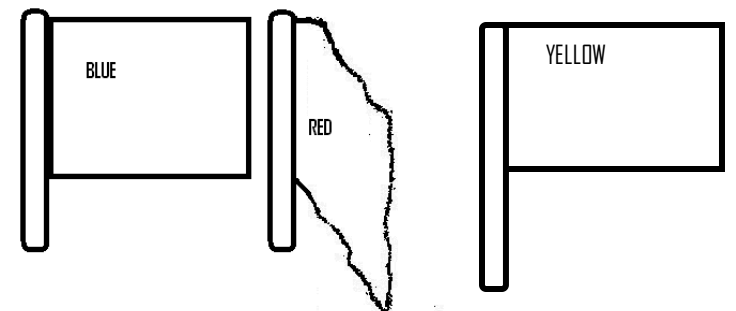
2.5.1 Two sets of red and blue flags, the size of which is 30 cm by 25 cm, are used by the judges in declaring decisions or asking for consultations.

DIAGRAM 3
THE SCOREBOARD



ELECTRONIC OPERATED
SCOREBOARD

DIAGRAM 4
THE FLAGS



FOR THE JUDGES

FOR THE TIMER

- 2.5.2 One yellow flag, size 30 cm by 25 cm. for timer's use to signal the start and the end of each round and to declare a time-out and resumption of the game.

2.6 Other Equipment

- 2.6.1 Stopwatch is use to keep the two-minutes per round. This excludes interruptions such as injury, changing of broken padded stick. A gong and mallet or other similar audible substitutes such as whistle, bell or buzzer shall be provided for the Timer to indicate the start and end of the round.
- 2.6.2 A table shall be provided for the Timer and Recorder which shall be situated one (1) meter in front of the playing area so that time signals are audible enough to both players and referee.

CHAPTER 2: PARTICIPANTS

RULE 3.0 COMPOSITION

- 3.1 MEN's team may consist of a maximum of eleven (11) players, one (1) player per weight division; one coach; one trainer; one medical doctor and two officiating RJs licensed by *i*-ARNIS (same composition for WOMEN's team).
- 3.2 BOY'S team may consist of a maximum of eleven (11) players, one (1) player per weight division; one coach; one trainer; one medical doctor and two officiating RJs licensed by *i*-ARNIS (same composition for GIRLS' team).
- 3.3 Only players listed in the entry form shall participate in the game.

RULE 4.0 QUALIFICATIONS

Shall mean the approval by the Tournament Screening Committee for an individual or group to participate provided that the following requirements are met.

- 4.1 The players shall meet the requirements of the weight division in which he/she is to compete.
- 4.2 The players shall meet the age requirement set by the organizing committee.
- 4.3 The player shall be physically and mentally fit to compete as certified by a licensed medical practitioner from the player's origin. In special cases, the official tournament physician may certify the player's fitness. This should be submitted together with the tournament application form.
- 4.4 The player shall fill-up a competition application form and it should be properly and completely accomplished.
- 4.5 Sex test may also be required in cases where there are doubts in real sex of the participants.
- 4.6 Drug test may be required in cases where there are doubts.

RULE 5.0 DUTIES AND RESPONSIBILITIES

- 5.1 Players
 - 5.1.1 **Players must have full knowledge of the rules of the game and are duty bound to follow.**
 - 5.1.2 Players must accept the decision of the officials with sportsmanlike conduct, without disputing them. In case of doubt, only the coach may request for clarification after the game.
 - 5.1.3 Players must at all time observe proper decorum such as respect and courtesy towards the referee, other officials, opponent, teammates and even spectators.
 - 5.1.4 Only members of the team who are officially listed to play are allowed to sit on the bench designated for them during the game.
 - 5.1.5 During the game, the team members are not allowed to stand or cheer or give instructions to their member player.

5.1.6 Jeering, provocations, and similar acts which destroys spirit of competition and fair play are not allowed.

5.1.7 Any violation of the above rules shall be given corresponding penalties. (refer to rule 15.1)

5.2 The Coach

5.2.1 The coach is responsible for the conduct and discipline of the players. **He MUST attend the solidarity meeting.**

5.2.2 Coaches must at all times observe proper decorum such as respect and courtesy towards the officials, opponent, teammates and even spectators.

5.2.3 Only during time-outs and intervals between rounds may the coach give instruction, without entering the playing area or delaying the game.

5.2.4 Any violation of the above rules shall be given corresponding penalties. (refer to rule 15.1)

5.3 Trainer

5.3.1 If the team coach is present, the trainer may sit on the team's bench, but has no right to intervene the match.

5.3.2 In the absence of the coach or in case the coach leaves during the match, the trainer may take over, only after properly informing the table officials who will give him authority to assume as such.

5.3.3 The trainer and other Team Officials are responsible for the conduct and discipline of their team members.

5.3.4 Any violation of the above rules shall be given corresponding penalties. (refer to rule 15.1)

RULE 6.0 UNIFORMS

Shall mean all those that form part of the athlete's outfit worn in the playing area during the competition.

6.1 White short sleeves T-shirt, with no extra design or accessory, except for the printed name or logo of the country or club.

6.2 Red loose pants without any lining or design.

6.3 Footwear for the competition is white shoes with rubber-sole.

6.4 Number tags shall be provided for each participant and must be attached at the backside of the T-shirt.

6.5 Wearing of accessories that may cause injury such as rings bracelets, watches, necklace, etc. are strictly not allowed.

6.6 Proper hygiene must be observed at all times. Fingernails cut short, long hair tied back, uniform clean.

RULE 7.0 DIVISIONS (Age & Weight Categories)

7.1 MEN AND WOMEN'S DIVISION (AGE 18 & ABOVE)

	DIVISION	WEIGHT (IN KG)	
		MEN	WOMEN
1	FLYWEIGHT	-	-47
2	BANTAMWEIGHT	- 51	+ 47 - 51
3	FEATHERWEIGHT	+ 51 - 55	+ 51 - 55
4	LIGHTWEIGHT	+ 55 - 60	+ 55 - 60
5	WELTERWEIGHT	+ 60 - 66	+ 60 - 66
6	MIDDLEWEIGHT	+ 66 - 73	+66 - 73
7	CRUISERWEIGHT	+73 - 81	+73 - 81
8	HEAVYWEIGHT	+ 81 - 90	+81
9	SUPER HEAVYWEIGHT	+ 90	-

There are eight weight divisions for each gender.

