



# *Rules*

## *Random Attacks*





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## 2 Introduction

**Random Attacks** can be understood as “defence against unknown attacks” and is also a competition form in martial arts and/or fighting sports.

The “Random Attacks” competition format goes back to the essence of self-defence, that is to say: to perform an action in response to an unannounced attack.

The feeling of panic or fear that is invoked by “Random Attacks” competitions requires the contestants to fall back on their natural reflexes that are sharpened by years of training in martial arts and/or fighting sports.

Martial arts and/or fighting sport practitioners learn to deal with real-life stress situations that arise when aggression is encountered through the “Random Attacks” competition system.

This competition form is accessible for all martial arts and/or fighting sport practitioners that practice self-defence.



## 3 Practical information and rules

### 3.1 Course of a match

- There are two pairs competing against one another.
- Each pair consists of one competitor and one attacker.
- The competitor is the person who defends and/or frees himself from the random attack.
- The competitors are the ones being judged.
- One pair wears red belts, and the other pair wears white (or blue) belts. The colour of the belt is appointed by the competition table officials.
- Upon the signal of the tatami referee, both competitors go to their appointed place on the tatami, greet one another, the jury members and their attacker and assume fighting position.
- The attackers stay put at the attacks table.
- The two attackers are shown the same attack at the attacks table by means of a photograph or a drawing.
- Upon the signal of the tatami referee, the attackers assume their starting position close to their partners.
- Upon the signal of the tatami referee, they each perform the designated attack in turn.
- The tatami referee will decide who begins: “Red” or “White (or Blue)”.
- After the execution of all the designated attacks (Youth 1 & 2) or after each execution (other categories), the tatami referee will ask the judgement of the three or five Judges.
- When both attackers have executed the attack and/or a judgement has been asked, the tatami referee will send back the attackers to the attacks table where they get to see a photograph or drawing of the next attack.
- Upon the tatami referee signalling “Hantei”, the three to five Judges will give their judgment by raising a “red” or “white (blue)” flag up in the air.
- The tatami referee signals the winner.
- The competitors bow to one another.



## 3.2 Attacking and defending posture

The starting position of the attacker is as follows:

- Left foot forward.
- Right hand behind the back.
- The other hand in fighting position in front of the body.
- Eyes forward, facing the competitor's back.

The starting position of the competitor is as follows:

- One foot forward or both feet shoulder width apart.
- Looking outwards from the competition area.

The distance between attacker and competitor must be no more than one displacement, to assure that the attacker can make physical contact with the competitor as soon as possible and/or can reach the competitor with his attacking technique.

There must be no physical contact in the starting position.

## 3.3 The attack

Upon the tatami referee's signal of "white (blue)" or "red", the competitor can turn around, after which the attacker has to engage immediately.

- If it is not a grab or hold, the attack must follow immediately.
- If it is a grab or hold, the attacker raises both arms.
  - The competitor will then stand with feet shoulder-width apart and both arms by his sides.
  - The hands of the attacker stay up in the air until the attacker is in position to perform the contact attack.
  - There must be physical contact before the competitor begins his defence.
- If it is a ground attack, the attacker will raise one arm.
  - The competitor will then stand with feet shoulder-width apart and both arms by his sides.
  - The attacker will bring the competitor to the ground with a throw at his discretion.
  - As soon as the competitor is on the ground, the attacker can engage.



- If it is a gun attack, the attacker will raise one arm, with gun in hand.
  - The competitor will then stand with feet shoulder-width apart and both arms either by his sides or up in the air.
  - The hand holding the gun will stay up in the air until the attacker is in position to perform the attack.
- The attacker is forbidden to communicate in any way with his partner, the coach or spectators about the attack that will follow.

## 3.4 Categories

### 3.4.1 Categories for European and World Championships and International A Tournaments

#### **Youth: up to 15 years old**

Four attacks chosen at random from numbers 1 to 20 in section 4

#### **Juniors: from 16 to 21 years old**

Any four random attacks from section 4

#### **Seniors: from 22 to 39 years old**

Any four random attacks from section 4

#### **Masters: from 40 years old**

Four attacks chosen at random from numbers 1 to 35 in section 4

#### *3.4.1.1 Age determination*

- If the competitor has reached the minimum age of a certain category, he is required to fight in that category.
- If the competitor reaches the minimum age of a certain category in the current calendar year, he can choose to fight in this older category instead. The competitor is not allowed to participate in both categories.

#### *3.4.1.2 Classification of categories*

- The categories are further subdivided into male and female.
- At a championship, the fixed categories as described above are to be respected.
- The registered contestants will always need to fight.



