



## SILAMBAM

### INTRODUCTION :

In this do-it-yourself and fitness-conscious age, we take pride in introducing your good selves to the ancient Tamil martial art of Silambam (also known as Fencing in the West). The Sangam poetry is replete with instances of robust men wielding the staff with aplomb and mention has also been made of women, who were adept in this art form, chasing away tigers with a mere wooden board. There are proven historical records which throw ample light on the fact that almost all the countries in the world practice Stick Fencing in some form or the other. Although it goes by different names in different states in India, Silambam Fencing justly qualifies to be called an Oriental Martial Sport. In an era of sedentary life style and desk bound work stations, Silambam, with its multitude applications, has rightly become an art of self-defense for both men and women alike. Endowed with eye catching swirls, swift movements and exciting maneuvers, it has developed into a highly skillful and technical sport fit enough for conducting competitions.

To promote and propagate such a culturally rich art form, tournaments are being conducted in various levels (i.e. District, Zonal, State, National, Inter-National) and also catering to special segments (i.e. Women's Meet, Children's Meet, Educational Meet etc) by providing qualified examiners for grading the members and by awarding certificates to participants in such grading test.

The enthusiasm shown by youngsters to learn this art is also on a rise in the recent years, not just in rural areas but also in cities.

"Silambam is a good physical exercise. It not only enhances your physical fitness but also helps in promoting friendship and teaches a person patience, self discipline and politeness, and encourages love towards fellow humans,"

Though women have begun to come out of the closet, not many happen to be from the middle class section of society. Mostly the upper class women in urban areas are aware of their rights and asserting their individuality. A middle class woman perhaps still fears social backlash or is afraid of losing family support. Nonetheless, the Indian woman has taken up multiple roles as an entrepreneur or an entertainer, as a leader or an employee. Thus the women who learn Silambam art can develop self confidence, courage...

Having understood Silambam's heritage values and traditions as passed down the generations, our Government, in an effort to perpetuate them, has been conducting tournaments through Sports Development Authority of Tamil nadu through out Tamil Nadu every year.

Silambam Fencing has been introduced successfully as an "Introductory Game" in the "VII S.A.F Games" held at Chennai during the year 1995.

Needless to say, this could be nurtured and popularised only when it has a proper recognition in its own soil. Hence "Silambam Fencing Coaching Camps" are also being conducted at various places through out Tamilnadu in a grand manner.

### **OBJECTIVES :**

- 1) To promote and propagate the Art of Silambam Fencing as a means of sports, health promotion and self-defense.
- 2) To provide exhibitions and demonstrations in various cultural events so as to create an awareness and interest in the minds of people.
- 3) To provide qualified examiners for grading amongst members and to award Certificates to members participating in such grading test.
- 4) To organize championships and tournaments for its members. To promote understanding among members of all races and to provide a source of exercise for physical, emotional and mental well being.

Ø Silambam Coaching Camps will take place Indoors/Outdoors.

### **EQUIPMENT REQUIRED :**

- a. A Silambam Stick
- b. Players - Girls: The attire for Female contestants would be T-Shirt (with Sleeves), Dark color bottom (full), stockings, canvas shoes and hand gloves.
- c. Water bottle, sunscreen. a towel and a cap are desirable. Players attending a scheduled camp will receive a written camp report indicating their strengths, capabilities, areas for improvement, Graduation certificate, apart from being considered for the Camp Awards as under:

## **OUR MISSION :**

Our mission is to offer you the very best in contemporary Silambam coaching, both as an art form as well as competitive sport. Backed by our strong commitment, professionalism, enthusiasm and love for the game, and given our personal care and attention to detail, we aim to exceed your expectations every minute you are with us.

We hope you enrich yourselves and enjoy the experience.

