

# IAKO RULES



# TATAMI SPORTS

# GENERAL RULES



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## IAKO General Rules

### Art. 1. IAKO Calendar

IAKO calendar will be decided in advance every year and intimated to its members in advance.

The IAKO calendar will include:

- IAKO National Championships
- IAKO Open/Pro Championships
- National Open/Pro Tournaments of IAKO Member Associations
- There will also be other official activities such as seminars, meetings, etc.

### Art. 2. Health and Security

IAKO committed to be abide by the guide lines of NADA and WADA as and when required. Every fighter is obliged to respect the Code both in and out of competition.

IAKO allow a maximum of 3 matches per day during IAKO Open or National Championships in all Ring sports, while there is no limited number of matches in the Tatami sports.

IAKO refers to its Medical Procedures and Health Security Guidelines that takes care of:

- Weight-Reduction and Nutrition Methods
- Medical Fitness Certificate - Examinations
- Medical Check-Up before competitions
- Medical Suspensions
- Appoint Medical Personnel during competitions

### Art. 3. General, Equipment, Fighting Areas

#### Art. 3.1 Basic

- The aims and objectives of IAKO is to promote, popularise and develop quality of kickboxing as a sport.
- The basis principle of all IAKO Kickboxing competitions is honor, fair play and honest competition.
- Results and Rank achieved by any unethical acts will not be recognised by Judges, Referees and Competition Committee and officials which may initiate penalty procedures.
- All competitions in National / State /District competitions of professional/ amateur level must be conducted under IAKO rules.
- All activity in kickboxing must be according to fair play, respect of all participants and officials with respect to fundamentals of IAKO rules.
- All sportsmen, coaches, officials, representatives, promoters , members and organizations of IAKO must respect its rules .

#### Art. 3.2 Competitions

Official competitions such as National/Zonal/State/Open National/National Cup etc. of IAKO for all age categories are as follows:

- **Semi Contact(Point Fight)** : Younger Cadets, Older Cadets, Juniors, Seniors, Veterans - male and female division
- **Light Contact** : Older Cadets, Juniors, Seniors, Veterans - male and female division
- **Full Contact** : Juniors, Seniors, Veterans - male and female division
- **Low kick** : Juniors, Seniors, Veterans - male and female division
- **K-1-Rules** : Juniors, Seniors, Veterans - male and female division
- **Musical Forms** :(styles - with weapon and without weapon) – younger Cadets, Older Cadets, Juniors, Seniors, Veterans - male and female division
- **Aerokickboxing** :(Individual & Team) – younger Cadets, Older Cadets, Juniors, Seniors, Veterans - male and female division

**Art. 3.3 Equipment for Competitions**

Promoters of competition (National Championships/Open/Cup/Pro) must provide necessary equipment for smooth functioning

- Office Room with Computer & Printer System and an operator.
- Proper Light and Sound system with sufficient number of microphones
- Equipment for cleaning and drying the floor of Ring and Tatami
- Copier machine/Xerox facilities
- Chief Judge/Judge/Official tables for each Ring & Tatami.
- Score pads , writing materials
- Gong/Bell for each Ring & Timer pillow
- Every fighting area must be marked by a number
- For each Semi Contact Tatami a Score Pad with two big black numbers (from 0 to 30) to display results and 4 small red numbers from 0 to 3 (2 at each side of big numbers) to display warnings or exits.
- Kick Counter Pad (0-6) 2 nos for each Ring/Tatami
- An adequate display of current fight number
- An adequate time display
- The rules also refer to a Tournament Checklist which is produced.
- Placards for all States/UT's/Teams
- Refreshment arrangements for Officials
- Medical Team with First Aid & Ambulance facilities
- Electronic Weighing machine, Weighing room with official arrangements.

**Art. 3.4 Drawing of Bouts**

- The Weighing and Draw should be conducted in the presence of the Representatives/Managers of all Teams in a transparent and judicious manner for a fair play.
- Champions from last two championships (IAKO National and IAKO Open) will be placed in separate parts of drawing list (one in upper, the other in lower part of drawing list - competitors can only meet in the Semi final)
- Every drawing list must have data as follows: name of tournament, place and date, name of discipline, sex, age, weight division, competitor's name and surname, Team or State and number of fight.
- All drawing lists must be printed in 3 official copies - for Chief Judge/Referee, for official table and for notice board - all three lists must be the same and any changes must be repeated on all three with the signature of the Chief Referee. Also copies of drawing lists will be distributed to State team Chiefs/Managers.
- Completed official copies with Results must be signed and stamped by Chief Judge/Referee as official IAKO documents and will be kept in archives for a minimum of 2 years.

