



## Quick Guide to BF Savate Assaut Rules\*

### Trinity Martial Arts

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#### 1. Legal techniques:

- ✓ Round kicks any level (*fouettés*)
  - ✓ Thrust kicks, any level and any angle (*chassés*)
  - ✓ Outside reverse or hook kicks (*revers*)
  - ✓ Kicks to the shin (*coups de pied bas*)
  - ✓ Sweeps (*coups de pied bas de déséquilibre*)
  - ✓ Spinning and jumping techniques
  - ✓ Punches: boxing techniques to body or head
  - ✓ Parries to punches or kicks with the hands
  - ✓ Jams to the leg or hip with the feet
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#### 2. Illegal techniques:

##### Offence:

- ✗ Inside crescent kick
- ✗ Backfist or spinning backfist
- ✗ Front snap kick
- ✗ Kicks with the shin

##### Defence:

- ✗ Shin shield
  - ✗ Catching the leg
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#### 3. Legal weapons:

- ✓ Feet
- ✓ Hands

#### 4. Illegal weapons:

- ✗ Shin
  - ✗ Knees
  - ✗ Elbows
  - ✗ Head
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#### 5. Legal targets:

- ✓ Punches: face as far back as the ears, front of the body above the waist.
- ✓ Kicks: any area except groin, breast and back.

#### 6. Illegal targets:

- ✗ Groin
  - ✗ Breast area for women
  - ✗ Neck (front or back)
  - ✗ Back
  - ✗ Back of the head
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#### 7. Level of Force

Fighters are expected to demonstrate control over each technique applied. They are permitted to use sufficient contact to temporarily impair but not injure the opponent. A commonly used measure in *assaut* is the amount of sound a blow makes – a loud smacking sound from the contact or the parry indicates too much force.

## **8. Refereeing**

Fighters are expected to obey the directions of the referee regarding the conduct of the match without argument. The referee may stop the fight and give informal warnings that do not carry a deduction or send the fighters to a neutral corner and poll the judges for an official warning.

Most common warnings:

- ❑ Tibia – technique applied with the shin instead of the foot.
- ❑ Distance – technique applied from a point too close to the opponent to allow full extension.
- ❑ Force – technique delivered with too much power.
- ❑ Improper technique – illegal technique or a technique improperly delivered so that it becomes illegal.
- ❑ Improper target – most common mistake is delivering low kicks to the groin instead of the leg or the breast instead of the body.
- ❑ Limits –fighter strays outside the limits of the fighting area (during a match on a mat.)

## **9. Scoring:**

A technique must make contact and have been delivered at the correct distance, to a legal target, with a permitted degree of force in order to count.

- ❑ kick to the head: 4 points
- ❑ kick to the body: 2 points
- ❑ punch to the body or head: 1 point, to a maximum of 2 points for multiple punches delivered in sequence

### *Points Score*

Points are counted for each round and a score of between 1 and 3 is awarded to each fighter at the end of each round, based on the total number of points each fighter scored compared to his or her opponent in that round.

### *Technique and Tactics Score*

A score of between 1 and 3 is also awarded to each fighter based on the level of technique and tactics he or she displayed in the round compared to those of the other fighter. (Technique and tactics can include factors such as: the variety of techniques applied, the difficulty of techniques used, the fighter's control of the ring, intelligent risk-taking, and control of the fight.)

### *Deductions*

At any point during the round, a referee may poll the judges for an official warning against a fighter for violating the rules. If the majority of the judges agree that a warning is warranted, 2 points will be subtracted from the fighter's total score. If the fighter receives three official warnings the fight is stopped and he or she loses by disqualification.

### *Summary*

At the end of the fight, the scores for both categories for all three rounds are totaled and deductions for warning are subtracted from the total. Each judge selects a winner based on the higher number of points achieved. The winner is decided by counting the decision of the judges.

\* This sheet is intended to be a quick guide available in English for informal competitions. Official Canadian and international rules are available in upon request.