

Tournament rules

Furo

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1. Competition as a sport

The participation in sporting competitions is to give participants the opportunity to put their skills to the test so as to develop the emotional maturity of the athletes. In addition to individual development, which is supported by the regular hosting of competitions, it can also increase the popularity of the sport. Thus the idea of budo can be spreaded in the world.

The experience has shown, that the competition rules have a direct influence on the design of the training sessions or the entire martial arts training. The prohibited techniques, receive only little attention or disappear entirely from the fighters repertoire. The popular competition rules of the knockdown karate are a good example: The prohibition of punches to the head, changes the distance and the technical repertoire of fighters enormously. Thus it is clear that too limited specializations, such as found in most martial arts, lead to a degeneration or to a misunderstanding of realistic combat.

2. Protective gear/clothing

Furo is a full contact combat system which allows punches, kicks, throws and the fight on the ground. To ensure the greatest possible safety of the fighters, the combatants are obliged to comply with the competition rules and to wear the prescribed protective equipment.

These include helmets with cheekbone protection, 7 oz gloves with open fingers, elbow pads, mouth guards and groin guard. The fighters are only allowed to use the International Organisation Furo licensed equipment. These must be in a good condition and is checked by the tournament committee. The competitors have to wear a clean Furo gi, to ensure a better control of the opponent.

Prescribed equipment:

- Helmet with cheekbone protection
- 7 oz gloves with open fingers
- Groin guard
- Shin protections (not necessary in the masterclass)
- Mouth guard.

Clothing of the competitor and his supervisor

- the competitor have to wear a clean, white Furo gi
- supervisors must occur in sportswear. Jeans or other "civilian" clothing is unacceptable.

The absence of the supervisor or the lack of his sportswear and inadequate protective equipment automatically excludes the fighters from the battle.

3. Permitted techniques and time limitation on the ground

Permitted techniques are strikes with the fists, open hands, elbows, legs, knees and the head to head, the torso and the legs of the opponent. Knee strikes to the head are allowed only in the master class. Apart from planned throws on the head all the throws and takedowns are allowed.

The fighters are allowed to fight three times on the ground within a round, after a throw or takedown. The time at the bottom is limited to one minute. If the fighters show too little activity, the fight is stopped and the stand up fight will be continued. In this case, the fighters have a whole minute available again. If the fight was not stopped and the fighters have fought the full minute, the time limit for the ground battle in this round is considered exhausted. By the end of the round will be fought only in the stand and in accordance with any throws or takedowns the fight is stopped. At the bottom leverages, chokes and blows to the legs, body and to the head are allowed. After two clean hits to the head of a lying fighter Ippon is pronounced.

Allowed techniques

- All strikes with head, fist, elbow, knee and foot to the head, chest, abdomen, thighs and lower legs of the opponent
- All throws that do not have the goal to throw the opponent on the head.
- All lever on elbows, knees, ankles and wrists.
- Choking, also with the help of the gi (exception: see forbidden techniques)
- Holding the standing opponent up to max. 5 seconds
- Fiststrikes to the head, while being on the ground
- Strikes with the fists, elbows, palms and knees to the body and the legs

Forbidden techniques

- In principle, all techniques that result permanent damage of the enemy. Example: Kansetsu geri
- Multiple leaving of the fighting area
- Discussions while fighting
- Insulting behavior against the opponent, judges or the audience or any other disrespectful behaviour.
- Reach into the helmet of the enemy
- Punches to the head of the laying enemy with other „weapons“ as the fists.
- Lever on the spine
- Punching the laying opponent while standing
- All punches to the back of the head, neck, back and lower abdomen and to the knees.

4. Fight time

- The fight time is 2 x 3 min
- In the final battles an additional extension round with 1 x 2 min is allowed.
- The ground combat takes a minute during each round if the fight is stopped before the expiration of the full minute, the fighters can fight two more times on the ground, and have again full minute to disposal.