\*\*\*\* END \*\*\*\*

## **SILAMBAM RULES**

### **Rule - 1      SILAMBAM RING:**

- Silambam ring is a square of (7 x 7 feet metre). Players will have to play inside the ring.
- Warning ring: Inside the outer ring, one inside ring is drawn at a distance of (1 Metre). This inside ring is called warning ring. The purpose of the ring is to alert the players and to warn them that they are nearer the outer ring.
- Penalty for coming out of the ring: While playing, the players can bring one leg outside the ring. But if they bring out both the legs from the ring, two minus marks will be awarded to them. This will be repeated every time, if the player comes out of the ring.

### **Rule – 2      ROUNDS:**

Silambam competition consists of three rounds. First round is of 2 minutes durations and the remaining two rounds is of 1½ minutes duration.

First round is called "Individual Skill round". In this round players will have to exhibit silambam skills such as Varal (Sweep), Aruppu (Chop), Vettu (Cut), Kuttu (Punch), Udan (Turning with spring movement), Sendipu (Bouncing), Kiriki (Pivot turning) etc., Marks will be awarded based on speed, strength, agility, flexibility, endurance and elegance.

A maximum of 20 marks will be awarded to this round. The marks awarded in this round will be carried on upto finals. If anybody scores less than 7 marks in this round, he/she will be disqualified and will not be allowed to play further in that championships. For awarding marks to the Individual skill round a minimum of five referees will be nominated. Maximum and Minimum marks awarded by the five referees are eliminated and the other three marks will be calculated and the Average mark will be taken finally. Fraction above ½ will be treated as one and fraction below ½ will be neglected.

In the second and third rounds, the players will have to fight with each other for 1½ minutes duration in each round.

### **Rule – 3      POINTS :**

During play if one player touches the body of the opposite player with his staff, one point will be awarded to the player.

If the player makes several touches at a time repeatedly on the same spot of the body of the other player in swift movement and without changing his position, than that will be taken as only one point. He can score the second point for touching at the same spot only after changing his body posture and by making a swing of the staff.

Points will not be awarded to the player who touches the opponent with the staff, holding it in one hand. For scoring points, staff should be handled with both the hands while touching the opponent player.

**Rule – 4 PARTS TO BE AVOIDED :**

- Above the neck - head including face.
- Below the hipline and above the thighs (Front side of the body).
- Wrist and figures.

If the players wontedly hit the above parts, he will be debarred from the competition. The center referee in the consultation with the side referees can debar the player who violates the rule.

**Rule – 5 MOVEMENT INSIDE THE RING :**

The players should be constantly moving inside the ring. The staff also should be constantly moving. If the player stops either his movement or that of the staff, he will be warned three times. After that, for each violation, one point will be reduced from his account.

**Rule – 6 MINUS MARK :**

If the player is awarded any minus punt during second round and he has not scored any points during this round, this minus point will be reduced from his third round points. Even during the third round, if he has not scored any point, then this minus point will be reduced from his first round points (i.e.,) bout and moves to the next bout then his original individual mark will be restored.

**Rule – 7 ROUGH PLAY :**

The player should not hit the other player hard. He must gently touch him with his staff to score points. The players who violate this rule will be debarred from the championships and the other player will be debarred as winner. If both the players resort to rough play, both of them may be debarred from the competition.

### **Rule – 8 PLAYERS DISCIPLINE :**

During play, Players should not enter in to arguments with the referees or with the other player. If he/she violates this rule, after a single warning, the player will be debarred from the championship by the chief referee. The other player will be declared as winner. If both the players violate this rule, both of them may be debarred from the championship.

### **Rule – 9 INTOXICANTS :**

Players are not permitted to play while they are under the influence of intoxicants.

### **Rule – 10 TECHNICAL OFFICIALS :**

The following are the technical officials for the competition.

