

# COMPETITION RULES

KICKBOXING  
LIGHT CONTACT



## IAKSA GENERAL RULES OF TATAMI SPORTS / LIGHT CONTACT

- Art. 1. Rules of Tatami sports
- Art. 2. Health and Security
- Art. 3. Fighters
- Art. 4. Semi Contact
- Art. 5. Status of the Fighter
- Art. 6. Age
- Art. 7. Weight categories
- Art. 8. Clothes, protections and equipment
- Art. 9. Score
- Art. 10. Illegal Target Areas – Illegal Techniques and Actions
- Art. 11. Competition
- Art. 12. Duration of the Competition
- Art. 13. Scoring Criteria
- Art. 14. Final Result

### Art. 1. Rules of Tatami sports

#### ➤ Introduction

This regulation governs the rules of Competitions of Tatami Sport assimilable to Kickboxing, according to international regulation of IAKSA.

#### ➤ Sport Season

The sport and competitive year begins on 1<sup>st</sup> September and ends on 31<sup>st</sup> August of the following year.

#### ➤ Kind of Tournaments

1. Tournaments can be divided in National and International contests.
2. National tournaments can be classified as follows: 1 star, 3 stars, 5 stars according to their importance and the number of participants. The main difference is in the number of point assigned.

## ➤ Rule changes

Only IAKSA President has the power to officially decide rule changes.

All changes will be proposed by the Technical and Referees committees and examined by the IAKSA Board of Directors. Once the changes are approved, they become operative after a minimum of 1 month after the decisions is taken. The new rule have to be properly communicated to all committees and IAKSA members and published on the official IAKSA website.

## Art. 2. Health and Security

Each Fighter is asked to respect the correct sports behaviour Code both in and out of competition.

IAKSA allows a no limited number of matches in the Tatami Sports.

Medical Procedures to ensure health and safety of athletes by means of controls and specific requests:

- 1) Anti-Doping;
- 2) Medical Fitness Certificate issued by a certified medical centre;
- 3) The activity suspension due to injury suffered in competition;

## Art. 3. Fighters

To be allowed to practice any of the disciplines controlled by IAKSA, all fighters are request to:

- having passed the medical fitness investigation foreseen in the current health regulation;
- be in possession of the membership card, valid for the current year, issued in favour of an Affiliated Sport Company.

The basis of all IAKSA competitions is honour, fair play and honest competition. Results of matches will determine placing and final achievement of fighter, club or national team at the competition.

Every time a fight starts, the first called athlete goes to the red corner, while the second called goes to the blue corner (only in Pro gala will be called as first, the blue angle athlete and then the local fighter or the defending Champion). After three calls, if one of the two fighters do not show up, the referee in charge of the tatami will start the timer, and if within two minutes the absent athlete fails to report, the victory will be awarded to the athlete present.

## LIGHT CONTACT RULES

### Art. 4 Light Contact

Light Contact is a fighting discipline where two fighters fight with the primary goal of scoring defined points using controlled legal techniques with speed, agility and focus. The two opponents fight for a duration of one, two or three rounds depending on the importance of the competition, wearing protections on hands and feet. I colpi portati a contatto ricevono differenti punteggi a seconda della tecnica messa a segno. I calci al viso e i colpi saltati, notoriamente più difficili da mettere a bersaglio, sono così incoraggiati a tutto vantaggio della dinamicità e della spettacolarità della gara. Winner is the fighter who, at the end of the rounds, has more points.

### Art. 5 Status of the Fighter

With the IAKSA membership, athletes accept in its entirety the Statute and Regulations of the same. They also undertake, if officially requested by IAKSA, to be at the disposal of the same for the participation at regional, inter-regional, national and international competitions of federal interest.

## Art. 6. Age

Are considered as **Cadets**, athletes with an age **under 13** years.

Are considered as **Juniors**, athletes with an age within **14/17** years. To officially start to compete in the IAKSA tournaments in the juniors category, the fighter has to be 14 and can compete until the day before his/hers 18 birthday.

Are considered as **Senior male/female**, athletes with an age within **18/40** years. To officially start to compete in the IAKSA tournaments in the senior category, the fighter has to be 18 and can compete until the day before his/hers 41<sup>st</sup> birthday.

Are considered as **Veterans male/female**, athletes with an age within **41/50** years. To officially start to compete in the IAKSA tournaments in the veterans category, the fighter has to be 41 and can compete until the day before his/hers 51<sup>st</sup> birthday.

