

# HTAI ARNIS **STICK-FIGHTING**

Directed by Punong Guro Myrlino P. Hufana, Hufana Traditional Arnis International

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## 1. JUNIORS (9 - 17)

- **JPS-1** (9-11) All Levels Male
- **JPS-2** (9-11) All Levels Female
- **JPS-3** (12-14) All Levels Male
- **JPS-4** (12-14) All Levels Female
- **JPS-5** (15-17) All Levels Male
- **JPS-6** (15-17) All Levels Female

## 2. ADULTS (18+)

- **APS-7** (18 -34) All Levels Male
- **APS-8** (18-34) All Levels Female
- **APS-9** (35+) All Levels Male
- **APS-10** (35+) All Levels Female

## 3. TEAM

- **TPS-11 JUNIORS** All Levels Male (9-11, 12-14, 15-17)
  - **TPS-12 JUNIORS** All Levels Female (9-11, 12-14, 15-17)
  - **TPS-13 ADULTS** All Levels Male (18-34, 18-34, 35+)
  - **TPS-14 ADULTS** All Levels Female (18-34, 18-34, 35+)
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- ❖ **Elimination Rounds** – Padded Rattan Stick, 2 – 1min rounds, points
- ❖ **Final Rounds (Adults, APS)** – Live Rattan Stick, 1 – 1min rounds, continuous
- ❖ **Team Divisions** – Padded Rattan Stick, 1 – 1min round per player
- ❖ **Challenge Option** – Selection of Live or Padded Stick, Single or Double Sticks

## **STICK-FIGHTING RULES**

All Players and Coaches MUST review and understand all of the following rules prior to competing.

1. **Basic Rules** – BE RESPECTFUL, DO YOUR BEST, OBEY THE RULES, AND HAVE FUN!!!
2. **Safety Equipment** – All male Players must wear groin cup (*optional but suggested for females*); groin cups cannot be worn outside of uniform. RGL Arnis Headgear, RGL Padded rattan sticks, live rattan sticks, street hockey/lacrosse gloves and basic knee pads will be provided by HTAI. All experienced Players are highly encouraged to bring their own safety sparring gears as approved by HTAI.
3. **Active Judges** – HTAI will provide a judging staff with experience, knowledge and skill to ensure the highest level of fairness, safety, and action.
4. **Point System** – All scoring areas are awarded one point each. Most points accumulated at end of match wins.
5. **Legal Scoring Areas** – All stick striking techniques only to the following scoring areas:
  - a. Headgear (*no back of head*) and Torso (*ribs, chest, abdomen; no back*)
  - b. Arms, hands, thighs to knees (*nothing below knee*)
  - c. Light checking w/open hands to face cage or chest MUST immediately follow a strike to score. Checking w/out immediate follow up strike will result to penalty.
6. **Illegal/Non-Scoring Areas** – The following are NOT allowed and will not be scored and may be penalized:
  - a. Punches, kicks and any empty hand strikes
  - b. Take downs, sweeping and ground fighting
  - c. Back of head, body and legs, and striking below the knees
  - d. Hammer strike with butt of stick to any head and any part of body
7. **Contact** – All ranks light to medium contact only. Technique must make good contact to score.
8. **Clashing** – Clashing allowed for only 3 seconds. Strikes made during the clash are scored a maximum of 3 points.

9. **Out of Bounds/Ring** – The center referee will give 3 seconds warning for “out of bounds/ring” when one foot is totally outside the boundary line. Players can score from outside the boundary line within the 3 seconds warning, but must maintain at least one foot inside the ring. Repeated “out of bounds/ring” can result to penalty point(s).
10. **Penalties** – Excessive contact, illegal techniques and/or contact to non-scoring areas will result to penalty points or disqualification by the Center Referee. Unsportsmanship conduct and all other behavioral issues, such as disrespectful to other Player and judging staff, may result in immediate disqualification. Verbal warning for any infraction may be called by the Center Referee but not required. Penalty points will be awarded or deducted only by the Center Referee.
  - a. 1<sup>st</sup> offense awards 1 point to other Player
  - b. 2<sup>nd</sup> offense awards 2 points to other Player
  - c. 3<sup>rd</sup> offense is automatic disqualification by the Center Referee

## **STICK-FIGHTING GEARS**

**All Players must wear the same type of sparring gears for safety, fairness and consistency.** Best to bring your own gears for hygienic reasons and for quick transition of matches. You can purchase your own Official HTAI ARNIS Stick-Fighting Gears directly from the HTAI Academy. A limited amount of supplies will be available at the tournament for sale.

### **Required Gears:**

1. ARNIS HEADGEAR by RGL = \$135/each
2. Padded Rattan SPARRING STICK by RGL = \$13/each
3. Live Rattan SPARRING STICK by RGL = \$10/each
4. You can purchase the following at your local sporting goods stores:
  - a. Street Hockey or La Crosse Gloves (*look for good protection on thumb, forefinger and pinky*)
  - b. Knee Pads (*look for good protection for front and sides*)
  - c. Groin Cup (*recommended for men, boys and women*)

### **Optional for Girls/Women:**

1. Can wear chest/body protector. (*NO full Eskrima body Armor*)

### **Not allowed for Boys/Men:**

1. Body Gear (*chest protector, full Eskrima body Armor*), Shin Guards, Elbow/Forearm Guards

**BE RESPECTFUL, DO YOUR BEST, OBEY THE RULES, AND HAVE FUN!!!**

Respectfully,

*Dunong Guro Myrlino P. Hufana*

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### **Host an HTAI Stick-Fighting Seminar**

before the next tournament to help insure a positive and most memorable experience. Learn the basics/advance methods and tactics of Filipino Stick-Fighting of ARNIS/ESKRIMA/KALI from one of the top instructors in the world. Schedule the next seminar ASAP!