**Art. 3.5 Change of Rule**

Only IAKO Board of Directors either nominated by them or nominated by committees appointed by them have the power to officially decide any change of Rules. The date for an operative new rule must be communicated well in advance to all committees and member Associations in IAKO. Rule can not be change just during a IAKO National or State Championship. The Revised rules will remain in force for a minimum of two years or till next changes..

**Art. 4. Official Championships and Tournament**

**Art. 4.1 Promoters**

The promoters of all National IAKO events must be the Official Representative of the host State or any other but under the responsibility of the President. The President of the host State/Unit may if he wishes to have a partner, but this in no way relieves him of the over all responsibility of the Tournament. The Promoter shall communicate directly with the IAKO National President/Secretary General on all matters concerning the event. The Promoter shall send a written report to the IAKO National President every thirty (30) days concerning the promotion of the event. Promoters of National Events shall be responsible for the success of the event in a dignified manner.

**Art. 4.2 Championships**

The championships like IAKO National Championships and Open/Pro Championships can be promoted every year. Each championships can be organized as one championship including all disciplines or be divided in maximum three championships for the different disciplines and in agreement with promoter.

The Venue for a Championship:

- shall be a suitable Indoor Stadium seating of minimum 1000 spectators
- must have good space between all fighting areas
- must have a warming up section to take care of the numbers of participants
- must have areas for Referees/Judges, organizers and IAKO officers
- must have relaxing rooms and dressing rooms for the participants
- headquarter and administration rooms

IAKO Sanctioning Fees of Championships and Cups differs and they are to be decided by the Board of Directors.

**Art. 4.3 IAKO National/Pro Cups**

A IAKO National /Open/Cup/Pro to be promoted with normal Championship routines as:

- Tournament for a minimum 2 days
- Arrival and Weigh-in day before start of fights
- Semi Contact and Light Contact: 3 rounds of 2 minutes each
- Ring sports 3 rounds of 2 minutes each
- Musical Forms & Aerokickboxing
- Only IAKO rules shall be followed
- Official IAKO Referees and Judges only to conduct the events
- Events are only open to IAKO members and their teams.

**Art. 4.4 Championship Trophies**

An outstanding and qualitative reward must be furnished for the following categories:

- Medals: 1<sup>st</sup>, 2<sup>nd</sup> and two nos 3<sup>rd</sup> places for all Competition Divisions.
- Team Champion & Runners Up Trophies must be of an acceptable standard befitting the IAKO National/Open event status.
- These awards shall be decided in the following manner;
- 1<sup>st</sup> place = 3pts. 2<sup>nd</sup> placed = 2pts. 3<sup>rd</sup> place = 1 pt.

**Art. 4.5 Championship Headquarters**

The promoter shall select a Hotel which will serve as the Tournament Headquarters.

**Art. 4.6 Refreshments**

A refreshment area shall be provided for the use of the Referee's Judges and Table Officials. It should have a minimum of tea, coffee and soft drinks. The promoter will be responsible for sending the National IAKO Presidents all relevant information concerning the Venue locations, dates, lists of Hotels and prices, airport/Rly transportation and a complete schedule of events. The Promoter shall have Transportation Coordinators assigned at the Airport/Rly Stations of the Tournament city to assist the Competitors upon their arrival. The IAKO State Presidents are responsible for providing their flight/Train times to the Promoter in advance.

**Art. 4.7 Tournament Check-List**

IAKO has made a tournament checklist to be distributed to the promoters of IAKO National/Open/Cup/Pro Championships. If the promoter has to deviate from this checklist it is the promoters' responsibility to establish contact with IAKO and its Organizing Committee to find best possible solution. A Tournament Checklist can be changed by the Organizing Committee or by the IAKO Board of Directors.

