

JEFF SPEAKMAN'S



5.0 FIGHTER



RULES AND REGULATIONS

January 2026

TABLE OF CONTENTS

Mission Statement, Definitions, & Formalities.....	2
Scoring (Forms, Weapons, & Self-Defense).....	2
5.0 Forms, Self-Defense, Open Forms, Open Weapons Competition.....	3
5.0 Grappling.....	3
5.0 Fighting – Experience, Safety Equipment, & Formalities.....	4
5.0 Fighting - Competition Arena, Point Scoring, & Stand-up Points.....	5
5.0 Fighting - Ground Points.....	6
5.0 Fighting - Prohibited Acts, Disqualification & Withdrawal.....	7

MISSION STATEMENT

The purpose of the tournament rules is to provide for the smooth and fair administration of the tournament event and to ensure the safety of its participants and the enjoyment of its spectators.

All participants, athletes and non-athletes alike must adhere to the tournament rules and act in accordance with the spirit of the martial artist or risk being censured from participating in all or part of the tournament event at the discretion of the Chief Judge or Grandmaster Speakman.

Any and all problems, issues or circumstances not clearly regulated by the tournament rules will be decided at the discretion of the Center Judge or Grandmaster Speakman.

DEFINITIONS

ADULT 18 years and older

YOUTH/JUNIOR under 18.

Tournament director reserves the right to change categories as needed.

FORMALITIES: 5.0 FORMS, SELF-DEFENSE, OPEN FORMS, & OPEN WEAPONS

1. Each ring will be 6 meters x 6 meters.
2. Each ring will have a minimum of 3 judges.
3. Each ring will have a minimum of 1 score keeper.
4. All competitors will line up together at the bottom of the mat until collectively called up by the head judge to bow in and then follow his/her directions.
5. They will be in full clean approved uniform, karate, Jiu-jitsu, Judo, Kung-Fu, Taekwondo.
6. When called, they will individually bow and enter the ring from the bottom Center with the judges at 12:00.
7. Competitors will position themselves in front of the judges, close enough that the judges can hear them introduce themselves and their demonstration.
8. Upon completion of performance and instruction of the judges, competitors will acknowledge the judges and leave the mat from where they entered without turning their back to the judges and return to their seated position with the other competitors.

SCORING (5.0 FORMS, SELF-DEFENSE, OPEN FORMS, OPEN WEAPONS)

1. Technical accuracy of the demonstrated form or self-defense technique.
2. Intensity of the demonstrated form or self-defense technique.
3. Attitude/overall presentation of the competitor during the demonstrated form or self-defense technique.
4. Complexity of presentation or "degree of difficulty including reality of choreography" should be factored into the final score.
5. A guideline for scoring will be determined with the Center judge and will be shared with subsequent judges prior to the competition.

5.0 FORMS COMPETITION

1. Competitor must compete in the division of their current ranking at the time of the competition. (Junior Black Belts with adult ranking must choose to compete in Youth 5.0 Forms(Forms 1-9) or Adult 5.0 Forms(Short 1-Long 8)
2. Competitor must perform one of the forms listed in their respective division, sets are not allowed.
3. Modifications to the forms are not allowed.
4. Judges will present their scores firstly to the competitor and then to the scorer and finally to the audience.
5. The scorer will record the overall score given, respective to the categories listed above in '**scoring**' section.
6. The highest score will be deemed to be in 1st place and this process will continue until 2nd and 3rd place winners have been determined.
7. Tiebreaks will be decided by the majority rule, derived by looking at the competitors scores.

SELF-DEFENSE COMPETITION

1. Competitor must compete with their highest ranking between Kids, Teens, or Adult Programs.
2. The competitor will enter the mat as described in '**Formalities (6)**'. (The attacker(s) will enter with the competitor and immediately position themselves in the Center of the ring and await the competitors instruction).
3. The competitor will move to a position that best highlights their demonstration before beginning, and will return to a training horse at completion of the demonstration and await their score.
4. Self-defense techniques will be performed only once at street speed.
5. White through Purple belts will be allowed one attacker and will perform 3 techniques of their choosing. Blue belt and above will be allowed two attackers and will be allowed to perform up to 6 techniques running contiguously or individually. Techniques may be modified. (Prefixing and suffixing allowed)
6. Additional points will be awarded for complexity of chosen techniques.
7. Additional points will be awarded for logic and realism related to sequencing where applicable.
8. Tiebreaks will be decided by the majority rule, derived by looking at the competitors scores.