- If there is only 1 entry in a certain category, that athlete will receive the champions title.
- If there are not enough entries (fewer than three contestants per category), certain categories can be merged.
  - Merging of categories can be done at a championship, but then no champions title will be presented.
- Merging of categories will be determined by the local organisation in concertation with the RA responsible person.

### 3.4.2 Categories for National, Regional, Provincial etc. Championships

#### **Youth: from 6 to 15 years old**

Youth 1: from 6 to 9 years old, all grades

Three attacks chosen at random from numbers 1 to 5 in section 4

Youth 2: from 10 to 12 years old, all grades

Three attacks chosen at random from numbers 1 to 10 in section 4

Youth 3: from 13 to 15 years old, all grades

Four attacks chosen at random from numbers 1 to 20 in section 4

#### **Juniors: from 16 to 21 years old**

Juniors 1: from white to green belt

Four attacks chosen at random from numbers 1 to 20 in section 4

Juniors 2: from blue to black belt

Any four random attacks from section 4

#### **Seniors: from 22 to 39 years old**

Seniors 1: from white to green belt

Four attacks chosen at random from numbers 1 to 20 in section 4

Seniors 2: from blue to black belt

Any four random attacks from section 4

#### **Masters: from 40 years old**

Masters 1: from white to green belt

Four attacks chosen at random from numbers 1 to 20 in section 4

Masters 2: from blue to black belt

Four attacks chosen at random from numbers 1 to 35 in section 4

##### ***3.4.2.1 Age restrictions***





- If the competitor has reached the minimum age of a certain category, he is required to fight in that category.
- If the competitor will reach the minimum age of a certain category in the current year, he can also choose to fight in this older category.

#### 3.4.2.2 Classification of categories

- The categories are further subdivided into men and women.
- At a championship, the fixed categories as described above are to be respected.
- If there are not enough entries (fewer than three contestants per category), certain categories can be merged.
  - Merging of categories will be determined by the local organisation and the RA responsible person.
- Outside a championship, the categories can be freely compiled at the discretion of the organisers.
- At national championships and tournaments, the categories are subdivided into beginning (“from white to green belt”) and advanced contestants (“from blue to black belt”) (see point 3.4.2.)
  - Since no coloured belts are worn (see point 7.4), the beginning contestant can enter the category for advanced contestants
    - The contestant can only enter one single category
    - Advanced contestants (with at least a blue belt or belt of similar grade) can’t enter the beginners category

### 3.5 Competition entries

In general, entries have to reach the organisers three days before the beginning of the tournament at the latest.

Entries for international championships need to reach the organisers one week before the beginning of the championship at the latest.

Entries for a European or World Championship are to be sent to the organisers and to Euro Budo International - [contact@eurobudo-int.com](mailto:contact@eurobudo-int.com). Euro Budo International finalises the categories together with the organisers.

For a championship, the entries should also be sent to the responsible person of the national federation, who will coordinate them.

#### 3.5.1 Entries for a European or World Championship

- Each competing country can select and enter a maximum of 4 competitors for each category.
- The organizing country can select and enter a maximum of 6 competitors for each category.



### 3.5.1.1 Selection of competitors per country

- The competitors should respect the following criteria in order to being able to get selected by a competing country:
  - The competitor should have the Nationality of the competing country or the competitor should have joined a club whose headquarters are located in the competing country
  - The competitor can't be selected for and entered by different countries.
  - The organizing country can enter a maximum of 6 competitors in each category; other countries can enter a maximum of 4 competitors in each category.

## 3.6 Competition format

### 3.6.1 National championships and international competitions

There are two choices of format for national championships and international competitions.

#### 3.6.1.1 *Single repêchage system*

In this format, there is a repêchage bracket for those competitors who have lost a match against the eventual finalists. As soon as the finalists are known, all competitors who have lost a match against one of the finalists compete again in another knockout competition, being given a second chance to win third place.

#### 3.6.1.2 *Double repêchage system*

Course of the competition in which there is a double repêchage possible: each competitor will have to fight twice regardless of whether they win or lose the first fight.

After each round of matches, the competitors are divided into two groups.

The group of winners:

- They fight each other until they reach the final for first place

The group of losers:

- They fight each other until they reach the final for third place

Anyone who loses twice is eliminated from the competition.

### 3.6.2 European and World Championships

At European and World Championships, the double repêchage system is used; see paragraph 3.6.1.2.

### 3.6.3 Other tournaments

At friendly competitions and local tournaments, the format of the competition can be:

- Either of the formats outlined in section 3.6.1;
- A single-elimination tournament in which there is no repêchage; or
- A pool format, in which each competitor competes against everyone else within the same pool of between three and five.



