

Ringen Tournament Rules for Longpoint 2015

Purpose

The purpose of this tournament is to create a venue in which the (non-lethal or debilitating) standing wrestling techniques of 15th and 16th century Europe can be practiced in competition. The rules have been written to allow the use of as many techniques from medieval wrestling sources as possible while discouraging the use of modern actions not found in the historical sources.

This tournament is focused on standing techniques only and does not take into consideration fighting that may occur on the ground. For this event, all throws should place a fighter in a dominant position over his opponent.

***Disclaimer:** This is a full contact event. Although fighters are expected to conduct themselves in a manner that will promote safety, risk of injury is still present. Fighters are expected to be in good health, able to fall without injury, and have experience wrestling at speed against a fully resisting opponent.*

Format

The Ringen tournament will consist of two phases. (1) Elimination rounds- wherein fighters will wrestle in a double elimination bracket. Elimination round matches will be fought until a fighter scores 2 throws or until the 3 minute clock runs out. (2) Final rounds- wherein fighters will wrestle until one has scored 3 throws. A time limit may be set according to schedule day of.

There will be 5 different weight classes in which fighters can compete with a maximum of 8 fighters per weight class. A fighter may wrestle in any weight class as long as he does not exceed the maximum allowed weight for that class. The weight classes are: lightweight (under 140 lbs.), welterweight (under 160 lbs.), middleweight (under 180 lbs.), light heavyweight (under 200 lbs.), and heavyweight/Open division (no weight restrictions).

Fighters will be required to weigh-in before competition and cannot exceed the maximum allowed weight for their selected weight class. If a fighter is overweight for his weight class he may wrestled at any higher weight class that has not met registration cap.

Required Equipment

Upper body. A durable long-sleeved jacket designed for wrestling or fencing is required for the upper body. Jackets must be closed in front with a belt, zipper or buttons. Zippers must be taped

down. Acceptable examples include: HEMA specific wrestling jackets, gambesons, and fencing jackets. Sweatshirts and martial arts gis are not allowed for this tournament, any other jacket may be approved or denied based on tournament staff's discretion.

Lower Body. Athletic attire is required for the lower body. No jeans or clothing with excessive pockets or zippers will be allowed. Acceptable examples include: Warm-up or sweat pants, fencing knickers, gym or board shorts, and leggings.

Feet. No shoes or socks will be worn during the competition. Fighters' feet should be healthy and free of contagious disease or fungus.

Optional Gear. Groin protection, mouthguard, soft protection for joints, ear protection

General Hygiene: Long hair is to be tied back securely or braided, and finger/toe nails are to be trimmed (checked at weigh in) to prevent injury. Fighters are to show up to competition as clean as possible, and may be disqualified at the referee's discretion for any issues related to hygiene.

Note: If a fighter's equipment fails at any time during the match or does not meet equipment requirements they will be granted 2 minutes to return to compliance. If a fighter is unable to repair or replace their gear within 2 minutes they will forfeit the match.

Conditions

1. **Ring layout.** The ring will be marked with starting and reset point for both fighters.
2. **Referee.** The referee starts and stops the fight, communicates with the fighters, ensures all participants are ready, controls safety in the ring, interprets the actions, and announces points for the scorekeeper. At no point should anyone but the ring boss, scorekeeper, or tournament manager speak to or otherwise communicate with the referee. Any fighter or coach who attempts to do so will receive a warning.
3. **Fighters.** There will be two fighters for every match. No more than two fighters are allowed on the mat at a time. Each fighter may be attended by one coach. The coach may enter the mat if invited by the referee, but must otherwise stay outside of the ring and may not interfere with the referee, other fighters, or any tournament staff. Fighters must report to the mat when called. Any fighter called to the mat three times in a three-minute period without reporting will forfeit the match.
4. **Scorekeeper.** The scorekeeper tracks the action of the match as reported by the referee, and updates the digital scoreboard for the match. Only tournament staff may communicate directly with the scorekeeper; any fighter or coach who attempts to do so will receive a warning.
5. **Warnings.** All fighters and coaches are subject to the three-warning system. Any fighter to receive two formal warnings in a single match will lose the match. Any fighter to receive three warnings over the course of the tournament will be eliminated from the tournament. Any warning issued to a coach is applied to that coach's fighter. Warnings are issued by referees, ring bosses, and the tournament manager.

Conduct of Bouts

The Head Scorekeeper will announce the immediately scheduled competitors as well as the names of those competing in the following match.

Each fighter will enter the mat, dressed to compete. Fighters will be called to the center to shake hands, and then take their positions at the starting markers. Fighters are expected to be on their guard and ready to wrestle at all times when on the mat. Only the referee and two fighters will be allowed within the arena during each bout.

