



Rules and Regulation for the 2012 Arnold Classic Capoeira Tournament

Rules

1. Participants must be part of a Capoeira school or academy.
2. Participants are to wear their academy's uniform and cord.
3. Participants **MUST** wear protective mouth guard. This will be a light contact tournament.
4. Participants **MUST** wear a protective groin cup. This will be a light contact tournament.
5. ALL participants **MUST** sign a waiver at registration.
6. Malicious behavior is grounds for automatic disqualification.
7. Failure to heed the referee's calls will result in a warning. Three warnings will result in a disqualification.
8. Take downs are to be clean in order to be counted. The movement "Telefone" and other malicious techniques (e.g. Godeme, Asfixiante, Tesoura Pescoso aka scissors to the neck, Acoite do braco aka bodyslam) are **BANNED** from this tournament. **NO GRAPPLING, HEADLOCKS OR JUJITSU!!!** Galopante, Deprezo, Tesoura de Frente, Tesoura de Costas, Tesoura Cintura, Vingativa, Banda, Boca de Calsa, Rasteira, and their counter-attacks are examples of acceptable take down techniques.

Regulations

1. Participants are to arrive early as possible before the tournament for check-in. For check-in participants must bring picture I.D. When participants sign-in they must give their real name along with their Capoeira apelido (nickname) and the name of their academy. You will be called by your Capoeira apelido during the course of the tournament. This is an intersex tournament. Males and females will compete with each other in the same roda (ring).
2. After check -in participants will meet in a designated area where the rules of the tournament will be read and explained to all participating Capoeiristas.
3. After the rules have been read. Participants will be randomly selected for their bout time.
4. After the participants have been listed in the order of which they will contend. Participants are to go to the designated area and wait to have their name called for their jogo (game/bout). Your name will be called a maximum of three times. If you have not presented yourself after being called three times you will have forfeited your position and be disqualified from the tournament.
5. Once you have been called to play participants are to knee at the edge of the bateria (Capoeira music band) and wait until the referee points to the participants to go to the Pe do Berimbau (foot of the berimbau/satr position).

6. The whistle of the referee begins and ends each jogo. Failure to heed the calls of the referee will result in a warning. Three warnings equal disqualification.

7. In the divisions of beginner, intermediate and advanced. Jogos will have a three minute time limit. The master division will have a five minute time limit. This will be a light contact tournament. At the end of each jogo (game) a three judge panel will score a winner based on a "2 out of 3" decision.

8. The referee will announce the winner after all participants in each division round has played. This process will continue until there is a division champion. The champion of each division will then be awarded a medal.

In each division certain movements are required to be displayed throughout your jogo (game/bout) in order to keep the flow of the game moving. They are listed below.

Beginner Division: Au, Role, Meia Lua de Frente, Esquiva, Negativa and Armada.

Intermediate Division: Macaco, Parafuso, Meia Lua de compasso, Au Sem Mao, Au Batido.

Advanced Division: Folha Seca, Mariposa, Bencao com Ponte, Mortal, Gato, Au Queda de Rins.

Master's Division: Malicia and Malandragem.

Sequencia Division

The sequencia division is scored based on "wow" factor. Judges will be looking for control of movement, intent of movement, fluidity and creativity. Your sequence time is up to one minute long.

1. Fluidity of Movement - Transitioning from one movement to the next with ease.

2. Control of Movement - Having a strong grasp of their body mechanics and confidence in the movement the participant is displaying. (e.g. no wobbly legs or clumsy stutter stepping.)

3. Intent of Movement - Doing a sequence and projecting the strikes and defenses in a manner that the audience can determine that the participant is actually striking a target or defending against an attack.

4. Creativity - Displaying a unique routine that projects the individuality and wide dynamics found in Capoeira.

Remember that this is a display of Capoeira and NOT Gymnastics.

Grupo Unidade Capoeira 2011 Arnold Classic Tournament Waiver

I hereby assume full responsibility for any injuries incurred during the tournament held by the Capoeira group "Grupo Unidade Capoeira". I acknowledge the "Grupo Unidade Capoeira" assumes no responsibility for any injury that i may incur. I acknowledge that Grupo Unidade Capoeira martial art academy, its instructors, its affiliates and its facilities are not responsible for any injuries that occur during this hosted tournament. I acknowledge and fully understand that i will be engaging in a **contact combative sport/martial art that may result in serious injury; including permanent disability or death, and/or severe social and economic losses** due to not only my actions, inactions or negligence, but also the action, inaction or negligence of others.

Furthermore, I acknowledge that there may be risks not know to me or not resonably foreseeable at this time. I **RECOGNIZE THAT CAPOEIRA IS AN INHERENTLY DANGEROUS SPORT/MARTIAL ART FORM** and that i put myself at risk of serious injury, permanent disabilities or death everytime i participate. Parent(s) or legal guardian(s) of minor participants {age 17 and below} additionally agree that they have instructed the minor participant to the above warnings and conditions and their ramifications, and that they consent to the minor's participation in this activity.

I, HAVING READ THE ABOVE WAVIER AND RELEASE, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY. I AGREE TO PARTICIPATE KNOWING THE RISK AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL.

Print Name: _____

Signature: _____

Parent/Guardian Signature: _____

Date: _____

FOR ADDITIONAL INFO CONTACT

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