### 3.6.4 System with three contestants at National, European and World Championships

If there are only three entries for a certain category, then each contestant will fight the other two. The winner is the competitor who wins the most matches. Ties are broken by comparing the number of flags the competitors were awarded across their matches.

### 3.6.5 Course of the competition – in practice

If at a World Championship, an European Championship, a National Championship or a Regional Championship more than 16 competitors have entered a single category, it is proposed to:

- Apply the double repêchage system if 16 competitors have entered
- Apply the single repêchage system if 17 or more competitors have entered
  - Coaches, contestants, members of the jury will be informed prior to the commencement of the fights

## 3.7 Attackers

Each competitor can freely choose and bring his own attacker.

During a single match (three or four attacks), the competitor cannot change his attacker.

However, over the competition day, the competitor may have more than one attacker.

In the youth category, the attacker may not exceed the upper age limit of 18 years.

***NB: if the attacker is also a competitor, both he and his partner will have to bring an extra person that can act as partner in case both competitors come up against one another, or have to fight at the same time on different tatami.***

## 3.8 Injuries during the fight

- If the competitor is injured during one of his bouts round, medical attention can be given.
- The round may be stopped for up to 1 minute, starting from the moment the medical assistant steps onto the competition field.
- If the attacker is injured during one of the-rounds, medical attention can be given.
- The competitor cannot work with another attacker during the ongoing match under any circumstances.

### 3.8.1 Verdict by the judges during a fight with injuries

- The jury will take into consideration the progress of the match at the time this happens.
  - The jury can reach a verdict if more than half of the attacks have been executed.
    - In case there is a tie, the non injured attacker/competitor will be the winner.
    - In case less than half of the attacks have been executed, the non injured attacker/competitor will be the winner.



## 4 The Random Attacks

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. Strangulation from side with both hands</li> <li>2. Wrist grip, same side</li> <li>3. Straight punch</li> <li>4. Around the arms from behind</li> <li>5. Crossed wrist grip</li> <li>6. Front kick</li> <li>7. Roundhouse punch</li> <li>8. Double wrist grip from in front</li> <li>9. Strangulation from behind with both hands</li> <li>10. Strangulation from front with both hands</li> <li>11. Hair grip in front</li> <li>12. Strike with a stick from outside to inside</li> <li>13. Collar grip from behind with one hand</li> <li>14. Across the head from side</li> <li>15. Around the arms from in front</li> <li>16. Stroke with a stick from inside to outside</li> <li>17. Stretched out – partner sits next to the body and strangles with both hands</li> <li>18. Roundhouse kick</li> </ol> | <ol style="list-style-type: none"> <li>19. Collar grip and straight punch</li> <li>20. Round the hips from behind</li> <li>21. Sideways kick</li> <li>22. Round the hips from in front</li> <li>23. Uppercut to the chin</li> <li>24. Knife stab to the stomach</li> <li>25. Double wrist grip from behind</li> <li>26. Knife cut from outside to inside</li> <li>27. Strangulation, stretched out on the partner</li> <li>28. Double collar grip and head-butt</li> <li>29. Stretched out - partner sits across the body and punches</li> <li>30. Gun in front</li> <li>31. Across the head from in front</li> <li>32. Knife cut from inside to outside</li> <li>33. Knife cut from above</li> <li>34. Stretched out – partner sits between the legs and strangles with both hands</li> <li>35. Gun from behind</li> <li>36. Strangulation with fore-arm</li> <li>37. Standing back hammer lock</li> <li>38. Nelson hold</li> <li>39. Front kick and straight punch</li> <li>40. Double roundhouse punch</li> </ol> |
|---|--|

- The attackers may choose to execute the attacks from the right or the left hand side.
- The exact position of the attacker during a specific attack may deviate from the position shown on the demonstration photograph or drawing, as long as the essence of the executed attack still represents the intention of the attack shown.

For example, during a ground attack, the attacker may choose to kneel on both knees, even though the photograph/drawing shows an attacker kneeling down on one knee.



