

Philosophy of Genesis / History

Education Syllabus

Summary of the Spoqcs

Competition Rules

Latest update

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Education Committee of SIF





## History of the SPOQCS

The thrilling sport of Spoqcs is a new achievement in the world of both martial arts and mass sports. It was founded in 2011, by Grandmaster Mohammad Reza Hashempour Pashaki, a world martial arts champion, international coach, and referee. Drawing from years of experience in competitive and public martial arts, as well as extensive studies on ancient Persian warfare and traditional sports including fencing, stick fighting, traditional wrestling, javelin throwing, and archery he established Spoqcs. The primary purpose of this sport is to introduce the world and future generations of Iran to the rich and distinguished culture of ancient Persia, which is a treasure trove of art, traditions, customs, warrior spirit, courage, chivalry, knowledge, and wisdom inherited from our noble ancestors.



### Sport, Quicker, Clever, Stronger

Meaning and Concept of Spoqcs: Spoqcs stands for "Sport, Quicker, Clever, and Stronger." The Latin word Spoqcs is the official trademark of this sport and an abbreviation of these four key qualities. The sport of Spoqcs is inspired by both ancient and modern defensive techniques and weapons. It is a fusion of traditional, indigenous, local, and modern martial arts techniques that are dynamic, practical, and innovative. Spoqcs plays a significant role in promoting movement, joy, health, social interaction, unity, and community growth worldwide. By encouraging physical education, expanding mass sports, and promoting physical activities, it contributes to the well-being of societies and individuals. Almost everyone, at some point in childhood, has owned a wooden or plastic sword as part of their toy collection. Many of us have experienced playful sword fights, stick fighting, or even wrestling during childhood, and we often recall these memories with nostalgia. Indeed, Spoqcs is the "nostalgia of childhood" for all of us.



The slogan of Spoqcs is: "Together in unity for a world filled with peace and friendship, vitality, activity, health, and peaceful living."

## The Establishment and Internationalization Process of Spoqcs

The process of establishing and expanding Spoqcs internationally has followed a strategic and structured approach since its foundation in 2011 (1390). The key steps taken in this journey include:

1. Foundation of Spoqcs(1390 - 2011)
  - ✓ Developed as a new martial arts and recreational sport based on ancient and modern combat techniques.
  - ✓ Designed to promote physical activity, agility, intelligence, and strength.
2. Introducing Spoqcs to International Sports Organizations(2013–2012)
  - ✓ Conducted official and unofficial international meetings to present Spoqcs to global sports communities.
  - ✓ Received positive feedback and interest from international sports bodies.
3. Recognition by National Authorities(2016–2013)
  - ✓ Submitted the official Spoqcs dossier to the Ministry of Sports and Youth of Iran.
  - ✓ Approved by the Deputy for Championship and Professional Sports and the Deputy for Public Sports.
  - ✓ Integrated into the . Official activities of the Iranian Spoqcs Association began in October 2016 (Mehr 1395).
4. Development and Expansion(2023–2016)
  - ✓ Drafted and updated regulations for training, coaching, refereeing, and competitions.
  - ✓ Published educational materials in Persian and English.
  - ✓ Organized national and international competitions, leagues, and training courses.
  - ✓ Established official websites and an administrative automation system.
  - ✓ Formed specialized committees with international sports experts.
  - ✓ Held international workshops and the first Asian Spoqcs Assembly with 18 participating countries in 2017.
5. Official International Recognition and Memberships
  - ✓ In 2017, the International Spoqcs Federation "SIF" became a member of TAFISA (The Association for International Sport for All), an organization recognized by the International Olympic Committee (IOC).

Through these efforts, Spoqcs has evolved from a national sport into an internationally recognized discipline, paving the way for its future growth, development, and inclusion in global sports events.

## The benefits of Spoqcs can be categorized as follows:

### 1. Accessibility and Inclusivity

- ✓ No age or gender restrictions: Everyone, from children to the elderly, can participate in this sport without requiring prior physical preparation.
- ✓ Low-cost: The equipment and training expenses are minimal, making Spoqcs an accessible sport for all social groups.

### 2. Simplicity and Easy Learning

Simple rules and techniques: Unlike many other sports, Spoqcs is quick and easy to learn. In less than a week, participants can acquire the necessary skills and enter competitions.

### 3. Physical Benefits

- ✓ Enhances speed and agility
- ✓ Improves focus and concentration
- ✓ Increases flexibility and quick reactions
- ✓ Strengthens all muscles, especially the legs, back, abdomen, and arms
- ✓ Boosts the respiratory, cardiovascular, and circulatory systems
- ✓ Helps maintain and improve physical fitness

### 4. Mental and Psychological Benefits

- ✓ Boosts self-confidence
- ✓ Enhances thinking ability and decision-making speed
- ✓ Develops and strengthens defensive skills

### 5. Positive Impact on Quality of Life

- ✓ Increases life expectancy: Elderly and veteran participants can engage not only in recreational activities but also in competitive events, promoting their overall health, vitality, and happiness.