OPEN FORMS & OPEN WEAPONS COMPETITION

1. Competitor must compete with their highest ranking between Kids, Teens, or Adult Programs.
2. Competitor may combine, modify, create their forms and sets to create their own competition form.
3. Competitor may perform in OPEN WEAPONS competition with any weapon as long as it is deemed safe (by center judge) for competitor and spectators.
4. There is a two minute maximum time limit. (Clock starts after permission is granted to begin)
5. Judges will present their scores firstly to the competitor and then to the scorer and finally to the audience.
6. The overall score given will include earning points for athleticism.
7. The highest score will be deemed to be in 1st place and this process will continue until 2nd and 3rd place winners have been determined.
8. Tiebreaks will be decided by the majority rule, derived by looking at the competitors scores.

5.0 GRAPPLING

1. 5.0 Grappling will follow the same rules as 5.0 Fighting minus the striking.
2. Matches for all ranks (White - Black Belt) will consist of one round, three minutes in length.
3. Fighting gear will not be required, only groin guard and mouthpiece will be required.
4. Competitors will be in full clean approved uniform, karate, Jiu-Jitsu, Judo, Kung-Fu, Taekwondo.
5. Sleeve length will be checked before allowing to compete and should be no shorter than $\frac{3}{4}$ in length.
6. There will be only one referee running/judging the 5.0 Grappling event.
7. The referee will award points at his/her discretion and scorekeeper will keep track of points as described in Ground Points section of 5.0 Fighting Rules.
8. Strikes from either competitor will result in a full point deduction.
9. There will be only one tiebreak / overtime round, which will be one minute in duration. If there is a tie again, referee will choose the winner.

5.0 FIGHTING – CONTROLLED CONTACT COMPETITION

GENERAL

1. Colored belt matches (below brown belt) shall each consist of one round of two minutes.
2. Brown or black belt levels shall consist of one, two minute round with a one minute break followed by a one minute round.
3. If a colored belt moves up into a brown or black belt division, they will compete with the brown and black belt rules. Brown/Black belts will not be allowed to move down to a colored belt division.
4. Competitors shall be identified by judges according to the colored belt (blue or red) in place of their normal belt, tied prior to entering the mat.
5. One person is allowed per competitor for support at the side of the ring (must be a 5.0 student in good standing at a qualified 5.0 school and in Uniform). Coaching during the break or time out from the support person is allowed, but absolutely no coaching is allowed during the match. In addition, at no time is coaching allowed from the stands. Re-hydration for competitors is permitted at break period or time out.
6. Tiebreak /overtime rounds shall each be one minute in duration.

LEVEL OF EXPERIENCE

If you have MMA, Kick-boxing, or Muay Thai training up to 6 months then you will compete in the Brown Belt division for 5.0 Fighting. If you have more than 6 months or have at least one amateur or one professional fight you will compete in the Black Belt division for 5.0 Fighting. If the competitor is ranked in more than one system, then the competitor will compete on the highest level of their ranking.

SAFETY EQUIPMENT

Mandatory Protective Equipment:

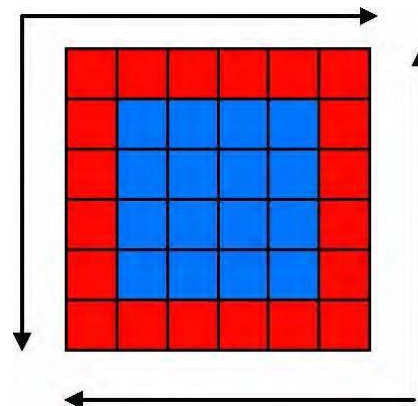
1. Head protection (Plastic only facemask is optional)
2. Groin guard
3. Shin-instep protector or Foot Guard (Forearm protection optional)
4. Mouth Guard
5. Padded fingerless hand mitts with 6 oz. minimum of padding over knuckle area
6. Jewelry is to be removed and finger and toenails are to be neatly trimmed. “Non athletic” eyeglasses are not permitted. The contestants shall have two minutes to conform.