**Please note:** during the championships or tournaments, in case of birthday which allows the athlete to change the category, he / she can compete in the lower category until the tournament is over. A championship or tournament starts on the weight in and registration control and ends when all the finals are completed.

## Art. 7. Weight Categories

CADETS (Under 13 YEARS)

KG. – 25 / – 30 / – 35 / – 40 / – 45 / – 50 / – 55 / +55

JUNIORES FEMALE (From 13 to 17 YEARS)

KG. – 45 / – 50 / – 55 / – 60 / + 60

JUNIORES MALE (From 13 to 17 YEARS)

KG. – 50 / – 55 / – 60 / – 65 / – 70 / – 75 / – 80 / + 80

SENIORES FEMALE (From 18 to 40 YEARS)

KG. – 50 / – 55 / – 60 / – 65 / + 65

SENIORES MALE (From 17 to 40 YEARS)

KG. – 60 / – 65 / – 70 / – 75 / – 80 / – 85 / – 90 / + 90

VETERANI FEMALE (From 41 to 50 YEARS)

KG. -65 /+65

VETERANS MALE (From 41 to 50 YEARS)

KG. -70 / -80 /-90 / +90

## **Art. 8. Clothes, protections and equipment.**

All Light Contact athletes are obliged to participate to IAKSA official competitions wearing their regular uniform (team T-shirt or IAKSA t-shirt, long trousers – vests, full coloured or total white t-shirts are forbidden), the uniform have to be clean, not unstitched and not ripped. Protections are compulsory.

**ALL THE PROTECTIONS USED MUST BE PRODUCED BY COMPANIES CERTIFIED FROM FEDERATION OR BY THE COMPANY ORGANISING THE EVENT.**

### **- Head protection**

Head protection is mandatory in all kickboxing fights in all disciplines. Head protection must be made from foam rubber or soft plastics or from compact sponge covered by leather. Head protection must cover the top of forehead, top of head, temples, the upper part of jawbone, ears and back of head. Head protection must not obstruct the athletes hearing. Parts for fixing the head protection cannot be metal or plastic buckle. Velcro for adjusting is allowed under chin and on back of head. Both male and female fighters have to wear the head protection, in the case of Cadets, face protection is mandatory. Please note that plastic or rubber material reinforced by rigid material. Please note that cadets wearing a helmet with a visor, must also have mouth guards.

### **- Gloves**

**Light Contact** gloves have to be closed on the palm, they must be made from soft and compact synthetic foam rubber material covered with original or artificial leather. Gloves must be fixed on fighter's hand by self adhesive and adjustable strip over the wrist. The total weight of the glove must be 10 Oz.

### **- Hand wraps (Bandage)**

The use of hand wraps in **Light contact** is optional. Fighters can use a light bandage. Hand wraps are 250 cm long and 5 cm wide cotton strips without sharp edges. Hand wraps will be fastened on the upper part of fighter's wrists with self-adhesive cotton-base strips. It is strictly forbidden to harden the bandage or use clips, pins or other unguents.

### **- Foot Protection**

Foot protection covers the upper part of the foot (instep), lateral and medial malleolus and heel - all in one piece - with open sole of the foot. They must be long enough (adequate size) to completely cover the competitor's feet and toes. The front part of the foot protection is fastened by elastic strips for the big and second toes. They are made of special synthetic foam rubber, a compact and soft material which is covered with genuine or artificial leather.

### **- Mouth Guard**

The mouth-guard must be made of soft and flexible plastic rubber material.

The protection may concern only the upper teeth, or both, (Upper and Lower). The mouthguard should allow free breathing and must be adapted to the competitor by configuration of the same. The use of tooth protection is mandatory for all fighting disciplines and in all weight categories. Warning. The use of a mouth guard configured on orthodontic appliance (tooth correction) is allowed on presentation of a certification by the Dentist who applied the device, in which it is certified that this situation does not lead to danger or damage during the practice of competitive activity. **Those without the aforementioned certificate can not fight.**

### **- Breast protection**

Breast protection is mandatory for all female competitors in all categories and in all fighting disciplines (semi, light, full contact, low-kick and K1 Rules).

Breast protection is made from hard plastic and can be covered with cotton material. Breast protection can be made in one piece and cover all the chest or in two pieces for insertion into bra to cover each breast individually. It is worn under the T-shirt or under the top (bodice).

### **- Groin Protection**

Groin protector is mandatory for all male competitors. Groin protector is made of hard plastic material and fully covers genital organs to protect this part of competitor's body from any injury. The groin protector can be made as a cup for covering genitals, or for covering the entire abdomen. Competitors must wear the groin protection under their pants. Groin protection for women is recommended.