Overall, Spoqcs is a modern, safe, and inclusive sport that benefits both physical and mental well-being, encouraging a healthy and active lifestyle.



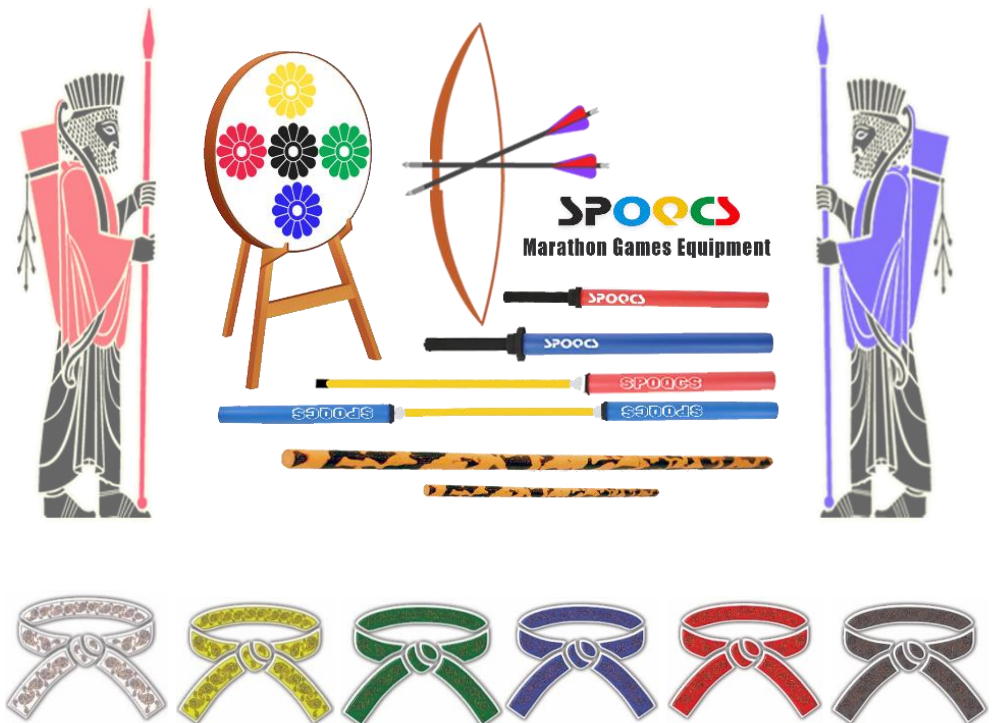
## Educational Syllabus and Technical ranks in SPOQCS

In addition to being a mass-participation and competitive sport, Spoqcs is also recognized as a defensive martial art, designed based on ancient Iranian defensive tools. This sport combines historical defensive skills with modern sports principles, aiming to develop agility, combat intelligence, physical strength, focus, and quick reactions in defensive and competitive situations.

In Spoqcs training, skills are taught in a systematic and step-by-step manner, enabling athletes to gradually enhance their ability to control sports tools (weapons), execute defensive techniques, and apply competitive strategies. For this purpose, a technical ranking system (sash or belt) has been established for athletes, coaches, and referees. This ranking system serves not only as a measure of skill level and knowledge assessment but also as a recognition of effort and a motivational tool for practitioners.

### Progression Path in Spoqcs

Advancement in Spoqcs follows five main stages, outlining the journey from a beginner practitioner to a primary master. These stages are essential not only for competing at national and international levels but also as a prerequisite for entering coaching and refereeing courses. This structured educational system helps athletes acquire new skills at each stage, develop a deeper understanding of defensive principles and competitive strategies, and ultimately become proficient martial artists in Spoqcs.





**Step 1 TAK AKINAKE:** Introduction, Learning Techniques, and Skill Enhancement in Short Sword Combat ([Single Akinake](#))

1. History and Legacy of Akinake (AKINAKE)

Achaemenid Era (550–330 BC): During the Achaemenid Empire, Iranians used weapons such as the Akinake in their battles. This short sword was highly effective in close-combat, guerrilla warfare, and urban conflicts due to its compact and maneuverable design.



2. Specifications of Akinake

The Persian Akinake was a broad, double-edged sword available in different designs. The blade length ranged between 30 to 50 cm, while the handle measured between 10 to 15 cm. Blade Material: Typically made of hard and durable metals such as iron or steel, providing high cutting power and resistance to impact. Handle Material: Crafted from sturdy materials like ivory, wood, or metal, ensuring durability and enhanced grip control.