- a) Center referee – 1      b) Side Referee – 2      c) Scorers – 4      d) Time Keeper – 1  
e) Announcer – 1      f) Jurie – 2      g) Judge – 3      h) Helper – 3

a) Center Referee (Chief referee) : The duty of the Center Referee (Chief Referee) is to control the game. He is responsible for starting the game, giving warning to the players and reducing points if the player violates the rules. If required, he may consult the side referees before giving any decision. The decision of the Center referee is final. Whenever he wants to reduce the point of the player, to whom he wants to award minus point and raises his right hand, showing his thumb downwards. This will indicate that minus point has been awarded to that particular player.

b) Side Referees : A 'Side Referee' will be posted to award points to each player. Thus, there will be two side referees. The side referee will raise his right hand whenever the player scores points. A small flag also be used in that hands while raising the hand.

c) Scorers : For each player, two scorers will be appointed to record the points scored by the player. They will observe the side referees allotted to them. Whenever the side referee raises his hand, the scorers will record it in the score sheet.

d) Juries : Juries will be nominated to observe the performance of the referees. If the quality of the referee is no to the standard, he will be replaced either during the course of

the bout or after the completion of the bout as per the decision of the Juries. If it is established that if any side referee intentionally commits errors, his refereeship will be suspended. the decision of the juries to replace the side referee will be informed to the technical committee secretly. technical committee will mplement the decision of the Juries.

e) Announcer : He makes announcements regarding the names of participants, names of winner etc.,

f) Time Keeper : Time Keeper observes the time for the three rounds. He makes a long whistle at the close of each round.

g) Judges : In the Individual round five referees will be nominated as judges by the technical committee to award marks to the players.

h) Helpers : Helper to fix up belts to the players.

### **Rule – 11 BELTS :**

Red colored belt (cloth) will be put around the hip of one player and Blue colored belt will be given to the other player. The side referees who awards points to the red belt player will wear a red wrist band and the other side referee will wear a green wrist band.

One set of scorers who records points to the red belt player will wear red wrist band. Similarly the other set of scorers will wear the green wrist band.

### **Rule – 12 DRESS :**

Referees : Referees will wear White Shirt, Black Pants and Black Tie.

Players - Boys: Banian or T-Shirt (with sleeves), Half Shorts, Shoes.

Players - Girls: T-SHirt (with sleeves), Dark color Bottom (half or full), Shoes.

### **Rule – 13 STAFF :**

Light cane staff will be used in the competition. The thickness of the staff is 1 inch diametre. The length will vary according to the height of the competitors. It will be approximately of the height up to the contestant forehead.

### **Rule – 14 PROTECTIVE GUARDS :**

Protective guards may be used to cover head and eyes. Head Gear, Chest Guard, Abdomen Guard, Arm Guard, Knee Cap and Sport Shoes.

**Rule – 15    UNDERTAKING BY THE PLAYER :**

Before the commencement of the championship every player should give an undertaking in the Performa enclosed in the annexure.

**Rule – 16    CATEGORY :**

Competitions conducted Sub-Junior, Junior, Senior and Super Senior wise. There are 29 categories for men and 29 categories for women.

**Rule – 17    FIXTURES :**

Fixtures will be prepared according to PET's method by the Tournament Committee.

**Rule – 18    PROVIDING BYE :**

Providing Bye will be given according to PET's method by the Tournament Committee.

**Rule – 19    COMMENCEMENT OF BOUT :**

Both the players will be standing against each other crossing their staffs. The Chief Referee will separate their staffs with his staff. Both the players, should withdraw backwards from each other and make Pavalas (swings and foot works) for ½ minute. At the end of ½ minute a whistle will go. Then the two players will fight with each other.

**Rule – 20    BREAKS DURING BOUTS :**

The play will be stopped by the Center Referee for warning the player or for any other matter which the Center Referee thinks deems fit. During the time, clock will stopped and it will be on only when the play restarts.

For restart, the players will cross their staffs and the Center Referee will separate their staffs.

**Rule – 21    DISLODGING OF THE STAFF :**



The player can dislodge the staff from the hands of their opposite player. In this case, the player who loses the staff will be considered as defeated and the other player will be declared as winner. However, if the opposite player loses the staff without any efforts from the other player, this rule will not apply and he/she is allowed to continue. In the finals, if any player loses his staff, he will be declared as runner and the other player will be declared as winner.