FORMALTIES

1. All competitors will be present and ready to take the mat with correct protective equipment.
2. Competitors will acknowledge the mat and judges when called upon the mat to compete.
3. Competitors are responsible for knowing all scoring regulations etc. and the Center referee will explain any rule clarifications.
4. Competitors bow first to the Center referee, then to each other before stepping backwards and away with hands held high in a guard position to signal their readiness.
5. During match stoppages competitors will return to their starting position and face the outside of the mat.
6. At the completion of the match competitors will, as directed, acknowledge each other, then the Center referee and then in good sportsmanship demonstrate a disengage from the match by the shaking hands or touching of gloves, etc. leaving all emotions on the mat.
7. The fighters must stop immediately when the referee calls ‘Break’.
8. If necessary to reset the fighters, the referee will bring them back to the Center of the ring and restart them in the standing position only.
9. Fights going to ground must maintain a level of “activeness” or they will be reset after a total of ten seconds, including the three second controlled position point count.

COMPETITION ARENA

1. Each competition area shall measure 6 meters x 6 meters.
2. Competition areas shall be separated from the spectator areas by a physical barrier. Nobody except the competitor and officials are allowed on the competition side of the barrier.



POINT SCORING

The referee and judges will award points at their own discretion if in their opinion a legal point has been scored. Two corner judges freely score 'stand up' points and 'ground points' as determined solely by the Center referee.

STAND-UP POINTS

1. **One point** is awarded for legal strikes to the trunk, side of head with control, and legs with the joints only.
2. **One point** shall be awarded for each controlled kicking technique or legal hand technique delivered to the sides of the head including controlled contact with any part of the ear areas. The face, throat and forehead as well as back of neck and spine area are excluded. No punches to the head! Only ridge-hand, conventional back-fist or a sighted spinning back-fist are permitted. **Acceptable power to the head region is considered as 'Controlled Contact'.**
3. **One point** shall be awarded for each hand strike or kicking technique delivered accurately and with sufficient power to the mid-section area and sides of the torso, in the absence of any violations.
4. **One point** shall be awarded for kicks to the inside and the outside of the upper leg (above the knee) that are delivered with enough controlled force. Do **NOT strike** against the direction of motion of the knee!
5. **One point** shall be awarded for rear leg sweep below knee and above ankle with sufficient power to warrant a point.
6. **One point** shall be awarded for all direct intentional strikes to the groin while standing; striking to the groin on the ground is permitted but without a point awarded.
7. **One point** shall be awarded for legal techniques, which result in an 'intended' takedown and end up in a dominant position once they hit the ground. This point is awarded by the Center judge only as directed in the 'Ground Points' section.
8. **A maximum of five points** only will be awarded by the corner judges for a standing clinch where one of the competitors is scoring striking points while the other is engaged in the attempted take down. This is an accumulative award from any type of point striking during the clinch. If the clinch breaks, or the Center judge breaks the competitors instead of going to the ground, then there is a reset and another five points can be awarded under the same circumstance.
9. **Points** can also be earned by utilizing controlled knees to the targets described above in 'Stand-Up Points' section with the exception of the head. While applying a clinch, only one hand can be around the neck with the other controlling the opponent's arm while striking with a knee to the groin or torso area. Knee strikes should be executed with a forward, not an upward thrusting motion, to prevent striking to the face.

