



112-2012-CTI/EN- 30-01-2012

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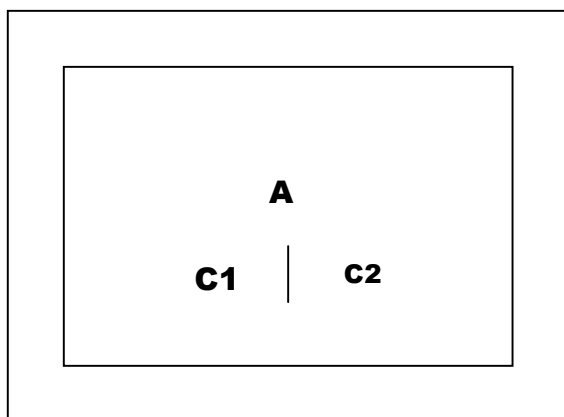
Secretary General of the World Council of Masters
President of the International Technical Board.

Sparring Regulation

I. General Information

I.1. Sparring area

The area for sparring is composed of 2 parts:
Area for sparring: central part
Safety area: outside part



E1 **Cr** **J1 - J2 - J3** **E2**

- The two candidates (C1, C2) form a triangle with the Referee (A) and are vis-à-vis three judges (J1, J2, J3).
- Each candidate can be assisted by his/her trainer (E1, E2) placed on the same side, close to the jury table.
- Each jury table can also be assisted by a judge time clerk (Cr)

I.2. Duration of the sparring

- A sparring consists of two rounds of (1) minute each with a 30 seconds pause in between. The total duration of a sparring is on average on the order of 2 minutes 30 seconds.

- The duration of the sparring is deduced from the effective time. Thus the various stops, which can occur during the sparring: intervention of the Judges, the Referee, the Doctor or pause required by the candidate does not enter the calculation of the Stopwatch.

I.3. Style of sparring

- The style of sparring applied is of type "Semi-contact". The candidates must prove that they are effectively able to put the techniques of Vovinam-VietVoDao into a sparring. The hits must thus be carried but controlled.
- The points are not counted if there is contact, but the **KNOCKOUT is prohibited**.

I.4. Protections

Obligatory protections

- Rigid groin shell protection (masculine)
- Rigid or foam plastron for chest protection.
- Light Gloves (foam mittens)

Optional protections

- Teeth protection,
- Shin protection or feet not armed
- Helmet out of foam and without visor

I.5. Categories

- 6 Black Belt Sparring championships-Adult-Males.
 1. 60kg or less.
 2. + 60kg → 65kg
 3. + 65kg → 70kg
 4. + 70kg → 75kg

5. + 75kg → 80kg
6. + 80kg

- 3 Black Belt Sparring championship-Adult-Females.
 1. 57kg or less
 2. +57kg → 65kg
 3. + 65kg

II. Technical rules

II.1. Prohibited Knockout

- If the responsibility for the knockout is allotted to the non-wounded candidate, the Judges immediately disqualifies this one after a consultation with the Referee, the two Trainers and the President of the Jury.
- If the responsibility for the Knockout is allotted to the wounded candidate, this one loses the sparring and its adversary is not disqualified.
- In the case of the serious knockout with a deliberated intention or following a simulation on knockout, the President of the Jury will be able to take disciplinary measures against that which causes the knockout.

II.2. Definition of the Knockout

- A candidate is declared knockout when it loses consciousness completely at least 10 seconds.
- Loses its clearness or its capacity of sparring or quite simply on decision of the doctor.
- If the candidate is declared knockout, then it cannot in any case take again the sparring.
- If the knockout would be serious, the candidate does not awake or loses consciousness in a prolonged way, **all the tests of Sparring are obligatorily stopped** and those can begin again only on the decision of the doctor.

II.3. Prohibited techniques

(See appendix 2: the table of penalty)

- To put its adversary knockout
- **To strike at the face** with techniques involving the arm: **Dam** (Blow of fist), **Chem** (open hand), **BAT** (reversed fist), **Cho** (elbow)...
- To use the following techniques: **Cho** (elbow), **Xia, Chi** (finger spikes), **Trao, Cao, Cau** (Claw) or to draw the hair or to bite.
- To strike in danger zones like : genitals parts, neck, nape of the neck, back
- To strike the adversary on the ground, after it fell
- To strike the adversary if you are on the ground

- To strike the adversary after the order of stop pronounced by the Referee : " **THOI** "
- To strike the adversary after it left the surface of sparring.

II.4. Definition of "on the ground"

- When the adversary is in sitting position
- When the two knees or the 4 members touch the ground
- When the body is lengthened on the ground, and it is on the back or the belly.

II.5. Techniques without allotted points

- The two candidates touch themselves at the same time.
 - Attacks on the legs, arms or shoulders.
 - The adversary lost balance and fell all-alone.
 - To have fallen after **Da Bay** (flying kick), except for the 21 techniques of scissors.
 - Disordered, fuzzy, or vague Attacks.