### **Rule – 22 INJURY DURING PLAY :**

If any player causes any injury to the other player on his head including face causing bleeding, then the player who caused the injury may be debarred from the play at the discretion of the tournament committee. The tournament committee will decide about the debarring of the player. No player will claim that the other player will be debarred because he has injured him. Even his/her manager or coach can't claim it as a right.

### **Rule – 23 EXTRA TIME :**

If both the players score equal points, then extra time of half-a-minute will be allowed. If they score equal points even during this extra time, another half-a-minute time will be given. Even after allowing these two extra timings, if the points of the players are equal then first touch method will be adopted. The player who scores first point will be declared as the winner. Half-a-minute will be allowed for the first touch. Even during this time, if no body scores any point, the winner will be decided based on their individual skill round. The person who has secured more marks will be declared as winner. Even, if the individual skill mark is equal, then the winner will be decided by the tossing of the coin.

The maximum possible timings of the rounds will be as follows :

I Round 2 minutes (Individual Round)

II Round 1½ minutes

III Round 1½ minutes

Extra I Round ½ minutes

Extra II Round ½ minutes

First Touch ½ minutes

### **Rule – 24 DECLARATION OF WINNER :**

Winner of the bout will be declared by the Center Referee by raising the hands of the player who has scored more marks (points).

**Rule – 25 TEAM CHAMPIONSHIP :**

For working out team championships 5 marks will be awarded to first place winners, 3 marks will be awarded to second place runners.

Team championships will be awarded for three categories as follows :

1) Men 2) Women 3) Over all.

To calculate the over-all championships, points scored by the districts both Men and Women category will be totaled. If two districts have scored equal marks, then the district having number of first places will be placed higher than the other district.

**Rule – 26 OATH TAKING :**

The entire Silambam official connected with the competition will take oath that may be impartial in all his dealings with regard to the game and also he will follow the rules of silambam sport without fail.

Courtesy: INDIAN SILAMBAM (Stick Fencing) Federation (Regd)

\*\*\*\* END \*\*\*\*

**INDIAN SILAMBAM (Stick Fencing) FEDERATION (Regd)**

## WEIGHT & AGE CATEGORY LIST

**SUB JUNIOR -**

**Boys 7 & Girls 7 (11-14 Years)**

<b>Sno</b>	<b>Weight Category</b>
1	UP To 25.0 KG
2	25.1 – 30.0 KG
3	30.1 – 35.0 KG
4	35.1 – 40.0 KG
5	40.1 – 45.0 KG
6	45.1 – 50.0 KG
7	Above 50.1 KG

**JUNIOR -**

**Boys 10 & Girls 10 (15-17 Years)**

<b>Sno</b>	<b>Weight Category</b>
1	UP to 34.0 KG
2	34.1 – 38.0 KG
3	38.1 – 42.0 KG
4	42.1 – 46.0 KG
5	46.1 – 50.0 KG
6	50.1 – 54.0 KG
7	54.1 – 60.0 KG
8	60.1 KG – 65.0 KG
9	65.1 KG – 70.0 KG
10	Above 70.1 KG



**SENIOR -**

**Men 7 & Women 7 (18-25 Years)**

<b>Sno</b>	<b>Weight Category</b>
1	<b>UP To 45.0 KG</b>
2	<b>45.1 – 50.0 KG</b>
3	<b>50.1 – 55.0 KG</b>
4	<b>55.1 – 60.0 KG</b>
5	<b>60.1 – 70.0 KG</b>
6	<b>70.1 – 80.0 KG</b>
7	<b>Above 80.1 KG</b>

**SUPER SENIOR -**

**Men 5 & Women 5 (26-30 Years)**

<b>Sno</b>	<b>Weight Category</b>
1	<b>UP To 50.0 KG</b>
2	<b>50.1 – 60.0 KG</b>
3	<b>60.1 – 70.0 KG</b>
4	<b>70.1 – 80.0 KG</b>
5	<b>Above 80.1 KG</b>

Total 29 Categories for Boys Total 29 Categories for Girls