3. Akinake in Spoqcs Sport



In Spoqcs, the Akinake is considered the first stage of training. It has been designed in two forms:

Wooden Type: Used for demonstrations and performance training.

Foam Type: Designed for competitive matches and sparring, ensuring safety and injury prevention.

The competitive Akinake (foam type) is made of high-density foam for safety and measures 75 cm in length, consisting of a 25 cm handle and a 50 cm blade.

**Educational Syllabus of 1<sup>st</sup> GAM (Yellow shal)**

Theory	Basic Information: History and rules of Spoqcs sport and Akinake competitions	<b>Required Skills for Step 1 Exam</b>
Stance	Left guard, Right guard, Parallel guard, Cat stance, Shadow striking	
Basic Akinake Movements	Middle head, Right head, left head, Right hand strike, left hand strike, Right body strike, left body strike, Right foot strike, left foot strike, Spear strike.	
Padas	Upper Padas, Left Padas, Right Padas, Middle Padas, Under Padas	
Akinake Combat	Technique and tactics, Development of attack and evasion skills, Scoring, Fight management.	
Form	Single Akinake 1	
Self-defense	Defensive skills with short stick (3 strikes and 3 padas)	
Physical Fitness	Push-ups: 10, Sit-ups: 20, Jump rope (two-foot): 30, Squats: 20	

**Certification and Yellow Sash Requirements:**

A student or athlete who successfully completes the Step 1 skills will receive a Step 1 technical certificate. Receiving the Yellow Sash is contingent upon mastering the skills of this section and actively participating in the combat or championship domain.

**Examiner Requirements:**

Instructors authorized to conduct the Step 1 technical exam must have a coaching certificate, at least a green sash, and active participation in the annual refresher courses of the association.

**Step 2 JOFT AKINAKE:** Introduction, Learning Techniques, and Skill Enhancement in Short Sword Combat (**Double Akinake**)



In Step 2 of Spooqs, the skill of using two Akinakes simultaneously is developed, with a focus on coordination between nerves and muscles. In this stage, the athlete learns how to use both hands independently and harmoniously for both offense and defense.

These techniques lead to an increase in speed, accuracy, and movement response. The pair of Akinakes is not only an offensive weapon but also a powerful defensive tool, where one Akinake is used for attacking, and the other for protection, enhancing the athlete's defensive and offensive capabilities.

**Educational Syllabus of 2<sup>nd</sup> GAM (Green shal)**

Theory	Basic Information: History and rules of Spooqs sport and Akinake competitions	<b>Required Skills for Step 2 Exam</b>
Stance	Left guard, Right guard, Parallel guard, Cat stance, Shadow striking	
Basic Double Akinake Movements	Middle head, Right head, left head, Right hand strike, left hand strike, Right body strike, left body strike, Right foot strike, left foot strike, Spear strike.	
Padas	Upper Padas, Left Padas, Right Padas, Middle Padas, Under Padas	
Akinake Combat	Technique and Tactics, Development of attack and evasion skills, Scoring, Fight management.	
Form	Joft Akinake 1	
Self-defense	Defensive skills with short stick (3 strikes and 3 padas)	
Physical Fitness	Push-ups: 15, Sit-ups: 50, Jump rope (two-foot): 50, Squats: 50	

**Certification and Yellow Sash Requirements:**

A student or athlete who successfully completes the Level 2 skills will receive the Level 2 Technical Certificate. Obtaining the Green Sash is conditional upon mastering the skills of this level and actively participating in combat or championship competitions.

**Examiner Requirements:** Only coaches who meet the following criteria are authorized to conduct the Level 2 Technical Examination: Possession of a coaching certificate, Holding at least a Red Sash, Active participation in the association's annual refresher courses.



### Step3 SOSAR: Learn techniques and improve longsword skills



#### 1. History and Origin of Sosar (Sosar Sword)

Sassanian Era (224 – 651 AD): The Sosar sword (Sosar) is one of the types of long Iranian swords used during the Sassanid period. This weapon played a significant role in the battles of that era and likely influenced the development of Islamic swords and later Eastern swords. Long swords existed in Iran as early as the Achaemenid period (550–330 BC), but they saw considerable advancement during the Parthian (247 BC – 224 AD) and Sassanid periods. The Sosar was probably a more refined version of Parthian swords and may have been influenced by Greek-Roman weapons such as the Spatha. The name "Sosar" likely originates from Pahlavi words referring to a strong and swift cut. In ancient texts, this sword is described as the weapon of the elite Sassanid cavalry.