7.2 BOYS AND GIRLS' DIVISION (13—17 AGE)

	DIVISION	WEIGHT (IN KG)	
		BOYS	GIRLS
1	PINWEIGHT	-	- 43
2	FLYWEIGHT	- 47	+43 - 47
3	BANTAMWEIGHT	+ 47 - 51	+ 47 - 51
4	FEATHERWEIGHT	+ 51 - 55	+ 51 - 55
5	LIGHTWEIGHT	+ 55 - 60	+ 55 - 60
6	WELTERWEIGHT	+ 60 - 66	+ 60 - 66
7	MIDDLE WEIGHT	+ 66 - 73	+ 66
8	CRUISERWEIGHT	+ 73 - 81	-

There are seven weight divisions for each gender.

CHAPTER 3 : CONDUCT OF THE TOURNAMENT, SCORING AND PENALTIES

RULE 8.0 CONDUCT OF THE TOURNAMENT

- 8.1 The conduct of the competition shall be on two-out-of-three-round system. Each round shall be held for a maximum of two (2) minutes.
- 8.2 Upon the initial command of "Handa" for each round, the referee shall allow both players to display artistic Arnis movements unique to their styles.
- 8.3 The player must continuously perform artistic Arnis strokes depicting their styles whenever apart during the game.

RULE 9.0 SALUTATION

At close stance, salutation is done by placing the right hand with the weapon pointing upward over the left chest, while the left arm is at the side and is followed by a **Nod**. Upon entering the playing area, players must do the salute to the officials together with the referee. Finally, salute must be given to the opponent. This shall be done before and after every game.

RULE 10.0 MATCHING & PAIRING

Blind matching & pairing of single elimination or knock out system shall be adopted in most cases where the number of participants will allow it. Otherwise, a round robin system shall be used. This shall be done at least one day before the tournament. Representatives from the respective teams concerned shall be invited to witness the matching & pairing.

RULE 11.0 SCORING

- 11.1 A score shall mean a strike or thrust with a padded stick using one hand only, delivered to a specific body point and is counted upon confirmation by the two (2) or at least one (1) of the judges, simultaneously recorded on the scoreboard.
- 11.2 A legitimate strike is given a point if it is delivered to a specific body point in correct form, that is –with power, right timing, with art, distance and intent.
- 11.2.1 Simultaneous Strike - When the two players deliver strike simultaneously , it will not be given a point.

11.2.2 Spontaneous strike is allowed, but the judges can only give maximum three (3) points per encounter.

11.3 A thrust to body points C and E (abdominal area and leg area) is a point, provided that the requirements for a legitimate thrust, which are with power, right timing, with art, distance (**at least one arm length**) and intent are met.

11.4 A disarming execution is awarded a point. (refer to rule 16.2)

11.5 Follow-up strike after a legitimate disarming is given a point.

11.6 A score is recorded on the scoreboard by the judges.

RULE 12.0 DECLARING A WINNER OF A SPECIFIC ROUND

A player can win a round through the following manner / condition:

12.1 By gaining five points ahead.

12.2 By disarming the opponent twice.

12.3 If his opponent committed a maximum of three fouls.

12.4 If none of these conditions are met, and the time allocated for a round had lapsed, the winner will be based on these particular order:

12.4.1 Who is ahead in points in general, wins. In case the two judges gave different set of scores, the player who has the higher points, wins.

12.4.2 In case of a tie in points, a player can win through the following manner / conditions.

12.4.2.1 One who has less disarming penalty, wins.

12.4.2.2 One who has lesser fouls, wins.

12.4.2.3 Disarming has a heavier weight than fouls.

RULE 13.0 DRAW SCORE

In the event that the scores, disarming and fouls are the same at the end of the round, the basis for declaring the winner shall be decided through the following:

- a. superiority or aggressiveness
- b. major killing technique
- c. artistic delivery

RULE 14.0 BODY POINTS

A. Head and Neck

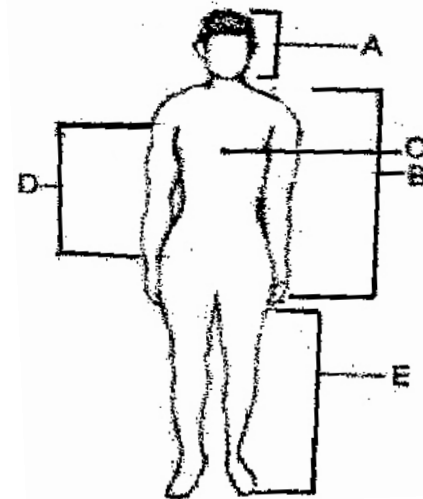
B. Arms and collars including hands

C. Torso (from chest down to waist)

D. Armpit to thigh

E. Full length of leg including feet

DIAGRAM 5



BODY STRIKE POINTS

RULE 15.0 PENALTIES

Players are given penalties for violations of the tournament rules and regulations.

15.1 Violation of DUTIES and RESPONSIBILITIES of players and delegation officials shall have the corresponding penalties. (refer to rule 5)

15.1.1 First Offense - Player will be given a foul in a round.

15.1.2 Second Offense - Disqualification of player in the game.

15.2 FOULS

The following violations are considered as **FOULS**:

- 15.2.1 Thrust to body point A (head area) and thrust in close quarter (approximately 30 inches or less).
- 15.2.2 Strike or thrust to the groin.
- 15.2.3 Blocking with the use of the arm.
- 15.2.4 Pulling, clinching, spitting, giving remarks and other actions inimical to the rules and regulations and code of sportsmanship.
- 15.2.5 Striking or thrusting using both hands.
- 15.2.6 Pushing — Any act of pushing using hand, head, body, legs, arm, stick and other similar movement.
- 15.2.7 A hold to an opponent's stick. However, the hold or grab done within a split second may be allowed, provided it is immediately followed by an attempt to score a point or disarm.
- 15.2.8 A player who steps on the line or goes out of the playing area.
- 15.2.9 Hitting a player at the back area (from the back of the head up to the buttocks) is considered a foul, unless the opponent intentionally turns his back.
- 15.2.10 Delaying the game for more than ten (10) seconds.
- 15.2.11 Non-combativeness for ten (10) seconds.
- 15.2.12 Multiple strikes or thrust (three or more) to one body point.
- 15.2.13 Upon the command of hinto (stop) or hiwalay (separate), any player who attacks shall be given a foul. If the attack falls at the same time with the command, it is not considered a foul.
- 15.2.14 Non-performance of artistic styles for more than three (3) seconds.

