

Rules and Regulations for the Arnold Classic 2010 Capoeira Tournament

Rules

1. Participants must be part of a school or academy.
2. Participants are to wear their own academy's uniform and cord.
3. Participants must wear a protective mouth guard. This will be a light contact tournament
4. All participants **MUST** sign a waiver at check-in time.
5. Malicious behavior is automatic disqualification.
6. Failure to heed the referee's calls will result in a warning (3 calls equal a warning). 3 warnings will result in a disqualification.
7. Take downs are to be clean in order to be counted. The movement "Arrastao" and other malicious techniques (eg. Godeme, Asfixiante, Tesoura pescoco 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 calca, rasteira and their counter-attacks are examples of acceptable take down techniques.

Regulations

1. Participants are to arrive early as possible for check-in. For check-in participants must bring picture I.D. When participants sign-in they must give their Capoeira apelido (nickname) and the name of your academy. You will be presented by your Capoeira apelido during the course of the tournament. This is an intersex tournament. Male and Females compete 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 draw numbers from a hat. The participant that draws number one will be the first to contend and each participant will go according to each subsequent number they have pulled from the hat.
4. After the participants have been listed in order of which they will contend. Participants are to go to their designated area and await their name to be 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 kneel at the edge of the bateria (capoeira music band) and wait until the referee points the participants to go to the "pe do berimbau" (foot of the berimbau).

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 calls equal one warning. Three warnings equal disqualification.
7. In the divisions of beginner, intermediate, advanced jogos (games/bouts) will have a three minute time limit. The master divisions will have a five minute time limit. The jogos (games/bouts) are light contact and will be based on a point system. One clean strike equals one point. Clean take downs are three points. Clean take down counter attackers are six points. All jogos are scored and tallied by a three judge panel.
8. The referee will announce the winners 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.

In division certain movements are required to be displayed during your jogo (game/bout). They are listed below.

Beginner Division: Au, Role, Meia Lua de frente, Esquiva Lateral, 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, Volta Por Cima
 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.

1. Fluidity of Movement – Transitioning from one movement to the next movement with ease.
2. Control of Movement- Having a strong grasp their body mechanics and confidence in the movements the participant is displaying. (e.g. no wobbly legs or 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 not Gymnastics.

