

# **Ringen Tournament Rules**

## **Longpoint 2017**

# Purpose

The purpose of this tournament is to create a competitive environment in which the (non-lethal or debilitating) standing wrestling techniques of 15<sup>th</sup> and 16<sup>th</sup> 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 aims to evaluate standing wrestling technique 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. An adjusted time limit or point cap may be set according to schedule day of the competition.

There will be 5 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). The heavyweight/Open weight class is open to all fighters, though fighters not already competing in a lighter category will be given preference during registration.

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

## Jacket

- A durable jacket designed for wrestling or fencing is required for the tournament. Jackets must be closed in front. Zippers must be taped down.
- Acceptable examples include: HEMA specific wrestling jackets, gambesons, and fencing jackets.
- Any other jacket must be approved by tournament staff.
- **NOT ALLOWED:** Sweatshirt, open-front jacket, or martial arts gi

## Pants

- Athletic attire is required for the lower body..
- Acceptable examples include: Warm-up or sweat pants, fencing knickers, gym or board shorts, and leggings/tights.
- **NOT ALLOWED:** Jeans, cargo pants, or other non-athletic pants or shorts

## Footwear

- No shoes or socks will be worn during the competition.

## Optional Gear

- Groin protection, mouthguard, soft protection for joints, head and/or ear protection

## General Hygiene

- All metal piercings and jewelry must be removed
- Long hair must be tied back securely or braided
- Finger/toe nails must be trimmed
- Fighters must be free of all skin, nail, or other infectious disease, virus, or fungus
- 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 health or hygiene- including excessive body odor.

# Conditions

1. **Ring layout.** The ring and starting positions will be marked on the mat and clearly visible.
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 for issues unrelated to general safety or the current match. Any fighter or coach who attempts to do so may 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 only 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. **Scorekeepers.** The scorekeepers track 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 scorekeepers; any fighter or coach who attempts to do so will receive a warning.
5. **Safety Warnings.** All fighters and coaches are subject to the three safety warning system. Any fighter to receive two formal warnings in a single match will lose the match. Any fighter to receive three safety warnings over the course of the tournament will be disqualified 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, ring out, illegal action, 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 score, or penalty to the scorekeeper who will record

the result. The referee will immediately signal to the fighters to continue. In the case of a ring-out the referee will reset fighters 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.”

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

## Scoring Criteria

### Scoring

**Winning.** 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 *Advantage* points will be counted to determine the winner. In the case of tied *throws* and *advantage* points the fighters will wrestle in an overtime match to the first *throw* or *advantage*.

**Throw.** A *Throw* is defined as any technique that forces an opponent to the ground. A *Throw* will be immediately scored if any body part above the hands and knees makes contact with the ground. A *Throw* will also be scored if a fighter drives his opponent to their knees and holds them on the ground showing control of the position.

**Advantage.** An *Advantage* is awarded when a fighter forces his opponent out of the ring, or as a result of a penalty.

### 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 *Throw* for the opponent or at the referee’s 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 or takedown but must land in a dominant (top) position.

**Reversal.** If a fighter chooses to follow his/her opponent to the ground, the opponent may score a *Throw* by using or adding to the momentum of the throw to roll and gain dominance. If a technique 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 *throw/advantage* may be awarded to the thrower at the referee's 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/her opponent. This is intended to encourage the use of standing 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 or be thrown out at the referee's discretion. The referee may provide an *Advantage* instead of a *Throw* at his/her discretion.

**Ring-Out.** If a fighter is forced out of the ring his/her opponent will be awarded an *Advantage*. A ring-out occurs when both of a fighters feet has left the ring.

**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 a *Throw* assuming no rules were violated.

## Penalties

**Disqualification/Expulsion from Tournament.** Fighter may be removed from the competition for grievous rule violations regarding the safety of fighters, spectators, or event staff. Significant display of disobedience to referee or tournament staff will be considered a safety violation.

**Ejection from Match.** Fighter may be ejected from a match, at the referees discretion, for repeat warnings/minor rule violations, or a singular serious yet non-malicious rule violation. This will be counted as a loss for the offending fighter and a win for their opponent.

**Point Penalty.** An advantage or Throw may be awarded to a fighter's opponent if said fighter commits multiple minor rule violations, and in some specific scenarios listed below

**Warning.** A warning may be issued, at the referees discretion, for minor rule infractions

**Forbidden techniques include but are not limited to:**

- Choking/strangling
- Striking of any kind
- Biting, scratching or poking
- Gouging of the eyes or sensitive areas
- Joint manipulation or submission attempts
- Intentionally throwing an opponent onto their head or neck
- The use of any technique to deliberately injure ones opponent

## Minor Violations

**Stalling.** Only the fighter currently leading in points can be penalized for stalling. A stalling penalty will be issued if a fighter acts in an overly defensive manner and appears to have no intention to make an offensive action, or for being told repeatedly by the referee to return to the starting position after a halt. If a fighter is called for stalling their opponent will receive one *Throw*. Additionally, the referee can stop the match at any point and reset fighters to prevent stalemate.

**Disallowed Techniques.** Certain techniques are disallowed under these rules in order to encourage the use of techniques found in the historical sources instead of modern variations. A fighter that uses a disallowed technique will first receive a warning ( no *Throw* will be awarded for a completed technique). The second violation will award a fighters opponent an *Advantage*. The third violation will award the fighters opponent a *Throw*. If a fighters appears to be using disallowed techniques to run out the clock, a stalling penalty may be called. If a disallowed technique is successfully countered a *Throw* will be awarded to the non-offending party. Disallowed techniques are:

- Single or double grabs and leg takedowns where a fighter drops to one or more knee to grab their opponents leg.
- Drop throws where a fighter drops to one or more knee to gain better leverage for a forwards throw. (ie. Shoulder or hip throw)
- Sacrifice throws when a fighter is behind their opponent. Identifying component is that fighter drops to the ground and pulls opponent backwards.

**Ring-out to Avoid Being Thrown.** Intentionally leaving the ring in order to avoid being thrown or to escape an undesirable position is prohibited. A warning will be issued at the first offense. Any additional violations will be penalized by issuing at *Throw* to the offending fighter's opponent.

## Equipment failure

Fighters will be granted 2 minutes after the first equipment failure to return to compliance. This will decrease to 1 minute for the second failure. If a fighter is unable to repair or replace their gear within the time limit, or if they experience a third equipment failure, they will forfeit the match.

## **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 acting as a qualified medical staff or 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 illegal or 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 fighter who injures their opponent intentionally will 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.