15.3 A player who commits fouls shall be given F1, F2, F3 as the case may be and shall be indicated in the scoreboard.

15.4 A player who commits three (3) fouls is automatically declared the loser by the referee for that particular round.

RULE 16.0 DISARMING (LAGLAG)

A player who loses grip of the padded stick and a part of it touches the ground during the game is considered as disarming. However, if the padded stick was taken away in a split second by the opponent, it is counted as disarming, even it did not touch the ground.

16.1 A disarming violation shall be given D1 for the first disarming and one point is given to the player who disarmed. D2 for the second disarming, and shall be indicated in the scoreboard by the judges.

16.2 A player who is disarmed twice in a round automatically loses that round.

RULE 17.0 INJURIES

When an injury occurs during the game and it cannot be continued, the decision of the judges shall be based on the following grounds :

- a.) When an injured player is responsible for the injury, the other player wins.
- b.) When the injury is caused by a legal blow, the injured player loses. However, when the injury is caused by an illegal blow, the injured player wins.
- c.) When the responsibility of the injury cannot be determined, the judges decision shall be based on the score.
- d.) Only the medical doctor can determine and make a decision as to the fitness of the injured player.

RULE 18.0 DISQUALIFICATION

A player is disqualified based on the following conditions.

- 18.1 Butting (head, hand and stick), kicking, kneeing, elbowing, boxing, sweeping, and other actions that may inflict injury or not to a player. A player who commits a **dangerous intentional foul that inflicts injury or not to the other player** is a ground for disqualification.
- 18.2 Any disruptive action or behavior of the player, of his teammate and coach which break the spirit of the sportsmanship, shall mean a disqualification on the player involved. (as per rule 15).
- 18.3 All disqualification shall be penalized by i-ARNIS.

RULE 19.0 FORFEITURE

Decision based on forfeiture should be forwarded to the Technical Committee. The player who forfeits his/her game during a match shall be declared the loser and will be penalized by i-ARNIS.

RULE 20.0 DEFAULT

A player who does not appear at the official's table after three (3) consecutive calls shall automatically default the game. The referee shall make the decision upon confirmation by the Technical Committee. The winner by default in this match shall enter the playing area and do the salute.

RULE 21.0 DECLARING A MATCH WINNER

- 21.1 A player who wins two out of three rounds wins the game.
- 21.2 A player wins the match if his opponent forfeits or defaults the game.
- 21.3 A player wins the match if his opponent was disqualified in the game.

RULE 22.0 TIME-OUTS

Only the referee may stop the time for the following reasons:

- 22.1 Giving fouls
- 22.2 Injury occurs
- 22.3 Declaring winners
- 22.4 Disarming is executed
- 22.5 Judges request for timeouts
- 22.6 Consultation with judges
- 22.7 Fixing or changing of uniform, broken equipment such as headgear, padded stick, etc.
- 22.8 End of each round

RULE 23.0 PROTESTS

- 23.1 Any protests must be made in writing by the COACH addressed to the Technical Committee and forwarded within ten minutes after the game to the official's table. Any action made otherwise shall be nullified. A bond shall be set for protest (refer to technical committee).
- 23.2 A solidarity meeting shall be set before the tournament. The coach who have not attended the solidarity meeting shall waive all his rights to protest. (refer to rule 5.2.1)
- 23.3 JUDGEMENT CALL cannot be protested.

PART II ARNIS ANYO EVENT

I. SCOPE

This standard shall describe the procedures, practices and proper conduct of all Arnis Anyo Competition.

This standard specifies the requirements by which the conduct of all ANYO competitions shall be synchronized on the following:

- A. Facilities and Equipment
- B. Participants
- C. Divisions (Age Categories)
- D. Rules of the Game

II. GAME CHARACTERISTICS

Arnis Anyo (form) event is a demonstration of artistic, choreographed, pre-arranged sets of movements, offensive and defensive techniques using stick, wooden replica of a bladed weapon or metallic unbladed replica of a weapon.

The competition shall be one round of Anyo performance, where in the performers are awarded points by the judges based on criteria. The performance shall have a minimum time limit of one (1) minute and a maximum time limit of two (2) minutes.

There would be different divisions in the single weapon, double weapon and sword & dagger weapon categories, both in the individual and team events. The players will be ranked based on the scores awarded by the judges.

CHAPTER 1 : FACILITIES AND EQUIPMENT

RULE 1.0 COMPETITION AREA

Shall refer to the area by which the conduct of the competition shall be set or held including the free zone around it.

1.1 Dimensions

The playing area is a square measuring 10 meters by 10 meters with a 2-meters minimum free zone around it, and a clear space without any obstruction up to a height of not less than 5 meters from the playing surface.

1.2 Lines of the Playing Area

All lines of the playing surface are 5.08 cm. (2 inches) and must be of a different color from that of the floor and other lines previously drawn for other purposes.

1.3 Boundary Lines

Four lines mark the boundary of the playing area. The free zone distance measuring 2.0 meters are drawn outside of the playing area .

1.4 Entry Lines

The entry line is the farthest boundary line parallel to the judges.

1.5 Playing Surface

1.5.1 The surface must be flat and smooth and must not be elevated from the ground.

1.5.2 The playing surface must be clean and free from foreign objects that may endanger or cause injury to the players. It is prohibited to hold any competition on a rough, slippery or soiled surface. Any other surface must have the approval of i-ARNIS.

1.6 Temperature

The minimum temperature for an outdoor competition shall not be below 25 degrees Celsius (77 Fahrenheit). For the indoor competition, the temperature shall not be higher than 25 degrees Celsius (77 Fahrenheit) and lower than 16 degrees Celsius (61 Fahrenheit).