#### 3. Sosar Sword in Spoqcs

Learning Sosar sword techniques in Spoqcs corresponds to the third stage (Step 3). The Spoqcs Sosar sword, inspired by the long Iranian swords of the Sassanid era, is designed in two types:

1. Wooden version: For performing demonstrative forms and skill practice.
2. Foam-based, completely safe version: Specifically designed for competitions, ensuring maximum safety.

Dimensions of both versions:

Total Length: 100 cm

Blade Length: 72 cm

Handle & Guard: 28 cm



#### Educational Syllabus of 3<sup>rd</sup> GAM (Blue shal)

Theory	Comprehensive Knowledge of Sosar Equipment and Rules
Stance	Left guard, Right guard, Parallel guard, Cat stance, Shadow striking
Basic Sosar Movements	Middle-head, Right& Left head, Hand strike, Right& Left body, Right&- Left leg, Spear strike, Shadow strike.
Padas	Upper Padas, Left Padas, Right Padas, Middle Padas, Under Padas
Sosar Combat	Technique and Tactics, Development of attack and evasion skills, Scoring, Fight management.
Form	Sosar 1
Stick playing skills	Guard, foot dance, classic sticks, combination stick, pads and disarms and related skill development
Physical Fitness	Push-ups: 20, Sit-ups: 70, Jump rope (two-foot): 100, Squats: 100

Required Skills for Step 3 Exam

Examiner Requirements:

Only coaches who meet the following criteria are authorized to conduct the Level 3 Technical Examination: Possession of a coaching certificate, Holding at least a Black Sash, Active participation in the SIF annual refresher courses.

Certification Requirements:

A student or athlete who successfully completes the Level 3 skills will receive the Level 3 Technical Certificate. Obtaining the Green Sash is conditional upon mastering the skills of this level and actively participating in Sosar combat or championship competitions



**Step 4 ZUBIN:** Learn techniques and improve Spear

Zubin (Spear) in Spoqcs Competitions

The competitive weapon used in this category is called the Zubin (spear) or Foam Spear. The total length of this sports equipment is 150 cm, consisting of: Blade: 50 cm, Handle & Guard: 100 cm. This spear is specifically designed for Spoqcs competitions and features high safety standards for use in matches.



1 .History and Significance of the Zubin (Spear) in Ancient Iran

The Zubin (spear) was one of the defensive tools used by Iranian soldiers in ancient times primary tools used by Iranian forces from the Elamite period to the Sassanid era. It was employed in both infantry and cavalry training, playing a crucial role in various engagements due to its long range and high penetration power. Beyond its practical use, the Zubin was also considered a symbol of Iranian martial expertise and held a significant place in Iran’s military traditions.

2 .Characteristics of the Zubin

The Zubin consisted of a wooden shaft (typically made of walnut or cypress) and a metal tip. Different variations of the Zubin were utilized in competitions and skill-based practices, including:

- Long Zubin: Suitable for direct use in controlled group engagements
- Short Zubin: Designed for throwing in skill demonstrations and sports performances
- Key Features: Long range, High accuracy in throwing, Strong penetration capability

3 .Zubin in Spoqcs

Training in Zubin (spear) techniques in Spoqcs corresponds to Step 4 (Red Sash). The Spoqcs spear is inspired by traditional long Iranian spears and comes in two versions:

- 1 .Wooden version with a brass or metal tip: Designed for demonstrative forms
- 2 .Foam-based, fully safe version: Specifically designed for competitions with high safety standards

**Educational Syllabus of 4<sup>th</sup> GAM (Red shal)**

Theory	Comprehensive Knowledge of Zubin Equipment and Rules	<b>Required Skills for Step 4 Exam</b>
Stance	Left guard, Right guard, Parallel guard, Cat stance, Shadow striking	
Basic Akinake Movements	Middle-head, Right& Left head, Hand strike, Right& Left body, Right&- Left leg, Spear strike, Shadow strike.	
Padas	Upper Padas, Left Padas, Right Padas, Middle Padas, Under Padas	
Zubin Combat	Technique and Tactics, Development of attack and evasion skills, Scoring, Fight management.	
Form	Zubin 1	
Stick playing skills	Guard, foot dance, classic sticks, combination sticks, pads and disarms and related skill development	
Physical Fitness	Push-ups: 40, Sit-ups: 70, Jump rope (two-foot): 100, Squats: 100	

Coaches who are authorized to conduct the Level 4 Technical Exam must meet the following criteria: Hold a valid coaching certificate, possess at least a black belt, actively participate in the SIF annual refresher courses.

Conditions for Candidates:  
A student or athlete who successfully passes the Level 4 skills assessment will receive the Level 4 Technical Certificate. Obtaining the green belt requires mastering the skills of this level and actively participating in combat training or Zubin championship events.