GROUND POINTS

1. When the fight is taken to the ground the Center judge immediately takes control of awarding any scoring points from the point of and including the takedown. The judge will indicate ground point/s to the fighter that earns the point/s with a loud, verbal command while pointing to the same fighter with one hand and holding the finger/s up of the other indicating the number of points given. The corner judges then add these points as directed.
2. **Two points** shall be awarded for gaining and maintaining a dominant position of “Side Control” held for at least three seconds before awarding the point.
 - Side Control must be past both legs of the opponent on the ground for at least three seconds or one “knee in the belly”. These two variations of side control will be accumulative for the three second control for point award. To be awarded the points for knee in the belly control, both hands must be engaged in securing opponent.
3. **Three points** shall be awarded for gaining and maintaining a dominant position of “Full Mount”, or “Back Control” held for at least three seconds before awarding the points.
 - Back Control must control opponent’s upper body and legs (your feet must be inside opponent’s hips (feet crossed or uncrossed))
 - Full Mount must have both knees/shins on the ground wherever possible.
 - If a competitor is face down in the turtle position and the opponent takes their back with a controlling mount with hooks in but within the three second time frame the competitor on the bottom rolls over while the controlling opponent remains in control the time continues toward the score of 3 points.
4. **One point** will be awarded for an escape from a dominant position (must get to a neutral position). Escape points cannot be awarded if the judge has not started the counting off process towards the 3 seconds of maintaining a dominant position. Once the escape point has been awarded, all ground points return to the beginning stage.

You may earn dominant position points once for each of the three dominant positions (order does not matter), until points have been reset. Points reset when the opponent scores a point.

5. **Five points** shall be awarded for an arm bar, lock or choke or any submission resulting in a tap from the opponent. This will immediately cause the fight to stop. Submission is when a fighter “taps out” (continuous tapping on the mat or opponent to alert the referee). The fighters will immediately return to the Center of the ring to continue the fight.
The Center judge has the right to stop the fight if he thinks the technique will render the opponent to injury, and award 5 points. This rule is in place to protect the safety of the competitors.
Techniques must be applied in a controlled manner in order to be awarded.

The winner is determined by superior point totals of successful hits (solid contact) using hands, feet, knees and elbows during stand up and also takedowns, control positions, escapes, and submission techniques.

PROHIBITED ACTS

Warnings are done at the discretion of the Center referee.

Deductions - Full point deductions for prohibited acts at the Center referees' discretion are done during a break in action and in time and are shown as points being awarded to the opponent.

1. ***No punching or striking to the face/neck or spine area is allowed any time.*** Penalty points will be given for intended contact to unauthorized areas including the spine, face/neck and back of the head.
2. Using the elbows and/or knees to strike the joints or face/neck area.
3. Evading by turning the back to the opponent's attack or avoiding the match.
4. Biting or scratching.
5. Attacking the eyes.
6. Feigning or exaggerating injury.
7. Head butting.
8. Blind Spinning back technique to the face or head area.
9. For reasons of safety, throws where the opponent is thrown without being held onto, or thrown or slammed dangerously are prohibited and will incur a warning or penalty.
10. Standing or rising with both knees off the ground for body slam.
11. Jump guard from standing while holding opponent in guillotine.
12. Deliberately striking the joints of the opponent.
13. Crossing the Boundary Line to avoid the contest.
14. Uttering undesirable remarks by competitors or supporters.
15. Intentionally attacking the fallen opponent after break is called by the referee. (A fallen competitor is deemed to be when one or both knees and one or both hands/arms touch the ground).
16. Interrupting the progress of the match on the part of a contestant.
17. Violent or extreme remarks or behavior on the part of a contestant.
18. Striking techniques employed that miss such as kicks and punches etc. must not wildly cross the Centerline of the opponent thus showing a lack of control or intent to injure.
19. No excessive striking to an opponent who is controlled on the ground.

DISQUALIFICATION

1. Total of 3 minus points. (Penalty points awarded to the opponent).
2. Competitor intentionally disobeys the referee or the competition rules. Competitor has one minute to conform.
3. An intentional, illegal strike to an opponent, which results in rendering him or her unable to continue the match or creates significant injury.
4. Unsportsmanlike conduct as determined by the Center referee and/or judges.

Penalties and prohibited acts are declared by the referee. In the case of multiple penalties being committed simultaneously, the heavier penalty is declared.

WITHDRAWAL

1. If a competitor withdraws then the opponent is declared the winner.
2. A competitor who disrespectfully withdraws may not continue in the following matches.
3. If due to injury the medical advisor stops the match then 'withdrawal' is given and the opponent is declared the winner. It is at the medical advisors discretion if the participant may continue in matches after that.