1.7 Lighting

Lighting apparatus is located above the free space, It must not cause any reflection to the surface and must not affect the vision of the performer/s.

1.8 Entrance of Players

Before the game starts, players must enter thru the entry lines.

RULE 2.0 EQUIPMENT

Shall mean the materials and accessories that are used in the conduct of the competition.

2.1 Weapon

Players are required to use any of the following options.

2.1.1 Wooden Stick

The wooden stick shall measure not less than 60 cm and not more than 90 cm in length with a diameter of not less than 1.3 cm and not more than 3.8 cm. It must not have sharp edges or pointed ends.

2.1.2 Wooden Replica of a Bladed Weapon

The wooden replica shall measure not less than 60 cm and not more than 90 cm in full length and should be Ethnic Asian in origin. It must not have sharp edges or pointed ends.

2.1.3 Metallic Blunt Replica of a Bladed Weapon

The metallic replica shall measure not less than 60 cm and not more than 90 cm in full length and should be ethnic Asian in origin. It must not have sharp edges or pointed ends.

2.1.4 Wooden Replica of a Dagger or Knife

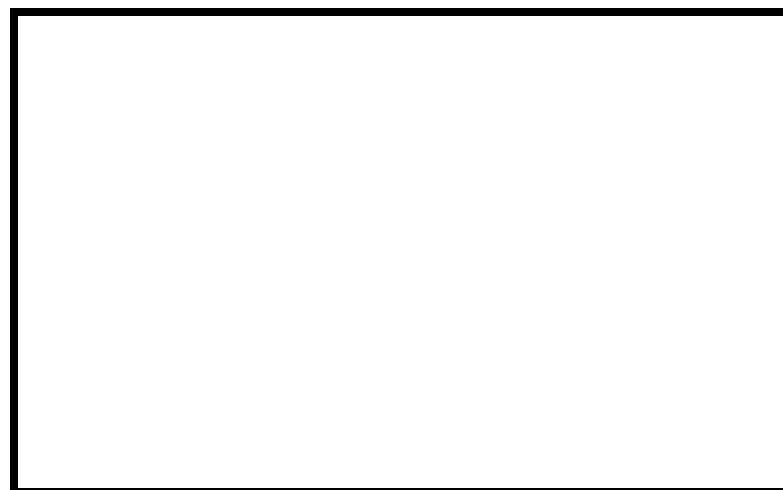
The wooden replica shall measure not more than 60 cm in full length and should be ethnic Asian in origin. It must not have sharp edges or pointed ends.

2.2 Score Card

Judges will use score card to indicate the score given to a player or a team. The score card shall measure 12 x 8 inches (30.48 cm x 20.32 cm). See Diagram 5.

DIAGRAM 6

SCORE CARD



2.3 Tabulation Sheet

The scores and violations shall be reflected on the Tabulation Sheet . See Diagram 6.

DIAGRAM 7

TABULATION SHEET FOR ANYO EVENT														
EVENT:		BOYS/MEN		INDIVIDUAL		SINGLE WEAPON								
		GIRLS/WOMEN		TEAM		DOUBLE WEAPON								
						SWORD & DAGGER								
#	NAME	J1	J2	J3	J4	J5	J6	J7	VIOLATIONS				TIME	TOTAL
									TIME (2 pts.)	OUTSIDE (2 pts.)	Loss Control (5pts)	Salutation (5 pts.)		
1														
2														
3														
4														
5														
6														
7														
8														
9														
10														
PRINTED NAME & SIGNATURE TABULATOR/RECORDER		PRINTED NAME & SIGNATURE TIMER		PRINTED NAME & SIGNATURE CHAIRMAN OF THE JUDGES										

2.4 Flags

- 2.4.1 Yellow flag shall be used by the timer to declare the start and the end of performance.
- 2.4.2 Blue flag shall be raised by the official to indicate looses control of the weapon/s.
- 2.4.3 Red flag shall be raised by the official to indicate stepping outside of the playing area.
- 2.4.4 Both flags shall be raised by the official to indicate violation of standard salutation simultaneously whistling to call the attention of the performer/s.

2.5 Other Equipments

- 2.5.1 Stop clock or stopwatch to keep track of the time of the performance.
- 2.5.2 A gong and mallet or other similar audible substitutes such as whistle, bell or buzzer shall be provided for the timer to indicate the start and end of the performance.

CHAPTER 2 : PARTICIPANTS

RULE 3.0 COMPOSITION

A team may consist of a maximum total of twenty four (24) players, (composed of twelve (12) male players and twelve (12) female Players); one coach, one trainer, one medical doctor, and two officiating judges licensed by i-ARNIS.

3.1 Individual Event

A team may field in one player per category. Only players listed in the entry form may participate in the competition.

- 3.1.1 Single Weapon Category
- 3.1.2 Double Weapon Category
- 3.1.3 Sword and Dagger Category

- 3.2 Team Event (Synchronized Anyo)
- A team shall composed of three (3) performers per category. Only players listed in the entry form shall participate in the competition.
- 3.2.1 Single Weapon Category
- 3.2.2 Double Weapon Category
- 3.2.3 Sword and Dagger Category

RULE 4.0 QUALIFICATIONS

Shall mean the approval by the Tournament Screening Committee for an individual or team to participate, provided that the following requirements are met:

- 4.1 The player shall meet the age requirement set by the organizing committee on a specific category.
- 4.2 The player shall be physically and mentally fit to compete, as certified by a licensed medical practitioner from the applicant's origin . In special cases, the official tournament physician may certify the player's fitness. This should be submitted together with the competition form.
- 4.3 The player shall fill-up a competition form, and it should be properly and completely accomplished.
- 4.4 Sex test may also be required in cases where there are doubts in real sex of the player.
- 4.5 Drug test may also be required in cases where there are doubts .