**Step 5 CHOUBAZI:** Short stick game, fighting and defense techniques and improving related

Long, Medium, and Short Stick (Choubazi)

In this section of Spoqcs, the competitive weapons and tools include long, medium, and short sticks. The objective is to familiarize athletes with and teach the techniques of Choubazi (stick fighting), which originates from traditional and local Iranian stick-fighting games and rituals and has evolved over time.



**History of Stick Fighting in Iran**

Stick fighting in Iran has survived from ancient times to the present as both a martial art and a cultural and ritual tradition. This skill, rooted in Persian military training, has evolved over different periods and remains present in various martial arts and traditional sports of Iran, including Spoqcs.

The rules of stick fighting may vary depending on the region and execution style, but its fundamental principles are similar across many Iranian traditions. This sport, which blends combat skills, rhythmic music, and warlike displays, is performed based on mutual respect, offensive and defensive techniques, and synchronization with music.

**Characteristics of Sticks and Their Application in Spoqcs**

Three types of sticks are designed for this section:

1. Offensive Stick (120 cm and 80 cm)
2. Defensive Stick (80 cm and 40 cm)

The offensive and defensive sticks are designed for Choubazi competitions, which are mostly a ceremonial and traditional practice rooted in Iranian tribal and warrior culture.

**Educational Syllabus of 5<sup>th</sup> GAM (Black shal)**

Theoretical and Practical Knowledge	Complete familiarity with sports equipment and Choubazi rules. Mastery in analyzing educational topics and curriculum. Competence in managing and conducting training classes. Comprehensive knowledge of international Spoqcs organizations.	<b>Required Skills for Step 5 Exam</b>
Stance	Left guard, Right guard, Parallel guard, Cat stance, Shadow striking	
Fundamental and Advanced Skills in Stick Fighting (Long and Short Stick)	Mastery of Basic Movements: Learning and executing the fundamental techniques of long and short stick fighting, including attack, defense, and footwork. Development of Combat Skills: Enhancing advanced offensive and defensive techniques with long and short sticks, including combination strikes, active defense, counterattacks, and weapon control. Improving Focus and Reaction Speed: Increasing mental concentration and combat awareness to quickly recognize opponent attack patterns and execute effective and timely defenses.	
Form	Double Stick (DOCHOOB)	
Physical Fitness	Demonstration of Skills for All Weapons from Level 1 to Level 5 Presentation and mastery of techniques for all weapons included in Levels 1 to 5, covering both offensive and defensive applications.	
<p><b>Level 5 Examination and Black Belt Award</b> The Level 5 exam and the Black Belt award will be conducted under specific conditions in the presence of the Technical Committee, in accordance with the standards set by the International Spoqcs Federation.</p>		





## Spoqcs Competition Performance Methods and Systems

Spoqcs Competitions in Individual and Team Categories, are held in the following disciplines:

(Single Akinake, Dual Akinake, Sosar, Zubin, Stick Fighting, Archery, and Spear Throwing) in both individual and team categories, following these formats:

1. (TAKMADEH) Single-Discipline Competitions
2. (CHANDMADEH) Multi-Discipline Competitions
3. (HAFT KHAN) Seven Labors of Spoqcs
4. Form Performance & Khodpad
5. Razma (Battle) Competitions

**Tak Madeh: Single-Discipline Competitions**

Single-discipline Spoqcs competitions are specialized events where each athlete competes in only one specific discipline. These competitions provide an opportunity to assess individual skills in a particular discipline and are recognized as an official part of Spoqcs tournaments. Single-discipline competitions serve as a strategic tool to enhance performance quality, identify talents, and increase competitiveness in Spoqcs. They also enable the Spoqcs National Associations to recognize top athletes in each discipline (such as Single Akinake, Dual Akinake, Sosar, Zubin, and Stick Fighting) and prepare elite competitors for higher levels of competition.

**Chand Madeh: Multi-Discipline Competitions**

Multi-discipline Spoqcs competitions involve athletes competing in multiple disciplines within the same age category. Participants must demonstrate proficiency in various ancient Iranian combat weapons and tools, such as Single Akinake, Dual Akinake, Sosar, Zubin, and Stick Fighting. These competitions may include two, three, four, or up to five disciplines.

**Haft Khan: Heptathlon**

The Haft Khan (Heptathlon) is a comprehensive competition encompassing seven disciplines: Single Akinake, Dual Akinake, Sosar, Zubin, Stick Fighting, Archery, and Spear Throwing. This competition serves as the primary criterion for selecting the top champion in national, continental, and international Spoqcs events. Scores in each discipline are calculated separately, and the total points from all seven disciplines determine the ultimate champion.