### **- Shin Guard**

Shin guards are made from hard foam-rubber material. A shin guard must cover the shinbone from under the knee to the top of the feet. Shin guards can be fastened to the leg by a minimum of two self-adhesive elastic strips.

No other kind of plastic tape is allowed for fixing the guard to the shin. Shin guards with metal, wooden or hard plastic elements are not allowed.

### **- Elbow Pads**

Elbow guards are made from soft foam-rubber material. An elbow guard must partly cover the forearm and upper arm with a protective non abrasive material. Elbow pads are optional in all tatami disciplines.

### **- Uniform**

Light Contact - the light contact uniform is composed of a V neck top or a T-Shirt with the name of the Team/or Sponsor and long trousers.

Belts or Sashes are Optional not mandatory. It is not allowed to fight wearing a vest or a T-shirt different from the one of the Federation/Team.

## Art. 30 Fighting Area

The fighting area will be a square surface of minimum 6 meters and maximum 8 meters per side. The competition venue will be increased to 8 meters per side if required from the international regulation. The surface must be flat and smooth, it consists of rubber material.

## Art. 9 Awarding Points

In the light contact competition following target can be hit: TORSO front and side, HEAD: front, side and back with the fist (closed or open hand with internal / external hand edge) and kicks, LEG at the height of the malleolus (ankle area) sweep. Every controlled fist or hand edge technique both internal and external, which reaches a sign, so that it touches the target viewing the contact point during its execution, and anyway considered valid by the referee and judges who direct the meeting is 1 POINT worth.

- 2 POINTS for each kick that hits the torso, the opposite foot is on the floor.
- 3 POINTS for each jumped-kick (the opposite foot is off the ground) that hits the torso.
- 3 POINTS for each kick that hits the face or the head while the opposite foot is on the floor.
- 4 POINTS each kick that hits the face or the head while the opposite foot is off the ground.

In a light contact competition sweeping the opponent is valid as long as sweeps are brought up to the ankle. A sweep makes the opponent fall also partially (if he/she hits the ground with one or both hands or any other body part) is worth 1 POINT.

A sweep that breaks down the opponent will not be followed by other kick or punch techniques, as stated by this regulation, "only the first useful technique that went to sign is valid". Sweeps are valid only if those who perform it, are not touching the ground with the feet (any other type of support on the ground is not valid). It is not valid to hold the opponent's sleeve of the t-shirt or grabbing a leg and hit him. It is also **not valid** to push or pull the opponent over the course of a fight..

## Art. 10 Illegal Targets and Forbidden Actions

It is not allowed to:

- hit the upper part of the head
- hit the back of the torso
- hit the neck (side, front or back side)
- below the belt (genitals, thighs, knees, calves muscles);
- keep hitting the opponent after the referee's Stop;
- push or pull the opponent;
- turn your back to the opponent;
- deliberately fall;
- perform blind techniques (kick or fist technique executed with the face looking at a different point from the target);
- deliberately exit from the competition area;
- attack with excessive kick or fist power;
- attack using the head, the knees or the elbows
- attack or simulate an attack to the eyes;
- bite and scratch;

- perform joint locks;
- scream without reason;
- grip and hold the opponent;
- talk during the fight;
- not immediately execute the orders of the Referee;
- attack while the opponent is on the ground;
- spit out the mouthguard intentionally to waste time;
- slide the glove from the hand to gain distance on the opponent;
- ask for time with uplifted hand when the fighter finds himself in a corner of the mat under the pressure of the opponent;
- untie, tie the belt, put in place the uniform without the central referee's permission;
- intentionally lose time, to deliberately avoiding the fight;
- fall to avoid the opponent's attack;
- try to influence the referees gesturing the point by raising the arm after the action;
- any technique that slips or pushes on the opponent's target will not be considered valid by the referees
- if a fighter loses his balance after a perfect execution of a technique (it is not allowed to touch the mat with any part of the body except the feet) the point made will be cancelled.
- if a fighter jumps into the air to attack or defend, making the point, the same will be cancelled if the process of landing is completed outside the competition area, no exit is reported, as the action was involuntary.
- If the fighter **A**, after hitting the opponent with a perfect kick or punch, is thrown to the ground because of the attack boost given to his body by the fighter **B**, the Referee after consultation with fellow judges will award the technique if the tumble of A was due to **B**'s boost.
- comment the assigned score;
- comment a not given point;
- the misconduct of a trainer / Coach can penalize the fighter inflicting him an official warning.
- attack or verbally abusing a competition judge both inside and outside the tatami determines the immediate disqualification or expulsion from the tournament of the person concerned (in case the impropriety is made by a fighter or coach already previously sanctioned, the applicant may be disqualified and reported to the IAKSA sports court).