## 5 Competition area requirements

### 5.1 Competition officials

In order to organize a Random Attacks competition, the following officials are required:

#### 5.1.1 Referees and Judges

- One tatami referee, who has to take care of the following:
  - The smooth running of each match.
    - Participants have to greet each other and take their positions at the beginning of the match.
  - Deciding whether Red or White (Blue) will attack first.
  - Requesting the verdict of the Judges and signalling the winner.
  - Checking the requested attack at the attacks table when a wrong attack is executed.
  - Giving a warning when the rules are not respected
  - Making the decision whether a new attack has to be executed after a warning
  - Attributing a point to the opponent if a second warning has to be issued for the same reason
- Three or five Judges who give a verdict of who wins and who loses a match.
  - The Judges signal their judgment by means of a red and a white (blue) flag
  - The Judges are located:
    - In a single line, all next to each other; or
    - One Judge at each corner of the competition field, and one Judge in front of the attacks table.
- An Event referee who is responsible for the event during the whole competition day.
  - This referee is responsible for the tournament and/or championship running smoothly.
  - This referee can take decisions about issues beyond the scope of this document.
- Referees and/or Judges can't participate as competitors and/or attackers during a National, European and/or World Championship, where they also function as referee and/or judge.
- Referees and/or Judges won't be replaced once the fights within a category have commenced
  - If for one reason or another, the Referee and/or Judge no longer can do his job, he can only be replaced if the Event referee has made that decision.

#### 5.1.2 Competition table

Two people are needed at the competition table, who are responsible for:

- Calling the competitors
- Appointing the white (blue) and red belts
- Recording the final score

#### 5.1.3 Attacks table

Two people are needed at the attacks table, who are responsible for:



- Showing the requested attack to the attackers
- Showing the score on the scoreboard
- Verifying that the requested attack is in fact carried out
- Informing the tatami referee if the contestants and/or attackers aren't wearing the proper clothing (see 7.2.)
- Drawing the attention of the tatami referee to the fact that one of the attackers has not executed the requested attack, by means of a yellow flag.

## 6 Scoring

### 6.1 Course of a match with four attacks

- The tatami referee will request the judgment over both competitors after each round.
- This is done by means of the red and white (blue) flags.
- The result after each bout can be as follows:
  - There are more red flags
  - There are more white (blue) flags
- The tatami referee will give after each round one point to the competitor with the most winning flags.
- The point scored will be added to the scoreboard.
- If a mistake has been made in the attack by both attackers, both competitors will get a point.

### 6.2 Course of a match with three attacks (youth up to the age of 12)

- The tatami referee will request the judgment over both competitors after all three attacks have been defended by both competitors.
- This is done by means of the red and white (blue) flags.
- The result after the three rounds have been carried out can be as follows:
  - There are more red flags
  - There are more white (blue) flags

### 6.3 Winner

The winner is indicated by the tatami referee.

- A competitor who has a 3–0 lead after three rounds of attacks wins the bout.
- A competitor who has the lead (by any margin) after four rounds wins the bout.
- For youth up to the age of 12, the competitor who receives more flags in the judgment wins.
- If there is a tie after all rounds:
  - An additional attack is carried out
- A competitor also wins when:
  - Their opponent chooses to forfeit the match;
  - Their opponent or their opponent's attacker is injured, according to the rules in section 3.8;
  - Their opponent fails to attend the match;
    - Competitors and their attackers need to be ready at the competition table after the final second call at the latest.
  - That decision is made by the tatami referee, in concertation with the 3 to 5



## Judges

### 6.4 Evaluation criteria

- A quick initial action or reaction with a realistic defence from a strike or realistic escape from a hold or lock
- All moves should be a logical continuation of the initial action or reaction.
- All subsequent techniques – from the initial action/reaction up to the end of the move – should be executed in a controlled manner.
- The Judges can rely on a separate document with the extensive mention of criteria, which can help them decide.

### 6.5 Duties of the tatami referee

- Taking position (competitors)
  - The tatami referee signals the location of the starting position of the competitors with his open hands
- Greeting one another (competitors)
  - The tatami referee guides the greeting of the competitors to one another and does so by moving his open hands towards each other and saying “Rei”.
- Greeting the Judges and the attackers (competitors)
  - The tatami referee guides the greeting of the Judges and the attackers in the same way.
- Starting position (competitors)
  - Signals the competitors to take up their fighting position (see §3.2.): “Take Position”.
- Announces the attacks
  - “First attack”
  - “Second attack”
  - “Third attack” – if four attacks are to be executed (see §3.4.)
  - “Last attack”
- Starting the attack (attacker)
  - The tatami referee proceeds quietly, slightly ahead and at a safe distance to the attacker that will have to execute the attack
    - His needs to be positioned slightly inclined and facing the center of the tatami
  - The tatami referee is free to choose who will go first
  - Starting signal for the couple with the red belt is “Red” and starting signal for the couple with the white (blue) belt is “White (blue)”
- Stand at the ready for the verdict of the Judges (competitors)
  - The tatami referee will ask the attackers to leave the competition area and signals this with his open hands
  - The tatami referee will ask the competitors to face the attacks table, saying: “Look at the Judges”



- Decision (competitors)
  - The tatami referee will request the verdict of the Judges: “Hantei”
  - Signals the score.
  - Signals the winner at the end of the match.