**Khodpad & Form Performances:**

Khodpad competitions in Spoqcs focus on the demonstration of defensive techniques and form performances using tools such as wooden sticks and swords. Athletes must creatively and practically showcase their defensive skills, emphasizing precision, coordination, mastery, and artistic expression in executing Spoqcs techniques.

**Razma (Battle) Competitions:**

Razma competitions are group battles in which teams consist of different units, such as swordsmen, archers, and spearmen. The primary objective of this competition is for one member of a team to infiltrate the opponent's area without being struck, reach the enemy's stronghold, and capture their banner or flag.

## General Rules of Spoqcs Competitions

### Required Equipment for Competitions

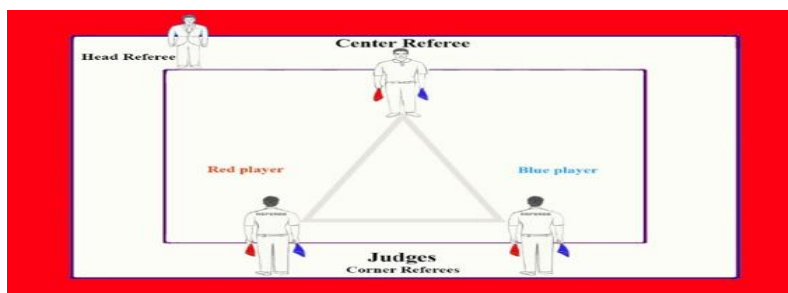
In official Spoqcs competitions, athletes must use standard equipment approved by the association to ensure safety and compliance with competition regulations. The required equipment includes:

1. Attire: (Sports trousers, long-sleeved T-shirt, Chokha or vest) and sash (red or blue).
2. Sports Weapons: (Akinake, Sosar, Zubin, Bow).
3. Protective Gear: (Safety helmet).
4. Refereeing and Competition Equipment:
  - Judging Flags: Used for scoring and referee decisions in traditional judging methods.
  - Scoreboard and Timer: Displays match time and scores.
  - Referee Whistle: Used to control the competition flow.
  - Video Review System: Used for reviewing referee decisions upon objections.

To maintain international standards and ensure equal conditions for all participants, all weapons used in official Spoqcs competitions will be provided by the association, including Akinake, Sosar, Spear, Chokha, and Sash. Other equipment such as safety helmets, sports trousers (special Spoqcs pants), long-sleeved T-shirts, and electronic sensor-equipped swords must be provided by the athletes and their teams.

### Competition Field Specifications

The competition area in Spoqcs is referred to as the "Battlefield." Competitions can be held in various settings, including: Indoor sports halls (tatami and non-tatami floors), Grass fields, Dirt grounds, Beach areas. The Battlefield must be a flat surface, free of any bumps or slippery materials. The perimeter of the competition area is marked with a boundary line called the "Limit Line" to prevent competitors from stepping out of the field, which would result in a penalty. The standard battlefield size for all disciplines, including Single-Discipline, Multi-Discipline, and the HAFT KHAN, is 4x6 meters. A 1-meter-wide neutral zone surrounds the battlefield, known as the "Neutral Area." Stepping into this area results in a penalty point deduction. Additionally, any attacks or strikes within the neutral zone will not be scored.





## Age Category Classification for Competitions

All Spqcs competitions, regardless of the discipline, are categorized based on age groups, with no classification based on weight or height. The official age classifications for Spqcs competitions are as follows:

NO	Category	Age			
1	Children (Khordsalan)	6~8 Years old			
2	Pre-Teens (Noonahalan)	9~11 Years old			
3	Teenagers (Nojavanan)	12~14 Years old			
4	Youth (Javanan)	15~17 Years old			
5	U21 (Omid)	18~20 Years old			
6	Adults (Bozorgsalan)	21~35 Years old			
7	Masters (Pishkesvatan)				
	A	B	C	D	
	36 ~ 50 Years Old	51 ~ 61 Years Old	62 ~ 72 Years Old	Above 72 Years Old	

### Match Duration and Winner Determination in Spqcs Competitions

The duration and method of determining the winner vary depending on the competition type:

#### 1. Match Duration and Winner Determination in Single-Discipline and Multi-Discipline Competitions

The duration of each discipline is 2 minutes. The time spent by the referee for awarding points or issuing warnings is not counted as part of the match time. The winner is the athlete with the highest score at the end of the match or the one who achieves a 7-point lead over their opponent before time runs out. In case of a tie, the athlete who scored the last point is declared the winner.