If the third ground combat sequence is interrupted by the referee due to inactivity of the fighters, the fighters in this round may no longer fighting on the ground.

5. Judge

The course of the struggle is monitored by the mat judge. Its tasks include: exhortation, admonishing and disqualifying. He announces the start of the fight, possible disruptions, resumption and end of the fight, as well as the decision of the judges by the uplifted hand of the victor. The time judge is responsible for the fight time and checking the protective equipment immediately before the competitors enter the fighting area. Three other point judges are responsible for fight result.

6. Evaluation criteria and end of the fight

Evaluation criteria

1. Number and strength of hits
2. The number and strength of takedowns and throws as well as defense against them
3. Dominance and activity on the ground
4. Ability to enforce his fighting style to the opponent

The judges sit in three chairs in three corners of the mat, the two of them are aligned with the faces of the Organization table.

Penalties

- Admonition – the referee speaks out an admonition for every infraction
- Admonitions have no effect on the judgement of the judges
- Warning, deduction of points – the referee has the right to deduct a point for each violation of the fighter or his supervisor. The third point deduction means disqualification.
- Disqualification – the referee can disqualify the fighter immediately if he violate the rules. Also the violation of his supervisor can lead to a disqualification of the competitor.

Victory before the end of the regular time

The battle is won premature, if the referee pronounces an „Ippon“ following to an action or if the opponent can not resume the fight because of an suffered injury. If there are doubts, the mat

doctor will decide. The fight is also terminated as soon as one of the athletes or his supervisor announces the surrender.

An IPPON is achieved as follows:

- Through surrender of one opponent caused through a lever, choke or strike.
- If one of the competitors is unable to fight for at least 10 seconds (caused through a permitted technique)
- Through two clean strikes with impact on the lying opponent.
- Through the surrender by the supervisor or when the doctor forbids the continuation of the fight.

Victory after the regular time

The judges decide about the victory by submitting their vote. The judges make the decision using the above described criterias. The fighter, which received the most points by the judges is explained as the winner. In all the fights that are not finals, the judges have to make a decision after the last round. If there is a tie, the referee will make the decision.

7. Contest area

The competition area consists of a 8x8 meter mat field and a one meter wide mat edge on each side. In addition, the competition area is separated from the rest of the room by a rope or band. The posts are about seventy centimeters high. The distance between the post and the edge of the mat is one meter. In the interior, only the judge, referee, the contestants and their coaches are allowed. During the break between rounds, the second supervisor may also come to the interior contest area. The medical emergency service, security service etc. can be called by the judge or the competition leader. The battles may also take place in the boxing ring. For this purpose, the standard sizes of AIBA must be observed.

8. Categories

Age categories:

- 8-13 years - children – Furo Semi, Furo Grappling
- 14-16 years - youth 1 - Furo Light
- 17-18 years - youth 2 - Furo
- +19 years - seniors - Furo

Weight categories:

The categories are divided by 5 kg steps : ... -40 kg , -45kg , -50kg , ... , -95kg , + 95kg .

With the agreement of the supervisor and the judge a fighter of a lower category may compete in a higher category.

Other categories:

Furo LIGHT – youth under 16 years

The fight lasts 2 x 2 min . Extension is not possible.

Headbutts and elbow strikes are prohibited .

Strikes and punches with full contact is prohibited (admonition , deduction of points , disqualification at the discretion of the judge).

Leg Lever are prohibited.

Punches on the ground are prohibited.

Furo SEMI - children under 13 years

The fight lasts 2 x 1 min.

Only semicontact is allowed – no impact.

Blows with the head, elbows and knees to the head are prohibited.

Punches on the ground are prohibited.

Choking ist until 11 years prohibited.

Leg Lever are prohibited.

Furo GRAPPLING – children under 13 years

The fight lasts 1 x 2 min.

Allowed are throws, lever, chokes and position control.

Any striking techniques are prohibited.

Choking ist until 11 years prohibited.

Leg Lever are prohibited.