All these actions are punishable by arbitral majority decisions.

## **Art. 11 Competition**

The fighters will have to be face to face in standing position, at a distance of about 2 meters, in the middle of the competition square, and will share the greeting touching the gloves to signify a handshake, the touch of gloves is done **ONLY** at the beginning and at the **END** of the fight. The fight will start immediately after the announcement by the central referee, of "fight".

At the referee's **STOP** the two fighters must return to the original starting position, the match will resume when the referee gives a new "FIGHT" command. The time will be stopped only on request of the central referee, which will say out loud "TIME".

The time will not be stopped when assigning points or penalties unless the referee deems it necessary to give a warning or to have a clarification meeting with the concerned people (judges, athletes, coaches).



A fighter can ask TIME raising his hand upwards, in order to adjust his uniform or equipment, or because of an injury (in this case the opponent must go to a neutral corner which is located to his right), if the request of the TIME is made to rest and then to take an advantage, after consulting the referees may also intervene with an official warning.

Each fighter will be followed at his corner by the coach, who will have to stay for the duration of the fight outside the competition area, he will not interfere during the match with no referee, he will not be allowed to make disparaging comments towards the arbitrators on a given or not given score, if one of the conditions described happens, the referees after consultation may also intervene with an official warning. In case of injury of a fighter the maximum time for medical intervention is 2 minutes for all Men / Women and Children.

At the end of the regular fighting time, the athletes will return to their original starting position, they will be joined by the central referee who will announce the winner by uplifted hand, after the proclamation of the verdict, both fighters will leave the square following the directions of the central referee.

In a light contact competition, the athlete who wins at the end of the regular fighting time, is the one who scores more.

## **Art. 12 Match Duration**

The competition time is set prior the competition by the organizers in accordance with the Chief Referee / Event president and appears on the official bulletin. It may vary depending on the necessity, but usually the choice is:

- A round of 2 minutes final and qualification kids M/F;
- A round of 2 minutes final and qualification Juniors M/F,
- A round of 2 minutes qualification Junior/Senior/Veterans M/F and 2 round of 1,30 minutes for the finals, with 1 minute break.
- If two athletes finish the match in a tie in the course of a tournament, an extra round of 1 minute will be disputed, the extra time will start immediately with no break. If the match ends again in a tie, the athlete who will score the first point in the next valid extension wins, the match is prolonged the needed time for one of the opponents to score first valid technique, this extra time will take place without any interval phase.
- When the set time is over, the referee must be notified by a beep or some other means (throwing a sponge etc.).
- A technique performed simultaneously with the buzzer at the end of the match, will be judged as valid. In case of throwing of a sponge, the athletes refers to the order "stop" given by the central referee. In other words, the technique is valid if it was performed simultaneously with the central referee stop. A technique performed when both fighters are outside the square, will be judged as invalid.
- It will be judged as valid, each technique performed by an athlete who has one foot outside the square (but the other still inside).
- On the other hand, the technique performed by an athlete who has a foot outside the square, will be judged invalid, provided that in the meantime the referee has not stopped the fight to assign the "exit".

## Art. 13 Judgment of a Valid technique

A technique is considered valid for the purpose of a light contact competition when:

1. It is performed correctly;
2. It is performed at the proper distance;
3. It is dynamic, it contains strength, determination, speed and precision;
4. It is controlled at the target.
5. It is balanced (the athlete does not fall during or after the technique)

If the technique does not appear to be sufficiently effective, the referee may allow the match to continue, or, after having stopped the time, declare "no score" and resume the match with the word "Fight!".

Keep in mind: a technique, to be considered valid, has to be performed with the required power, speed, balance, contact control as already specified elsewhere. Furthermore, in no way a score can be assigned to a "blind" technique.

An athlete may, at any time in accordance with his coach, withdraw from the competition, raising his arm to make a gesture of resignation or by throwing the towel by the coach. In that case, the referee will call the other opponent close to him proclaiming "Winner for abandonment of the opponent."

