

SELF DEFENCE COMPETITION RULES

The self defence competition is a demonstration of techniques that could protect people from dangerous or life threatening attack. Techniques that protect the victim are seen as effective if it stops an attack or redirects it in such a way that it poses no possible danger or chance of injury to any other person or persons within the immediate area.

Practicality

The techniques used should be so practical that an average person should be able to implement them without having to have highly advanced expertise or acrobatic skills. Dancing movement and complicated acrobatic movements are not practical.

Elementary

Technique must be simple, i.e. without unnecessary over-complicated movement. Techniques should be efficient and should not require over exertion or intense energy to implement.

Effectiveness

Techniques must protect the person from possible injury, i.e. the person attacked should be able to stop or redirect away any dangerous assault and put the attacker/attackers under complete control.

Control exists when an attacker is immobilised on the floor or being put in the escort position. In this position he cannot hurt or injure himself or other people and can only move at the complete discretion of the person providing the defence.

Degree of Difficulty

The degree of difficulty will depend on the type of attack, e.g. with a weapon, multiple attackers etc. Judges will take this into consideration. **Please note** Situations provided must be realistic. The defence provided must be executed with as short and as simple a movement/movements as possible. Judges will also take into account the effectiveness of the defence.

Maintaining Balance

The person who provides the defence must show stable and well balanced positioning at all times.

Ability to Avoid Bodily Harm

The person who provides the defence must be able to change the direction of oncoming hand/ (with or without weapon) leg to the head, body or legs and or stop any potentially dangerous action in its tracks.

Continuity

Defence must be implemented without pausing or stopping.

Legality of Defence

Participant must demonstrate only legal techniques according to the International Human Rights Standards. Usually a participant will demonstrate a defence less than lethal force. Fatal force must be implemented only if you are under attack from a weapon or under attack from 2 or more assailants. **Please Note** to demonstrate lethal force after the assailant is under control is against the International Human Rights Standards and will result in a deduction of 1.0 point.

Strength

The person who provides the defence must use force proportionate to any attack. Force must be enough to stop the attack and avoid harm but not be excessive.

Effect

The result of the implementation of techniques must guarantee that the attacker/s is under strong control and cannot harm the person who provided the defence or other people.

No less than three self-defence sequences and no more than five self-defence sequences to be carried out. Each sequence is to be carried out slowly first and then at realistic speed.

Duration

All Participants will have three minutes to perform their Routines. A warning will sound to show that participants have only thirty seconds left.

Please Note Participants whose routine is longer than three minutes will incur a penalty and their routine will be immediately stopped.

Marks

Maximum mark is 10.0 points. This mark may be given for the demonstration of practical self defence techniques which are implemented continuously without losing balance. These techniques must be effective, simple and legal.

Each mistake will incur the following penalty points:-

- Losing balance 0.5 points
- Techniques performed with pauses 0.5 points
- After completing any routine technique, weapon remains in the hand of the attacker 0.5 points
- Going over time 1.0 point