#### 2. Match Duration and Winner Determination in the Haft Khan (Heptathlon):

Each competitor must compete in seven disciplines (Single Akinake, Dual Akinake, Sosar, Zubin, Single-Headed Zubin, Archery, and Spear Targeting) against an opponent in the same age category. The duration of each discipline is 1 minute, with a total competition time of 7 minutes. There is a 30-second rest period between each discipline. A 7-point lead rule applies in each discipline. The winner is the athlete with the highest total score across all seven disciplines. In case of a tie, the athlete who won the most individual rounds or disciplines is declared the winner.

#### 3. Match Duration and Winner Determination in Razma (Battle) Competitions

The Amard or battle simulation is a team-based competition, with each team consisting of 7, 14, or 21 members. The match duration is 7 minutes. The winning team is the one that successfully infiltrates the opponent's stronghold and captures their flag. If no team achieves this objective by the end of the match, the winner is determined by the highest total score in archery and spear targeting.

#### 4. Match Duration and Winner Determination in Individual Artistic Competitions

The competition duration is 3 minutes. Athletes showcase their skills in predefined techniques. Five judges evaluate the performance based on specific skill assessment criteria, scoring from 1 to 10. The highest and lowest scores are eliminated, and the remaining scores are summed to determine the winner.



### Conditions and Qualifications for Participating Athletes:

1. Possession of a Spoqcs Technical Certificate (GAM) appropriate for the competition level from SIF.
2. Holding a SIF membership card for the competition.
3. Providing a medical health certificate.
4. Commitment to following competition rules and respecting regulations and event officials.
5. Commitment to fair play and clean sport (accepting anti-doping regulations and readiness for testing if required).
6. Submission of a recommendation letter from the relevant provincial sports committee.

### Conditions and Qualifications for Coaches:

1. Possession of a valid Spoqcs coaching certificate from SIF.
2. Holding a valid membership card for the competition.
3. Providing a medical health certificate.
4. Commitment to following competition rules and respecting regulations and event officials.
5. Submission of a recommendation letter from the relevant provincial sports committee.

### Conditions and Qualifications for Referees:

1. Possession of a valid Spoqcs refereeing certificate from SIF.
2. Holding a valid membership card for the competition year from SIF.
3. Possession of a Spoqcs refereeing handbook.
4. Providing a medical health certificate.
5. Commitment to following competition rules and respecting regulations and event officials.
6. Submission of a recommendation letter from the relevant provincial sports committee.

## Technical rules of spoqcs competitions

### Valid Scoring Areas and Points in Single-Event, Multi-Event, and Haft khan or Heptathlon Competitions

In all Spoqcs competitions, striking the opponent is only allowed using the hilt section (soft and safe sponge-covered part of the weapon). Depending on the target area, the following points are awarded:

1. Head Strike – 2 points (only hits to the helmet-protected area are valid).
2. Torso Strike – 1 point (includes all front torso areas, sides, and arms except for the neck).
3. Hand Strike – 1 point (includes all parts of the hands and shoulders).
4. Leg Strike – 1 point (includes the inner and outer shin and outer thigh).

Note: In the electronic scoring system, correctly landed strikes on electronic gear are automatically recorded and awarded points. Therefore, the valid scoring areas in the electronic system may be slightly more restricted compared to the traditional system.

5. If both competitors land a strike at the same time, priority is given to the athlete who:
  - Executes a superior technique, such as scoring a 2-point head strike or landing two consecutive strikes on the opponent.
  - Takes the initiative, meaning the athlete who launched the attack first.

If the referees determine that the strikes were perfectly simultaneous and neither competitor had a technical or speed advantage, no points may be awarded, or the decision will be made by the majority vote of the referees.

### Violations and Warnings (Negative Points):

1. Attacking outside the allowed time: Striking before the "Start" command or after the "Stop" command results in a negative point.
2. Weapon contact with the ground: Deliberate or accidental contact of the weapon with the ground is prohibited and results in a negative point.
3. Defending with an unarmed hand: Using the unarmed hand for defense is forbidden and results in both loss of points and a negative point.
4. Exiting the competition area: Stepping out with one-foot results in a negative point; stepping out with both feet leads to an automatic penalty.
5. Disrupting the competition: Any behavior that causes a stoppage of the match will result in a negative point.

### Notes:

1. Unintentional Mistakes: A warning is given first; if repeated, a negative point will be applied.
2. Effect of Warnings: Warnings are only effective if there is a tie in points.
3. Falling Down: Falling is allowed in single and dual Akinake competitions.



### Violations Leading to Disqualification of an Athlete:

1. Violence and Unauthorized Strikes: Deliberate attacks to the head, neck, spine, or groin, excessive force and uncontrolled strikes, continuing the attack after the referee's "stop" command.
2. Disrespect and Unsportsmanlike Conduct: Insulting, swearing, or making inappropriate gestures toward the referee, opponent, or spectators, initiating physical altercations during or after the competition.
3. Cheating and Technical Violations: Deliberate exit from the competition area to avoid the fight, using unauthorized equipment, or manipulating the result of the match.
4. Violation of Medical and Doping Rules: Use of performance-enhancing and banned substances, competing with severe illness or injury that jeopardizes safety.