## Art. 14 End Result

The referees' decisions are final and with no appeal, only in case of a **"technical error"** the head referee of tatami can stop the time and consult with the other judges to ask for clarification, even if a judge makes a mistake, but the arbitral majority declares the correctness of the decision taken, the combat can continue as long as the head referee does not detect a **"material error"**, i.e. incorrect sum of points, assigned technique despite the loss of the athlete's balance, assigned technique with one foot outside the competition area, and of course at any time he notices a misapplication of this Regulation.

A light contact competition is normally directed by three officials: a central one and two lateral chair judges who will be positioned in a triangle on the square perimeter and never inside or too close to the athletes. In case of minor events (1 or 3 stars) or because of large organizational problems, the match can be directed by only 2 referees, one central and the other in mirror position on the competition area. In very special cases, the fight can be directed by a single Referee.

Only the central referee is allowed to direct the match (call the stop time, stop the fight, consult with other referees, etc.). The lateral referees will sit on a corner of the competition field and at the end of each round will have to report the result on their card as follows: 10 point to the winner 9 or 8 point to the opponent depending on his attitude.

In each round every fighter has to perform at least **six** kick techniques that come into contact, in case they do not bring the minimum number of kicks the athlete loses the round (penalty of one point on the card for the violation of this rule).

To the signal (acoustic or otherwise) of fight end, the Referee will stop the match with the order "Stop!", he will collect the cards of the chair judges and will give them to the jury, which will calculate the result and proclaim the winner. The central Referee he will raise the arm of the winner, saying the word "WINS!".

The referee is responsible for monitoring that the fight is executed according to the rules and regulations. Whenever he captures a fault play by one of the opponents, he must intervene to punish it by calling in a loud and clear voice the guilty party or assigning an "official warning" stating why he is penalizing, as described:

- Verbal warning (good natured) ,
- 1° official warning (it is reported to the jury table)
- 2° official warning (- 1 point) (it is reported to the jury table)
- 3° official warning (- 1 point), (it is reported to the jury table)
- 4° official warning , further penalty (disqualified)

All the warnings will be announced to the athlete and the coach out loud.

When the referee has to impose a warning or penalty (less) 1 point, he must stop the time, consult with the two colleagues and then report the penalty.

If the misconduct was serious, he will have to consult with the two colleagues, expressing a simple majority, and may disqualify the offender without the warnings mentioned above.

The referee also has the authority to stop the match or matches if around the square occurs a crowd that impedes the smooth running of the competition, or if the second in competition behaves incorrectly, talking excessively loud or inciting their athlete too loud or worse, if they disrespect the referee. In the latter case, he is entitled after consultation with the fellow judges to disqualify the athlete or to distance the coach (in this case the athlete will have to finish the fight without coach).

The referee may also stop the fight asking the official table to stop the clock by calling and signaling "TIME!" when:

- An athlete is down injured or is caught by illness
- the competition area is too wet
- a fighter leaves the fight voluntarily (he has one foot outside the square)
- a fighter is required to rearrange his uniform
- he deems it appropriate for any reason
- If an accident occurs, the referee will stop the time and call immediately the medical intervention service. The doctor should advise whether the athlete can continue or not the match within a maximum of two (2) minutes. If within that time, the athlete treated by the doctor, is not in a position to resume the fight, he is no longer allowed to continue. Having verified the extent of the event, the referee will confer with the judges to determine whether the injury was caused by the opponent intentionally, if it was an accident due to poor technical execution, or a random accident, after consultation he will decide whether to penalize, disqualify or award the victory to this or that athlete.
- If there was no breach of the rules by the uninjured this will keep fight on the next match.
- If there has been a violation of the rules by the uninjured this will be disqualified and the injured person unable to resume the match will win but will not continue in the tournament.
- If the injured is declared fit to go by the doctor after due arbitral considerations the match will continue.
- If a fighter is injured in a fight, the doctor is the only person who can determine whether the fighter can continue or suspend the match.
- Every time the athletes leave the square with any part of the body (foot) touching the floor in a VOLUNTEER way, the exits are signalled by the central referee to the official table.
  - 1° exit – 1 point,
  - 2° exit – 1 point,
  - 3° exit – disqualified,

It has to be considered “exit” the entire foot outside the competition area for tatami 8x8, for 6x6 one foot out the tatami and the other on the mat is not exit, while the foot on the line marking the competition area is not an exit.

If the athlete is pushed out of the square by the heat of the opponent or his technique, it is not considered as an exit. If an athlete out of the competition area by executing an attack action (if the opponent avoids it with a lateral displacement), it is not considered exit (because it is clear that there is no will to avoid the fight). Exits are counted on the whole the match.

