

JUEGO TODO

ADULT AMATEUR (18 YEARS & ABOVE) OFFICIAL RULES & EQUIPMENT GUIDELINES

I. GENERAL EQUIPMENT REQUIREMENTS

A. ROUNDS 1 AND 2 (DOBLE & SOLO BASTON)

All amateur competitors are required to wear the following equipment standard during stick-combat rounds:

- **Head Gear (Grilled):** Mandatory for all male and female fighters.
- **MMA Gloves:** Color-coded Red and Blue.
- **Groin Guard:** Mandatory for all male and female fighters.
- **Hand Wraps:** Mandatory for all fighters.
- **Breast Plate:** Mandatory for all fighters.
- **Arm Guards & Shin Guards:** Mandatory for all fighters.
- **MMA Shorts Only:** Basketball shorts, board shorts, Muay Thai shorts, and other non-MMA shorts are strictly prohibited. Only MMA shorts or compression shorts are permitted.
- **Rash Guard or Sports Bra:** Mandatory for all female fighters.

B. ROUND 3 (MANO Y MANO)

Prior to the start of Round 3, fighters must transition their gear to meet unarmed full-contact specifications:

- **MMA Gloves:** Color-coded Red and Blue.
- **Groin Guard:** Mandatory for all male and female fighters.
- **Hand Wraps:** Mandatory for all fighters.
- **Mouth Guard:** Mandatory for all fighters during Round 3.
- **MMA Shorts Only:** Only MMA shorts or compression shorts are permitted.
- **Rash Guard or Sports Bra:** Mandatory for all female fighters.

II. CATEGORIES & MATCH STRUCTURE

Juego Todo Amateur matches progress dynamic structural formats across three (3) distinct rounds:

- **Round 1: Doble Baston** – Two-stick category focusing on coordinated double weapon applications.
- **Round 2: Solo Baston** – One-stick category integrating weapon delivery with limited empty-hand strikes.
- **Round 3: Mano y Mano** – Full-contact unarmed round integrating Filipino Martial Arts (FMA) striking and Brazilian Jiu-Jitsu (BJJ) grappling.

III. OFFICIAL BOUT DURATION

- Amateur bouts shall consist of three (3) rounds.
- Each round shall be of exactly **two (2) minutes** in duration.
- A one (1) minute rest period shall be provided between rounds for equipment adjustments.

IV. ROUND 1: DOBLE BASTON RULES

Fighters engage using two (2) official Arnis sticks. Scoring is conducted under the standard 10-point must system.

A. ALLOWED ACTIONS

- Kicks and knee strikes targeting the body and legs.
- Takedowns, sweeps, and throws.
- Stick disarms.

B. PROHIBITED ACTIONS

- No punches or elbow strikes of any kind.
- No kicks, knees, or elbows targeting the head.
- No oblique kicks.
- No striking with the butt end (puño) of the stick.
- No thrusting (tusok) strikes.
- No stick chokes.
- No strikes to the back of the head or spine.
- No ground-and-pound.
- No suplexes.
- No submissions (either ground or standing).

V. ROUND 2: SOLO BASTON RULES

Fighters engage using one (1) official Arnis stick. Scoring is conducted under the 10-point must system.

A. ALLOWED ACTIONS

- Punches and elbows targeting the body.
- Kicks and knee strikes targeting the body and legs.
- Takedowns, sweeps, and standing submissions.
- Stick chokes and stick disarms.
- Switching the weapon stick freely between hands.

B. PROHIBITED ACTIONS

- No kicks, knees, punches, or elbows targeting the head.
- No oblique kicks.
- No striking with the butt end (puño) of the stick.
- No thrusting (tusok) strikes.
- No strikes to the back of the head or spine.
- No ground-and-pound.
- No suplexes.
- No Brazilian Jiu-Jitsu (BJJ) ground submissions.

C. SPECIAL STICK LOSS RULE

- If a fighter drops or loses possession of their stick, they are strictly limited to utilizing kicks and knees targeting the body and legs. Punches or elbows are completely illegal while disarmed.
- Standard permitted striking rules resume immediately once the weapon stick is retrieved.
- A **1-point deduction** may be officially applied if a fighter is not in possession of their stick at the final sound of the round.

VI. ROUND 3: MANO Y MANO RULES

Full-contact unarmed combat integrating weaponless Filipino Martial Arts (FMA) and Brazilian Jiu-Jitsu (BJJ).

A. ALLOWED ACTIONS

- Punches and kicks targeting the head and body.
- Elbows and knees targeting the body.
- Takedowns, sweeps, and grappling transitions.
- Unarmed FMA and BJJ submission configurations.

B. PROHIBITED ACTIONS

- No elbows or knees targeting the head.
- No groin attacks or oblique kicks.
- No rabbit punches or direct strikes to the back of the head/spine.
- No headbutts, eye gouging, fish hooking, biting, spitting, or hair pulling.
- No throat strikes or windpipe grabs.
- No small joint manipulation (finger or toe locks).
- No holding or grabbing the opponent's shorts or gloves.
- No holding or climbing the cage fence with fingers or toes.
- No strikes (knees, kicks, punches) targeting the head of a grounded opponent.

- No pinching, twisting, or clawing the flesh.
- No up-kicks from the ground position.
- No heel hook submissions.
- No pile driving or suplexes.
- No 12–6 (vertical downward) linear elbow strikes.
- No spiking an opponent directly onto their head or neck.
- No stomping on a grounded fighter.
- No inserting fingers into any orifice, cut, or laceration.
- No jumping takedowns with excessive force (e.g., flying scissor takedowns without structural arm control).

VII. YOUTH MODIFIERS (17 YEARS OLD & BELOW)

While these rules specifically govern the Adult Amateur structural divisions, the following safety modifications apply strictly to any supplementary youth brackets (down to 12 years old):

- **Strikes to the Head:** Absolutely no strikes to the head are permitted across any competitive round.
- **Doble & Solo Baston Gear:** Full headgear with protective grills + breastplate + arm guards + shin guards + groin guard are completely mandatory.
- **Mano y Mano Gear:** Standard boxing headgear + arm guards + shin guards + mouth guard + groin guard are completely mandatory.

VIII. COMPLIANCE & OFFENSES

Failure to strictly comply with these rules or official equipment provisions will result in immediate disciplinary measures:

- Official technical warning or point deductions.
- Disqualification from the bout.
- Immediate expulsion from the tournament event premises.

A. NO CONTEST CLAUSE

If a match is halted due to an accidental injury or an unforeseen event rendering a competitor unable to continue, a **No Contest** decision is averted if the fight has successfully progressed **beyond the midpoint of the second round**. In such cases, the outcome will be determined by accessing and tallying the official judges' scorecards up to the point of stoppage.