**Art. 4.8 Weigh in Procedures**

- Chairman of the IAKO Technical Committee or Championship Director will appoint the IAKO official's to organize the weigh-in. During the weigh-in, two IAKO officials will be present, 1 Female official -1 Male official. Also one representative of each State Association team may be present only when their own teams weigh-in. However they are not allowed to intervene on any occasion. The State representatives can not be in physical contact with the fighter, and should stand away from the Weigh in scales
- Each fighter must have his own IAKO Sports Pass with medical certificate included, valid for 1 year, to be shown at weigh-in. After being weighed, each fighter must be declared fit for fighting by a qualified Doctor.
- The fighters of each weight category will be weighed the day before the start of competition or on the same day that they have been drawn to fight. For a single fight for a fighter, a normal procedure is to have weigh-in approx 24 hours before the fight.
- If weigh-in the same day of the fights the fights will start at least 3 hours after the weighing time, or in a shorter lapse of time if the Technical Director so decide, after consulting the Medical Committee, provided that the decision is not prejudicial to any fighter taking part in the first bouts of the tournament.
- The weigh-in will be held according to the tournament schedule. The announced time in each competition is understood as official and must be respected. Weigh-in outside the official announced time will not be allowed, except if the weigh-in is not considered as finished of those teams present within the announced time. For the first official weigh-in (in the Registration period) there may be given possibility to weigh-in after the official time, if any delays of travel for a team, properly announced and warned from the State Association if such may happen. However it is not allowed for any team to speculate in arrival after official weigh-in time announced in the invitation papers. All teams must have weighed-in before drawing.

**Official weigh-in (Registration period):** If the fighter exceed his/hers weight, he/she can within the official time get a second chance to reach the limit. However the fighter must wait in line and the IAKO official decides when the second weigh-in will be made. The weight registered on that occasion is final. If the fighter does not make the weight at this second weigh-in, there are two options:

- Direct disqualification. Decision of IAKO official is final and cannot be appealed.
- To move up one weight category, but only if the State Association has got a vacancy in that category and if the weigh-in is not yet closed.
- It is also allowed for all State Associations to substitute one fighter with another, before the end of the official weigh-in and before the medical check-up, on condition that, within each competition where substitutes are allowed, the fighter in question has been registered as a reserve for that, or in any other weight category.

**Daily weigh-ins:** In tournaments, ring sports have daily weigh-ins or at least three weigh-ins during the tournament. The weigh-in is done in the morning at an announced time, considered as official. Weigh-in outside the official announced time will not be allowed, except if the weigh-in is not considered as finished of those teams present within the announced time.

- The weight is what the scale shows when the fighter is undressed. The weight must be displayed in metric measures. Electronic scales can be used. A fighter is allowed to fight solely within the category defined by the weigh-in. The weight must be on hard floor and not on carpet.
- The weigh-in must be done in a discrete manner, respecting both male and female's need for discretion. It is to prefer to use separate rooms for male and female."
- Any speculation or deliberate actions that will question or break the above rules will be sanctioned, both for fighters involved and the State Association is responsible."

### **Art. 5. Protests**

#### **Art. 5.1 Regular protests**

If a team wants to protest against a result, the Chief Referee must receive it in written form within 15 minutes after the fight. The written protest must describe clearly the problem. The Chief Referee must deliver the protest to the Appeal Board/Referee Committee who will consider the problem. The protest will be handled immediately.

A non refundable protest cost of Rs. 2000/- must be paid up-front. If the protest is successful 50% of the money will be refunded.

#### **Art. 5.2 Irregular protests**

Irregular protests regarding disagreements of decisions, where fighters protests by delaying further program in the Ring/Tatami, such as sitting down in the Ring/Tatami, decided by himself or stimulated by his coach/team to do so, will be reacted on by the Referee Committee or by the Board of Directors directly. The consequence can be that the total team of the discipline can be excluded. If security staff has to intervene and in case of conflict due to this action, it will lead to immediately disqualification of the whole State team.

### **Art. 6. Video evidence**

Video footage is not applicable to IAKO events. Video footage may not be used to resolve any queries, complaints or points of clarification Duties.