RULE 5.0 DUTIES AND RESPONSIBILITIES

- 5.1 Players
- 5.1.1 **Players must have full knowledge of the rules of the game and are duty bound to follow .**

- 5.1.2 Players must accept the decision of the officials with sportsmanlike conduct, without disputing them. In case of doubt, only the coach may request for clarification after the match.
- 5.1.3 Players must at all time observe proper decorum as respect and courtesy towards the officials , opponent , teammates and even spectators.
- 5.1.4 Jeering, provocations, and similar acts which destroys spirit of sportsmanship and fair play are not allowed.
- 5.1.5 Only members of the team who are officially listed to perform/s are allowed to sit on the bench during the competition.
- 5.1.7 Any violation of the above rules shall be given corresponding penalties. (refer to rule 12)

5.2 The Coach

- 5.2.1 The coach is responsible for the conduct and discipline of the players. **He MUST attend the solidarity meeting.**
- 5.2.2 Coaches must at all times observe proper decorum such as respect and courtesy towards the officials, opponent, teammates and even spectators.
- 5.2.3 During the performance, he/ she must stay at the area designated for him / her.
- 5.2.4 Any violation of the above rules shall be given corresponding penalties. (refer to rule 12)

5.3 Trainer

- 5.3.1 If the team coach is present, the trainer may sit on the team's bench but has no right to intervene the competition.
- 5.3.2 In the absence of the coach or in case the coach leaves during the match, the trainer may take over, only after properly informing the table officials who will give him authority to assume as such.

- 5.3.3 The trainer and other Team Officials are responsible for the conduct and discipline of their team members.
- 5.3.4 Any violation of the above rules shall be given corresponding penalties. (refer to rule 12)

RULE 6.0 DIVISIONS

- 6.1 **MEN & WOMEN'S DIVISION** (18 years old & Above)
- 6.1.1 Individual Event
- A. Single Weapon Category
 - B. Double Identical Weapon Category
 - C. Sword & Dagger Category
- 6.1.2 Team Event
- A. Single Weapon Category
 - B. Double Identical Weapon Category
 - C. Sword & Dagger Category
- 6.2 **BOYS & GIRLS' DIVISION** (13 -17 years old)
- 6.2.1 Individual Event
- A. Single Weapon Category
 - B. Double Identical Weapon Category
 - C. Sword & Dagger Category
- 6.2.2 Team Event
- A. Single Weapon Category
 - B. Double Identical Weapon Category
 - C. Sword & Dagger Category
- 6.3 **CHILDREN'S DIVISION** (Boys and Girls ages 7-12 years old)
- 6.3.1 Individual Event
- A. Single Weapon Category
 - B. Double Identical Weapon Category
 - C. Sword & Dagger Category
- 6.3.2 Team Event
- A. Single Weapon Category
 - B. Double Identical Weapon Category
 - C. Sword & Dagger Category

CHAPTER 3 :CONDUCT OF THE TOURNAMENT, SCORING AND PENALTIES

RULE 7.0 CONDUCT OF THE TOURNAMENT

The conduct of the competition shall be one Anyo performance. The performance shall have a minimum time limit of one (1) minute and a maximum time limit of two (2) minutes.

RULE 8.0 SALUTATION

- 8.1 Single Weapon Category
- At close stance, salutation is done by placing the right hand with the weapon pointing upward over the left chest, while the left arm is at the side and is followed by a **Nod**. Upon entering the competition area, players must do the salute to the officials. this shall be done before and after every performance.
- 8.2 Double Weapon Category
- At close stance, salutation is done by placing the right hand with the weapon over the left chest, while the simultaneously extending the left hand with the other weapon horizontally to his/ her left side with both weapons pointing upward and is followed by a **Nod**. Upon entering the competition area, players must do the salute to the officials. This shall be done before and after every performance.

RULE 9.0 ORDER OF COMPETITION

The order of competition shall be made through drawing of lots. This shall be done at least a day before the competition. Representatives from respective teams concerned shall be invited to witness the drawing of lots.

RULE 10.0 SCORING

- 10.1 A score shall be awarded by the judges to the performer/s and shall be reflected on the score card raised above their heads.
- 10.2 A score shall have a numerical value from 1-10 with an increment of 0.5.

10.3 The seven Judges shall formulate their judgment and scoring base on the specified criteria.

RULE 11.0 CRITERIA

11.1 Coordination of Movements (Individual Event)

Harmonizing and dexterity of the movements of arms, legs, head, body and weapons of the performers. Well balanced actions, steps, stance and movements (sense of balance). Precise timing, indistinguishable, identical harmonic and rhythmic movements of the arms, head, legs, body, and weapons of the performer during the performance.

11.2 Synchronization (Team Event)

Harmonizing and dexterity of the movements of arms, legs, head, body and weapons of the performers. Well balanced actions, steps, stance and movements (sense of balance). Precise timing, indistinguishable, identical harmonic and rhythmic movements of the arms, head, legs, body, and weapons of the team during the performance.

11.3 Artistic Execution

Graceful, elegant, refined, stylish and animated execution of the martial arts movements of the performer/s.

11.4 Bearing and Stage Presence

11.4.1 Manner, composure, costume, poise and posture of the performer/s during the performance.

11.4.2 Costume

Shall mean all those that form part of the athlete's attire worn in the competition area during the tournament. It should be ethnic Asian in origin. In the interest of decency, costumes must be acceptable to the general idea of what is proper or suitable.

11.4.3 Musical Accompaniment (optional)

The player or team may or may not choose to have a musical accompaniment with their performance. Should they opt to have musical accompaniment, it should be ethnic Asian in nature, live or recorded on cassette or audio CD.

11.5 Degree of Difficulty

The magnitude of complicatedness, complexity, intricacy of the movements of the arms, body and legs in executing martial arts techniques of the whole performance.

11.6 Creativity

Originality, inventiveness and imaginativeness of the forms and movements without sacrificing the effectiveness of the martial art movements.

RULE 12.0 DRAW SCORE

In the event that the scores are the same, the basis of declaring the winner shall be decided through the following:

12.1 Remove highest and lowest scores of the players/teams concerned given by the 7 judges.

12.2 In case there is still a draw, remove the highest and lowest scores of the players/teams concerned given by the remaining 5 judges.

12.3 In case there is still a draw, a repeat performance shall be done by the remaining players/teams who have the highest and the same scores.

Note: This shall be applied only for the first, second and third placers. Players are also given penalties for violations of the competition rules and regulations.