## 7 Competition field and material

### 7.1 National Championship competition field

- There are two options:
  - The pairs are positioned on a straight line one after the other: rectangle with minimum dimensions of 12 meters by 8 meters, consisting of tatami mats which are safe to fall on.
    - There should be a distance of between 3 metres and 5 metres between the pairs.
  - The pairs must not be in line with each other: on a square with minimum dimensions of 8 meters by 8 meters, consisting of tatami mats which are safe to fall on.
- There should be markings on the tatami where the competitors and attackers have to take their starting position.
- There should be markings on the tatami where the competitors and attackers have to enter the competition field.

### 7.2 European or World Championship competition field

- Rectangle with minimum dimensions of 16 meters by 10 meters, consisting of tatami mats which are safe to fall on.
  - There should be markings on the tatami where the competitors and attackers have to take their starting position.  
There should be a distance of between 4 metres and 6 metres between the pairs.
- There should be markings on the tatami where the competitors and attackers have to enter the competition field.

### 7.3 Other items required at each tatami

- One red and one white (or blue) flag for each Judge.
- One yellow flag at the attacks table.
- Red and white (or blue) belts.
- The attacking techniques displayed on drawings, photographs or on a digital screen.
- At European and World Championships, a digital version of the attacking techniques





must be used.

- Drawings and/or photographs can be used in case of computer failure.
- A scoreboard.
- Documents upon which the participants and results can be recorded.
- Weapons: 2 knives, 2 short sticks and 2 guns.
  - Rubber or wooden knife
  - Rubber or wooden stick - 45cm/50cm youth & 50cm/55 cm + 16 years
  - Rubber or wooden gun
  - A spare knife, stick and gun is recommended

#### 7.4 Competition clothing

- The participants must wear a neat Budo-Gi, Wushu-, taekwondo-, Hapkido- or pencak silat suit (T-shirts are not allowed).
- The participants do not wear their own coloured belt. Only white (or blue) and red belts are to be worn.
- The arm sleeves and trouser legs may not be rolled-up.
- Female participants are required to wear a T-shirt underneath their suit, male participants are not.
- The arm sleeves must reach at least the middle of the lower arm.
- The trouser legs must reach at least the middle of the lower leg.
- Helmets, gloves and other protective equipment worn over clothing are not permitted.
- Additional protection equipment in the case of an injury may be permitted at the discretion of the tatami referee.
- General rules with regard to hygiene are to be respected.
- Participants are forbidden to wear anything that might injure their attackers.
- Jewellery must not be worn, unless it is adequately taped off.



## 8 Medals

### 8.1 National Championship medals and/or trophies

- The winners of the first three places will receive a medal or trophy. The organiser of the event is responsible for this.
- Other competitors may be given a token, but this is optional.
- The attackers of the three winners on stage may also be given a token; this is also optional.

### 8.2 European and World Championship medals and/or trophies

- The winners of the first three places will receive a medal or trophy. The organiser of the event is responsible for this purpose.
- The attackers of the three winners on stage are given a token. This medal or trophy must not be larger than that of the winners.
- The attacker may receive his medal and take place on the stage together with the competitor.
- The name of the attacker will not be recorded on the official results.

## 9 Drugs policy

- Each competition, tournament or championship can be subject to a control of drug use.
- Anyone caught using banned drugs will:
  - Lose all scores, points, selection points, results and titles won at that tournament.
  - Be required to return all medals and prizes from that tournament.
  - Be subject to suspension by the relevant federations or authorities.



## 10 Official version

- The English version is the official version of the Random Attacks rules.  
Each country may translate the rules into their own language.

## 11 Revisions of this document

Version: 001.01	Author: Bart Van Hoef Description: First version "New Rules R-A 2015"	Date: 18/02/2015
Version: 001.02	Author: Bart Van Hoef - Modification of point 3.1 Addition of point 3.5.1 point 3.5.1.1 point 5.1.1	Date: 02/01/2017 - - Addition of - Modification of
Version: 001.03	Author: Bart Van Hoef - Modification of point 3.4.1.2 - 3.4.2.2 - 3.5.1.1 - 5.1.1 - 5.1.3 - 6.1 - 6.2 6.3 - 6.4 - 6.5 - 7.4 - Addition of point 3.6.5	Date: 02/01/2019 - -

## 12 Contact

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