### **Art. 7. Officials in General**

All officials of championships can only be the qualified IAKO officials. They must be completely neutral. At all times during championships they represent IAKO. They show an unbiased, positive and honest attitude and fair play to everyone.

Officials at IAKO National , Regional and State Champions, National Open/ Cups are:

- Representative of the IAKO Board of Directors
- Technical Directors/Referee Committee ( Ring sports and Tatami sports)
- Chairman of the various Committees
- Administrator / computer man
- Chief Referee / Arbitrator for Tatami or Rings
- Referees
- Judges
- Kick counters
- Time keeper
- Score keeper
- Announcer
- Doctor with medical team

### **Art. 8. IAKO Representative**

A IAKO representative must be present in all IAKO National/ Open/ Zonal and State Championships/Cups. For each championship the IAKO Board or IAKO President will nominate a IAKO Representative. He is responsible for seeing that all championships are under IAKO rules and that all results will be IAKO official results.

### **Art. 9. Referee Committees of Tatami sports / Ring sports**

In IAKO there shall be two Referee Committees: one for Tatami sports and one for Ring sports.

The Championship Director is responsible to name Chief Referee for Tatami or Rings and deploy Referees and Judges for the same. With each Organizer/Observer he checks Tatami, Rings, official table equipment, Referee and Judge uniforms and he/she will permit the start of competition. He will divide draw papers to the official tables and collect them after finished matches. He is the supervisor of the weigh-in. He is responsible for making draw lists and can make changes. He/she will be the supreme Referee in protests and his/her decision will be binding.

Referee Committees are to be named by IAKO Chairman ,Technical Committee and stay in charge for 4 years approved by IAKO Board.



**Art. 9.1 Tournament Committee / Computer Man**

The Administrator is responsible for collecting all Registration material and loads data into a computer to prepare draw lists. With the Tournament Committee he makes draw lists and distributes them to the official tables. He collects completed draw lists after matches are finished and transfers the results to the computer. He will make an official report of the Championship or Cup and distribute the official report to all representatives of IAKO State teams. If the promoter of a championship cannot appoint a responsible person for administration, the IAKO board or IAKO President will nominate/appoint an adequate person.

**Art. 9.2 Chief Referee / Arbitrator**

Chief Referee/ Arbitrator appointed by the Chairman of IAKO Technical Committee is responsible for normal procedures for matches held on Tatami or Rings. They will deploy Referees and Judges for every match according to their quality and with respect for neutrality rules. They are responsible for the correct compilation of the draw list with results, and at the end he will sign the draw list and give it to the responsible. In case of protests, they must follow procedures and they make a first-level decision. If the protester is not satisfied with his decision, the Chief Referee / Arbitrator will explain all details of the protest to the Technical Director. Chief Referee / Arbitrator supervises Referees and Judges and can change a Referee's decision only in case of a "material mistake".

In Musical Forms & Aerokickboxing the Chief Referee / Arbitrator will give the signal to competitors to start performing and he coordinates the work of other Judges.

**Art. 9.3 Referee / Judges / Kick Counter / Time and Score Keeper**

The duties of Referees, Judges, Kick counter, Time and Score Keeper are described in the chapters General Rules of Tatami Sports or Ring sports.

**Art. 9.4 Announcer**

Before match he calls fighters for fight - first he call fighter in red corner, and after fighter in blue corner.

At championships and cups, announcer always call fighter for further match, and call for prepare fighter for next match. After three calling when fighter do not coming, he will give order to time keeper to start timer. If the fighter didn't come in time of 2 minutes, announcer will give sign to Referee and announce winner of match by opponent's WO. In Musical Forms/Aerokickboxing competitions he will read loudly each mark of Judges. Time keeper will be nominating by Chief Referee or by promoter.

**Art. 9.5 Doctor with Medical team**

Doctor must be ready for immediate intervention on Referee call. Before Referee call he can not enter on Tatami or in Ring. Medical team must have enough equipment and enough number of doctors and technicians for safe and quick intervention at all fighting's areas. Doctor must have experience in treating kickboxing specific injuries. Promoter is responsible to provide adequate medical team, with ambulance car. IAKO Medical Procedures and Health Security Guidelines must be followed.