The referee will signal to the fighters, and scorekeeper that the bout is about to begin. The referee will call "Fight" to signal that the bout has begun and the scorekeeper will start the clock. (Note: the clock will not be stopped during a match unless a fighter is injured, equipment malfunctions, or the referee calls a time out)

Fighters shall then begin the match at the referees signal.

Upon witnessing a valid technique or a downed fighter the referee will call "halt" and separate the fighters. Both fighters will immediately return to their starting positions. The referee will communicate the scores to the scorekeeper who will record the result. The referee will immediately signal to the fighters to continue. If either fighter leaves the ring the referee will reset them in the middle of the ring.

The scorekeeper will indicate when the bout has reached the requisite number of points or that time has run out. In the event of a tie when the clock runs out, the scorekeeper will call "time." Fighters will return to their starting positions and the referee will signal them to fight until a point is scored. The first fighter to score a point in overtime will win the match.

The referee will summon the fighters to join him in the center the scorekeeper will announce the final score and the winner's hand raised. Both fighters will then quickly exit the mat as the next match is announced

Forbidden Techniques

Forbidden techniques include but are not limited to:

- Choking
- Striking of any kind
- Use of pressure points
- Biting, scratching or poking
- Gouging of the eyes or sensitive areas
- Joint manipulation or submission attempts
- Throwing an opponent onto their head or neck

- The use of any technique to deliberately injure ones opponent

Injuries

Fighters must act in a prudent and reasonable manner at all times in order to avoid injury to themselves, their opponents, tournament staff, and spectators. Any fighter who acts in an unsafe or malicious manner may be disqualified from further participation in the tournament at the discretion of the tournament administrator.

No fighter, coach, or spectator will enter the arena to assist with an injury unless called for by the referee.

An injured fighter will be allowed a 2 minute period to decide if he or she is well enough to continue. If a fighter is not well enough to continue, the match is forfeited. A warning may be issued to the injured fighter's opponent if the injury was caused by reckless, but not malicious, behavior.

In all cases of injury, the judges and tournament administrator will make an assessment as to whether the injury was inflicted maliciously. A fencer who injures his opponents intentionally shall be disqualified from the tournament.

Injury inflicted on any other party (referee, judges, administrative staff, spectators) may result in disqualification, depending on the circumstances and at the discretion of the tournament administrator.

Scoring Criteria

Scoring

Goal. The goal of each match in the elimination rounds is to win by scoring a total of two throws. If the requisite number of throws is not reached during the time limit then the fighter with the most throws will win. In the event of a tie fighters will wrestle to the first throw in a sudden death round with no time limit.

Throw. A throw is defined as any technique that forces and opponent to touch the ground with any part of the body above the knees (with the exception of hands). If a fighter is driven to both knees and at least on hand is also touching the ground (three points of contact) it will also count at a throw.

Additional Scoring Methods and Considerations

Sacrifice. Sacrifice throws are throws in which a competitor intentionally falls backwards or to the side in order to take down his opponent. A fighter can score with a sacrifice throw as long as he/she ends the technique in a dominant (top) position. Failure to establish a dominant position

with a sacrifice throw may result in a point for the opponent or at the referees discretion the action may be thrown out.

Following an opponent to the ground. A fighter may follow his/her opponent to the ground during a throw but must land in a dominant (top) position.

Reversal. If a fighter chooses to follow his/her opponent to the ground with a throw, the opponent may score a throw by using or adding to the momentum of the throw to roll and gain dominance. If a throw is successfully reversed it will be awarded to the initial thrower's opponent. A reversal must take place within the initial throwing action, scrambling for control once a throw has been completed will not count for a reversal. In a scramble the action may be thrown out, or point awarded to the thrower at the referees discretion.

Touching Knees to the Ground. If a fighter's knees touch the ground intentionally, or as a result of the opponent's actions, the fighter must return to his/her feet before making an offensive action. A kneeling fighter may still be attacked by his opponent. This is intended to encourage the use of standing leg attacks as shown in the historical sources.

Failure to Establish Dominance. If both fighters fall to the ground and neither has established clear dominance the action may be scored according to the throwing action or be thrown out at the referee's discretion.

Stalling. A fighter may be penalized for stalling for exhibiting overly defensive behavior with no offensive actions, appearing to intentionally flee the ring 3 times in one match, or being asked 3 times by the referee to return to his starting position after a throw. If a fighter is called for stalling his opponent will receive one point. Additionally, the referee can stop the match at any point and reset fighters to prevent stalemate.

Yielding. At any point during a match a fighter may yield to his opponent by yelling "stop" "halt" or "tap." If a fighter yields his opponent will be awarded one point assuming no rules were violated