### Violations Leading to the Disqualification of a Coach:

1. Interference in the Competition and Disruption of Refereeing: Unauthorized entry into the competition area, severe protests, and insulting the referees.
2. Encouraging the Athlete to Violate Rules: Encouraging violence and illegal strikes, pressuring the athlete to continue the competition under physically unsuitable conditions.
3. Unethical Behavior and Mismanagement: Collusion and attempting to alter the result of the competition through unfair means, disrespecting or threatening opponents, referees, and event officials.
4. Encouraging Doping and Use of Banned Substances: Providing or recommending performance-enhancing or banned substances to athletes.

### Spoqcs Competition Referee Method

In Spoqcs competitions, the refereeing is done in two methods: traditional and electronic. In both methods, 4 referees (the center referee and 3 side referees) are responsible for judging the match. Additionally, there is a head referee for each field, who supervises the performance of the referees and corrects any possible mistakes.

Note: In the traditional refereeing method, 4 side referees are used for more accuracy, and in this case, the decision will be based on the agreement of 3 out of 4 side referees.

#### Role and Duties of the Center Referee:

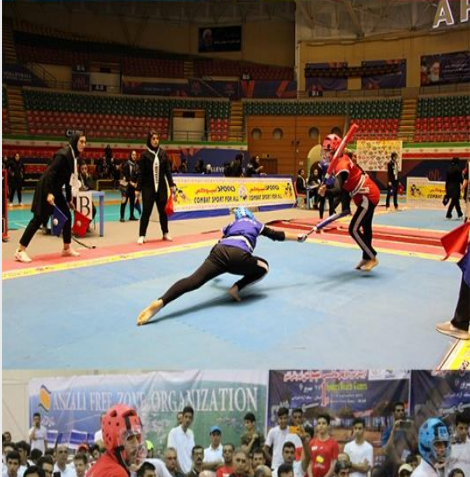
1. Starting and stopping the match
2. Issuing warnings, deducting points, and disqualifying athletes in case of violations
3. Announcing the winner of the match after the fight time is over

#### Role and Duties of Side Referees:

1. Their main responsibility is to score valid strikes and executed techniques.
2. Scoring in the traditional method is done with flags, and in the electronic method, it is done with headsets (electronic system).
3. A point is registered when at least 2 out of the 3 side referees confirm it.

#### Role and Duties of the Head Referee:

1. Supervising the performance of referees on the competition field
2. Stopping the game in case of an error and correcting referee mistakes



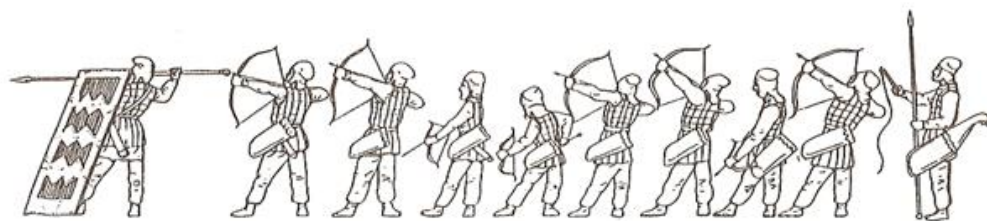
## Refereeing Execution Method:

1. In traditional refereeing, side referees use flags to register points. A point is counted when 2 out of 3 side referees confirm the strike, and if there are 4 side referees, 3 votes in favor from the 4 referees will be accepted.
2. In electronic refereeing, side referees use electronic headsets to register points. The system automatically registers the point only when the side referees confirm the strike. A point is registered if at least 2 out of 3 side referees agree. Spoqcs refereeing is a combination of accuracy, fairness, and speed in point registration. The use of both traditional and electronic methods helps referees judge the competitions transparently, fairly, and accurately.

## Attention:

Dear Coaches, referees, athletes, and enthusiasts of Spoqcs, please note that the bulletin provided to you is a summary of the history of the development of the sport of Spoqcs, the educational topics, and the regulations of its competitions. This bulletin has been prepared and made available for the information of interested parties. Each section of this bulletin has its own specific regulations. It is recommended to refer to the relevant specialized regulations for a more detailed and technical understanding of each section. Some of these regulations include:

- The Training Committee's regulations, which cover educational topics and the process of advancing ranks in Spoqcs
- Regulations and conditions for obtaining coaching and refereeing certifications
- Regulations and rules concerning Spoqcs competitions and other related matters.



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