RULE 13.0 DECLARING A WINNER

The player/team garnering the highest score-**First Place**, second highest score- **Second Place**, and third highest score-**Third Place**.

RULE 14.0 PENALTIES

Players are given penalties for violations of the competition rules and regulations. All deductions are being taken from the total scores of all the judges.

14.1 **Violation of Standard Salutation** shall cause the performer/s deductions of five (5) points per violation.

- 14.2 **Violation of Time Limit** shall cause the performer/s deductions of two (2) points in short of the minimum one (1) minute time limit or in excess of the maximum two (2) minute time limit.
- 14.3 **Stepping or going outside of the playing area** will cause the performers a deduction of two (2) points.
- 14.4 **A Performer/s who loses control of the weapon/s** shall be given a deduction of five (5) points per violation.
- RULE 15.0 DISQUALIFICATION**
- 15.1 Any disruptive action or behavior of the performer/s and or his teammates, coach/officials, which breaks the spirit of the sportsmanship shall mean a disqualification.
- 15.2 Submission of fraudulent or falsified documents shall mean a disqualification on the player / team involved.
- RULE 16.0 FORFEITURE**
- Decisions based on forfeiture should be forwarded to the technical committee. The performer / team who forfeits the game automatically loses in that particular event.
- RULE 17.0 DEFAULT**
- A performer / team who does not appear/s to the officials table after three (3) consecutive calls shall automatically default the game. The officials shall make the decisions upon confirmation by the Technical Committee.
- RULE 18.0 PROTESTS**
- 18.1 Any protests must be made in writing by the COACH addressed to the Technical Committee and forwarded within ten minutes after the game to the official's table. Any action made otherwise shall be nullified. A bond shall be set for protest (refer to technical committee).
- 18.2 A solidarity meeting shall be set before the tournament. The coach who have not attended the solidarity meeting shall waive all his rights to protest. (refer to rule 5.2.1)
- 18.3 **JUDGES SCORES** can not be protested.

Part III -TOURNAMENT OFFICIALS - DUTIES AND

RESPONSIBILITIES, HAND SIGNALS AND CALLS

RULE 1.0 Tournament Officials

the official body who shall implement the rules and regulations and shall have the sole authority in the administration of the tournament proper. The tournament officials are certified by the *i*-ARNIS.

1.1 Tournament Director

The overall administrator and chairperson who shall directly ensure the proper implementation of all procedures.

1.2 Screening Committee

This committee is composed of three (3) members who shall enforce the requirements as stipulated in Rule 4, Chapter Two. This committee shall include the Tournament officials and a Physician as members.

1.3 Referees and Judges

These are officials who enforce the conduct of all tournament in accordance with the rules and regulations of the game. All Referees & Judges should have taken and passed the accreditation and licensure seminar of *i*-ARNIS and must be in good standing. Refresher Course is required for all Referees and Judges who have not officiated in any tournament for at least six (6) months. They are the officiating officials of the tournament whose decisions are **FINAL**.

1.4 Timer

Shall keep time during the actual match. A gong, whistle or bell shall be provided for his/her use in announcing the start and the end of the game and other calls.

1.5 **Recorder**

Shall be tasked with recording the results of the actual games. A record sheet shall be provided for his/her use in recording results.

1.6 **Tabulators**

Shall composed of the Chairman of the Judges, Recorder and Timer. They shall be tasked in recording the scores, violations, and the time of the actual performance/s. They shall give the final results to the official's table.

1.7 **Flag Officials**

These are the officials who will declare the violation/s of the performer/s by raising the corresponding flag/s.

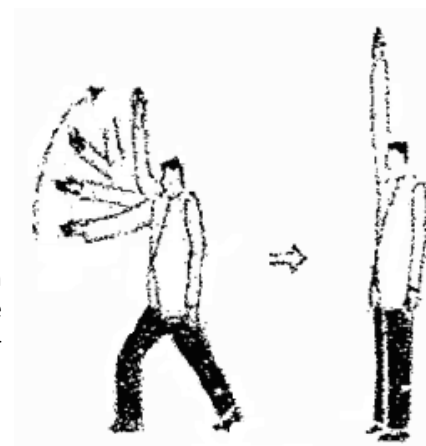
1.8 **Matcher**

Shall arrange the matches prior to the tournament and update the matches between players during the tournament.

RULE 2.0 OFFICIAL CALLS AND HAND SIGNALS (FULL CONTACT EVENT)

2.1 HAN DA, LABAN

(Ready, Start) Hand with thumb up, placed between the two players and simultaneously drawn upward.



2.2 HINTO

(Stop) is said with the stop sign outstretched arm forward, palm facing front with fingers pointing upward, to stop a fight or call for time-out.



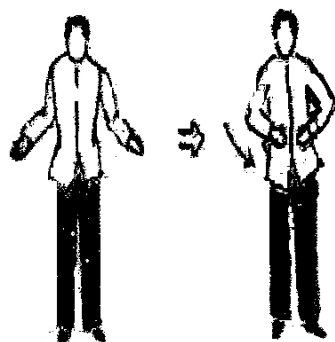
2.3 HIWALAY

(Separate / Break) Arms are extended forward, then spread out laterally, simultaneously saying the command. Done in instances when the competitors are in close body contact after a period of 3 seconds, provided that there is no foul committed.



2.4 P A Y O

(Consultation with the judges)- from out-stretched arms, bring both arms a bit close together at hip level. The referee turns around to face and point to the neutral corner signaling the judges for a consultation.



2.5 H A T O L

(Decision) - right arm raised above the head with palm facing the left.



2.6 P A N A L O

(Declaring the Winner)-One arm is raised obliquely at approximately 45 degrees to the direction of the winning contestant from the chest. Right arm for the red and left arm for the blue player.



2.7 L A G L A G

(Disarming) - One foot forward and arm pointing downward at 30 degrees.



2.8 P A G L A B A G

(Foul) - Raises one arm horizontally, with palm facing down and simultaneously gesture the kind of foul / violation committed.



2.8.1

points to the offender and gesture the kind of foul committed.



2.9 MAG-AYOS

(Adjusting or Fixing) - both arms are crossed over in front with palms facing in at waist level.