II.6. Authorized techniques

(see appendix 1: the table of the allotted points)

- When applied, the techniques must be clear and powerful, but be sufficiently controlled for not putting its adversary in a knockout.
- In the same way the techniques of **Vat** (wrestling), **Quet** (mowing) or **Don Chan** (scissors) must be carried out in a clear way with control and follow-up.
- In general the points are entered only if the chest or stomach **is touched** (between the neck and the belt).
- The authorized techniques are:
 - **Dam** (blow of fist), **Chem** (open hand), **Bat** (reversed fist) **Goi** (knee): in **the chest or stomach**
 - **Da** (kick), **Da Bay** (flying kick): in **the chest or stomach, and the face**
 - **Vat** (wrestling), **Quet** (mowing), **Don Chan** (scissors)

II.7. Penalties and warnings

(see appendix 2: the table of penalty)

- At any moment the Judges or the Referee can stop the sparring to give warnings by observing the following procedure:
 - Stop the sparring (ordered by the Referee or one of the Judges)
 - Immediate following meeting between the 3 Judges and the Referee to decide warning.

- For warning to be recorded, it must obtain at least 2 votes for and a neutral voice.
- The points in less (point penalties) must be recorded immediately by each judge.
- The Referee must aloud pronounce the reason of the penalty by designating the candidate in fault.
- Resume sparring again.

III. Course of sparring

III.1. The sparring

- The Referee orders the beginning of the sparring, after checking the equipment of the candidates.
- The Judge times-keeper will order a stop after 1 minute of effective sparring and the stop of the sparring after 2 minutes of effective sparring.
- The Judges at the jury table enter the points and designate the winner to the Referee.
- The Referee declares officially the winner.
- Throughout the sparring, only the trainers are authorized to speaking or giving advises to the candidates.
- The supporters can encourage their candidates by applause but in no case to give advises.
- It is formally forbidden for the candidates to speak, protest or cause the adversary throughout all sparring. It is only authorized to ask the interruption of the sparring to the Referee in order to obtain the advises of the trainer

III.2. Equality of point

In the event of equality of points at the end of the allotted time:

- A one-minute extension (3rd round) will be required after a 30 seconds pause.
- In the event of equality of points after the 3rd round, one 4th round will be required with an unbounded time. The Judges will declare the candidate who will get the first point victorious.

III.3. Interruptions

The Referee or the Judges in the following cases can require interruptions during the sparring:

- As soon as one of the candidates has the two feet within the Surface of Safety.
- One of the candidates is on the ground.

- The two candidates fight body with body (Vat) during more than 10 seconds.
- Request by one of the candidates or the 15-second-old trainers of additional rest or abandonment of sparring.
- The Referee or the Judges can impose constantly a pause, if they consider it necessary.
- The Judges can constantly stop the sparring and declare the winner if they estimate that the sparring is too dangerous or if the variations of level are too significant.
- Intervention of the President of the Jury or the Director of Competition.

All the stops are deduced from the time of sparring.

III.4. Complaints

Only the trainers who will have to observe the following procedures can carry out the complaints:

- All the complaints will be formulated at the end of the sparring.
- The candidate can claim only to its trainer.
- The trainers can announce their complaints to the Jury Table and if required lodge recourse with the President of the Jury or the Director of Competition.
- It is forbidden to claim publicly or with high way or towards the Referee.
- The Trainers and the candidates must respect all the decisions taken by the Judges, the President of the Jury or the Director of Competition regarding the complaints.
- In the case of non-observance of these rules, a disciplinary action will be applied to the candidate or its delegation.

III.5. Service of care, wounds

- At any moment a candidate, a trainer, a Referee or the Judges can call upon the services of care.
- The doctor can stop the sparring after examination of the wounds. In this case:
 - If the responsibility for the wound is allotted to the wounded candidate, this one loses the sparring.
 - If the responsibility for the wound is allotted to the adversary for the candidate, then its adversary loses the sparring.

III.6. Not-presentation with the call

- All the candidates must present themselves on the surface of sparring when they are called, even if they wish to give up or withdraw.
- After three calls, if the candidates did not present themselves, they will be disqualified.

IV. Intervening party

IV.1. The role of the Referee

- The Referee is the person in charge and the guardian of the respect and the good unfolding of the sparring.
- It orders the beginning or the stop of sparring. It takes care of the compliance with the rules and the safety of the candidates.
- It decides sanctions: of a simple call to order, warnings points of penalties, until the disqualification.
- It takes part in the result of sparring if the Judges ask it
- It checks the proper uniforms and the materials of the candidates.
- It regulates the protocol.
- It designates the winner of the sparring after the announcement of the results given by the Judges.
- It must be permanently between the two candidates and vis-à-vis the Judges.
- At any moment it can stop the sparring if:
 - It estimates that there is a broad domination of one of the candidates who could involve a risk of accident.
 - It requires the doctor or the service of care to examine the candidates.