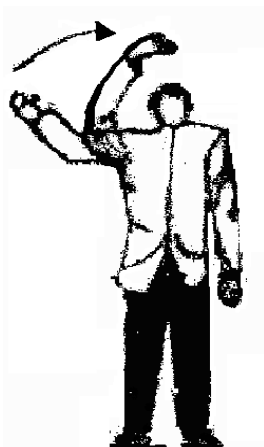
2.11.1 PARUSA (Penalty)

Going in front of the offender and simultaneously pointing him/her.



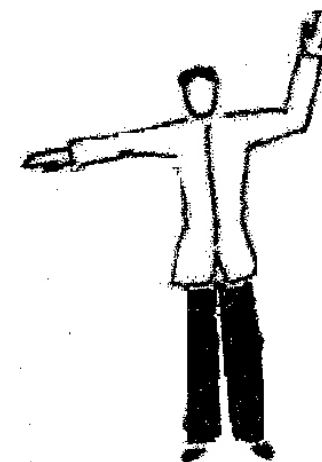
2.10 PAGWASTO

(Correction of Mistake) - Swaying of arms and palm above the head, gesturing an erasing movement.



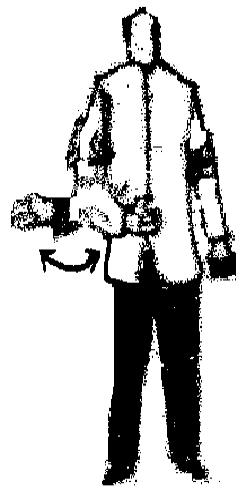
2.12 PINSALA

(Injury) - one arm raised above the head and the other arm raised horizontally at shoulder level, palm facing down.



2.11 SINADYANG PAGLABAG

(Intentional Foul) - Swaying of the hand from side to side at hip level.



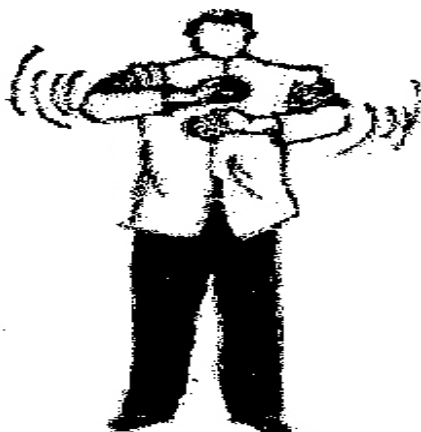
2.13 M ALING GAWI

(Wrong Action) - both arms are crossed in front of the chest, palms facing in.



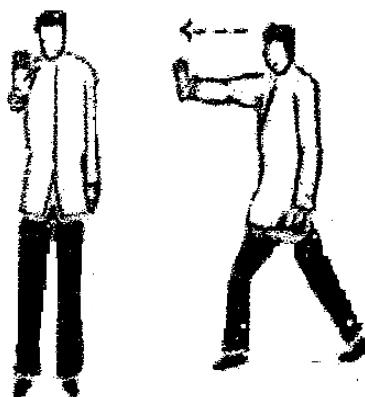
2.14 WALANG LABANAN

(Non-Combativeness) - circling of both forearms back and forth with hand closed.



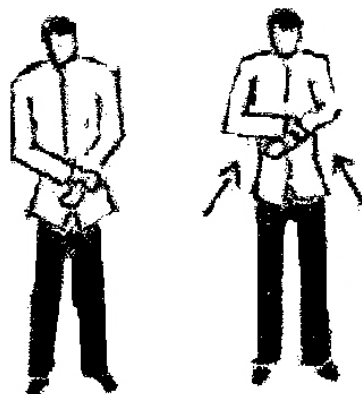
2.15 PAGTULAK

(Pushing) - right arm gestures an outward pushing.



2.16 PAGHAWAK

(Grabbing) - Grab left wrist with right hand.



2.17 PAGTUHOD

(Kneeing) - lift one knee up simultaneously tapping the knee.



2.18 PAGSIPA

(Kicking) - lift one knee up simultaneously extending the foot forward that gestures the act of kicking.



2.19 PAGSALAG

(Blocking with the use of the arm) - lift left arms overhead to block the right arm from hitting the head.



2.20 PAGSIKO

(Elbowing) - lifting elbow on chest level, with other arm holding the elbow.



2.21 PAGESUNTOK

(Punching) - right hand gestures punching left hand close to the chest.



Judges Signals

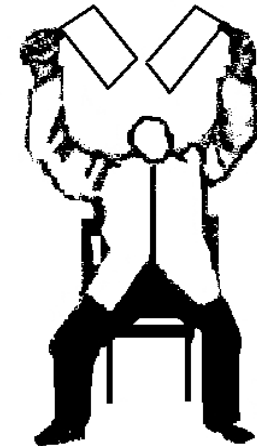
2.22 DECLARING A WINNER

Raises the flag whose color corresponds to the winning player above the head.



2.23 DECLARING A DRAW

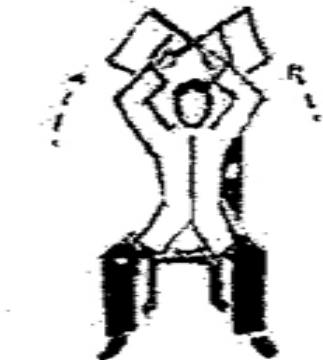
Raises both flags above the head.



2.24 PAYO

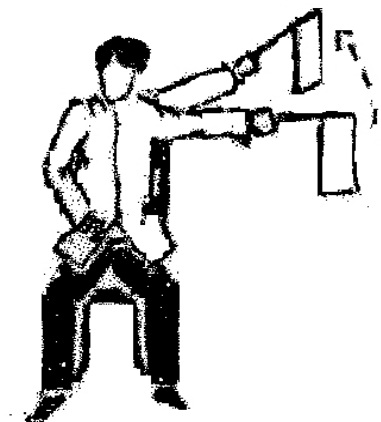
CONSULTATION/ REQUESTING for TIME - OUT

Crosses the flags above the head.



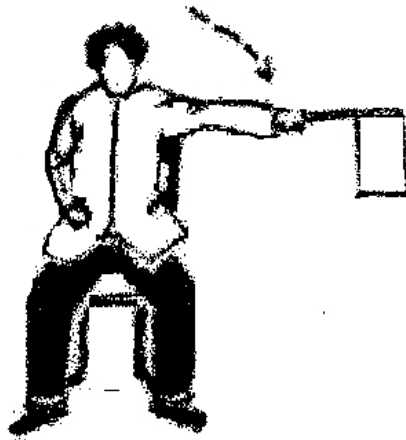
2.25 LABAS

(Outside) - left to right swaying of the flag parallel to the line of the playing area concerned using the color of the player.



2.26 L O O B

(Inside) - a flag parallel to the line of the area concerned using the color of the player.



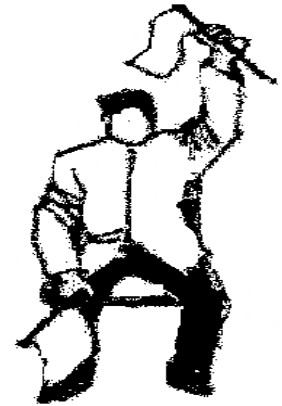
RULE 3.0 OFFICIAL CALLS AND HAND SIGNALS FOR ANYO EVENT

3.1 **Declaring Scores**—Each judge shall give scores by raising the score card above their heads simultaneously with the other judges.



3.2 Declaring a Violation

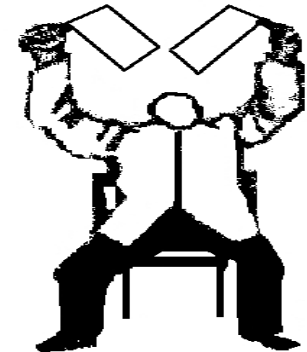
the flag official shall raise the flag/s above their heads per violation committed, the Recorder is responsible in recording the penalties/ deduction raised by the flag officials .



3.3 Violation of Standard

Salutation

The flag officials shall call the attention of the performer/s by blowing the whistle and raising the two flags above their heads simultaneously.



RULE 4.0 TIMER'S SIGNAL

The timer strikes the gong for the following signals:

- a.) START - sound the alarm once.
- b.) FINISH - sound the alarm prolong once.
- c.) TIME-OUT - raise yellow flag on top of the table.
- d.) CONTINUE - yellow flag is placed down.



TOURNAMENT ENTRY FORM

EVENT: _____		CITY/REGION REPRESENTED: _____		SUBMIT 2 COPIES OF LATEST 1X1 PICTURE
DIVISION: _____ <small>Indicate Arnis or Full Contact</small>		ARNIS CLUB REPRESENTED: _____		
TEAM MEMBERS: 1 _____ 2 _____ <small>Indicate team members names at the space provided</small>				

PERSONAL INFORMATION									
LAST NAME			FIRST NAME			MIDDLE NAME			
Gender		Civil Status		BIRTHDATE (mm/dd/yyyy)		AGE	Weight	Height	NATIONALITY
M	F	S	M	/ /					
PRESENT ADDRESS: _____ Brgy _____ Zip Code _____									
PROVINCIAL ADDRESS: _____ (If different from PRESENT ADDRESS)									
OFFICE NUMBER (if any)		HOME NUMBER		MOBILE NUMBER		EMAIL ADDRESS			
SPORTS CLUB AFFILIATION (if any) _____									
TOP 3 SPORTS ARNIS ACHIEVEMENTS (if any)									

LOCAL COMPETITIONS ATTENDED		
TOURNAMENT	REGION/PLACE	MEDAL OUTPUT/RANK
INTERNATIONAL COMPETITIONS ATTENDED		
TOURNAMENT	COUNTRY/PLACE	MEDAL OUTPUT/RANK

EDUCATIONAL BACKGROUND		
ATTAINMENT	COURSE/LEVEL	SCHOOL

IN CASE OF EMERGENCY CONTACT:		
EMERGENCY CONTACT/RELATION	ADDRESS	CONTACT NUMBER

I hereby certify that all the above information is true and correct. I further pledge that I shall abide by all the rules and regulations of Arnis Philippines, Inc.

Participant's Signature Over Printed Name	Coach / Club Official Signature Over Printed Name	Date
Tournament Requirements: NSO Birth Certificate _____ Medical Certificate _____ Checked by: _____		

** WAIVER **

I hereby absolve ARPI and its officials from any liabilities or responsibilities arising from any injury sustained from the tournament

Participant's Signature over Printed Name	Date
FOR MINOR APPLICANTS (17 years old and under) With our Consent & Approval	
Parent / Guardian Signature over Printed Name	Date

Event:

Date

Venue:

FULL CONTACT FIGHT SHEET

Division Wt Category	Date	Area	Match Number
-------------------------	------	------	--------------

RED	Team
Name	

BLUE	Team
Name	

ROUND 1

1	2	3	4	5	
F1	F2	F3	Total Score		
D1	D2				

1	2	3	4	5	
F1	F2	F3	Total Score		
D1	D2				

ROUND 2

1	2	3	4	5	
F1	F2	F3	Total Score		
D1	D2				

1	2	3	4	5	
F1	F2	F3	Total Score		
D1	D2				

ROUND 3

1	2	3	4	5	
F1	F2	F3	Total Score		
D1	D2				

1	2	3	4	5	
F1	F2	F3	Total Score		
D1	D2				

WINNER	TEAM
--------	------

JUDGE No.1 CTFY	REFEREE CTFY	JUDGE No. 1 CTFY
--------------------	-----------------	---------------------

Remarks:

NOTE: ALL DISQUALIFICATION MUST BE NOTED.

RECORDER

OATH OF ALLEGIANCE

I, (full name), from (name of club and country), do hereby solemnly swear to abide by the principles and philosophies established by *i*-ARNIS.

I pledge to follow the rules and regulations that bound my actions and reactions as a position (player/official). I shall remain respectful and considerate in whatever situation I shall be in.

I will practice Arnis as a means to bond with others to develop friendship and brotherhood.

I do swear also that I will not use Arnis as a means to hurt other people. I will remain a good citizen of my country. So help me God!