IV.2. The role of the Judges

- They have as a function to allot and enter the points marked as well as the points of penalties of each candidate.
- At the end of the sparring, after having added up the points, they designate the winner to the Referee.
- The judges can consult the Referee constantly, when they did not see an action well.
- They can stop the sparring at any time if:
 - They estimate that there is a broad domination of one of the candidates who could involve a risk of accident.

- They ask the doctor or the service of care to examine the candidates.

IV.3. The Trainer of the Delegation

It has the role:

- To help, look after, advise, prepare and to be the spokesman of its candidates.
- He is the single interlocutor of the delegation towards the Judges or the technical committee of the Cup.
- It is the only one authorized to sit down on a chair placed at the edge of the sparring area.
- It is responsible for all the intrigues of the candidates during or apart from the engagements.
- It is the only one authorized to deposit a complaint near the Judges or the President of the Jury or the Director of Competition..
- It must respect the decisions of the Judges or the President of the Jury or the Director of Competition once that the verdict is returned.
- It must also respect the way of working and the decisions of the Referee and the Judges.

V. Others

V.1. Official Uniforms

- The official uniforms of the Referees and the Judges are Vo Phuc traditional of Vovinam-VVD.
- Held of the Candidates and the Trainers must be in conformity with article the 7 "official uniforms of the delegation" of the Administrative Regulation of the Cup.

V.2. Off-classification or under-classification

- For a competition to take place in a category, at least 3 candidates are needed. The off-classification or under-classification of a category to another must be decided by the President of the Jury.

V.3. The repackaging or the direct qualification

- For a category of sparring to proceed correctly, the number of candidates must be always an even number (a number multiple of two). Only the President of the Jury can decide direct qualification of a candidate by the drawing of ballots or to let through on the repackaging of a valorous candidate having lost the proceeding turn.

Appendix 1: the table of the allotted points

Technique	Targets	Points
Dam (blow of fist), Chem (open hand), Bat (reversed fist) Goi (Knee).	In the chest or stomach (between the neck and the belt)	1 point
Da (kick), Da Bay (flying kick).	In the chest or stomach, or the face	2 points
Vat (Fight), Quet (mowing, sweepings),	If the adversary falls on the ground	3 points maximal (according to the cases, from 1 to 3)
Don Chan (scissors)	If the adversary falls on the ground	4 points maximal (according to the cases, from 1 to 4)
For all techniques	Legs, arms or shoulders	Zero point
<ul style="list-style-type: none"> The two candidates touch themselves at the same time. The adversary lost balance and fell all-alone. To have fallen after Da Bay (flying kick), except for the 21 techniques of scissors. Disordered, fuzzy, or vague Attacks. 		Zero point

Appendix 2: the table of penalty

Technique	Targets	Sanction
For all techniques	If the adversary is knockout	Disqualification
Dam (blow of fist), Chem (open hand), Bat (reversed fist) Goi (Knee).	In the face, genital parts, neck, nape of the neck, back	Warning with: -1 point to -3 points according to cases
Da (kick), Da Bay (flying kick).	Genital parts, neck, nape of the neck, back	Warning with: -2 points to -3 points according to cases'
Techniques prohibited like: Cho (Elbow), Xia, Chi (Finger spikes), Trao, Cao, Cau (Claw) or to draw the hair or to bite.	All targets	Warning with: -1 point at -3 points according to cases
<ul style="list-style-type: none"> To strike the adversary on the ground, after it fell To strike the adversary once that one fell on the ground. To strike the adversary after the order of stop pronounced by the Referee: " THOI " To strike the adversary once that it left the surface of sparring. 	All targets	Warning with: -1 point at -3 points according to cases
To the 3rd Warning		Disqualification
<ul style="list-style-type: none"> Leaving the surface sparring voluntarily, refusal of sparring or voluntary escape. To show the back or to push the adversary with the fault To voluntarily go on the ground to flee the sparring. 		Warning with: -1 point
<ul style="list-style-type: none"> Incorrect attitude of the candidate (verbal or gesture): <ul style="list-style-type: none"> Towards the Adversary Towards the Referee or the Judges Towards the public 		Warning with: -2 points until the disqualification

Appendix 3: Lexicon of the Judges and the Referees

CHUAN BI	Get ready
NGHIEM	In guard with Lap Tan position
NGHIEM LE	The right hand on the heart
LE	Greet
THU	On guard with Dinh Tan position
DAU	Fight
THOI	Stop
THO	Get your Breathe
CHUAN BI, NGOI	Get ready, then say " XUONG " and sit
CHUAN BI, DUNG	Get ready, then say " DAY " and stand up
DANG SAU, QUAY	Turn back