**Art. 9.6 Tournament Committee**

The IAKO Board of Directors shall select the Tournament Committee. The Committee shall consist of at least three (3) members. The leader of the Committee shall be known as Tournament Director. It is of importance that the all members of the group speak English/Hindi.

The Committee meets in front of IAKO National Cups and/or IAKO Open/IAKO National Championships. If necessary, they initiate other meetings, but are requested to meet during events/tournaments. Otherwise they communicate by mail and by telephone.

**RESPONSIBILITIES:**

- They are responsible for the disciplines.
- They will be responsible for all the Chiefs Referees and their staff in the arena throughout the event
- They will have the responsibility of being in complete charge of all paperwork regarding results and complaints.

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- They will have a close cooperation to the Referee Committee and will facilitate all Referee seminars.
- They will together with the promoter take care of the event/promotion/tournament and make sure everything are arranged according to the IAKO rules. Any deviation to the rules has to be cleared by the committee or through the Board of Directors.
- They will take care of all official Weigh-ins or point out Referees/officials who will take care of it.
- They will report to the Board of Directors and the president of IAKO.
- They will take care of protests and give advice to the Board of Directors present. The Board of Director's decision will be final based on a majority decision.

### **Art. 10. National Referee/Judge Seminars and Registration**

In preparation of IAKO National / Open Championships and Cups the Committee organize seminars so to make sure that the judging and behavior of Referees are at their best.

When sending out letters of invitation to championships, IAKO will write an extra note concerning Referees and Judges including all demands for their preparations.

#### **The organization of seminars will be as follows:**

- All Referees and Judges must have a copy of the updated rules which will be used during the seminar.
- By tests, make sure that all Referees and Judges talk a minimum of English, also rate the Referees and Judges into categories (both in language and experience)
- The seminars will deal with each kickboxing style and the rules to be used during the tournaments.
- Make sure that all Referees and Judges wear the same uniforms which are important for the IAKO image.
- The sequence in a seminar contains :
  - Verbal introduction and explanations
  - Verbal explanation of main issues that normal causes problem in order to harmonize the Judges
  - Any video presentation to explain situations
  - Practice teaching using fighters in action.
  - Using Scorecards or/and explaining digital system
  - Written tests/exams
  - Registration
- All Referees and Judges are registered and are given points during a championship and events.
- The qualified and best Referees and Judges will be invited as official Referees to participate in the championships.
- The Referees and Judges will get their license based on their performance in the championships.

### **Art. 11. Medical, Health Committee**

The Committee have at least Three (3) members. The leaders take the initiative to organize the work inside the committee. It is of importance that the all members of the group speak English/Hindi.

The committee meets during IAKO National/ Cups/ Open Championships. If necessary, they initiative other meetings, but are requested to meet during events/tournaments.

#### **Responsibilities:**

- Their responsibility is to make sure of all safety rules are followed in the tournaments/championships both according to doctors and medical staff.
- They will make sure that the anti-doping rules are informed and together with the Board of Directors and/or promoter in a championship aim a Anti doping control if required.
- Make sure that IAKO work effectively to eradicate weight reduction problems
- The Committee work together and report to the Board of Directors
- The Committee has the power to postpone start of fights if weigh-in are too close to normal start of fights or if the weigh-in are delayed or in other way , fighters were not properly informed.

**Art. 12. Technical Committee**

The Committee have at least three (3) members. The leader takes the initiative to organize the work inside the committee. It is of importance that the members of the group speak English. The committee meets during IAKO National/ Cups / Open National Championships. If necessary, they initiate other meetings, but are requested to meet during events/tournaments.

**Responsibilities:**

- Improve the existing IAKO Syllabus
- Improve the present IAKO grading system
- Advise the Board about improvement of Rules/regulations in both ring and Tatami sports
- Assist technically IAKO regions in need of improving their skills.
- Be responsible for approving all fighting safety equipment supplied by Promoters. The Committee will also be responsible for inspecting all Fighting Areas during Championships to be in top quality.

**Art. 12.1 Discipline for IAKO officials**

All Referees, Judges and officials represented in the tournament (both on and off-duty) are not allowed to take action for its team/state as coach or in other way act/behave partial (screaming and move as a coach/fan). It is NOT allowed to change role from official to coach during the same championship.

Again IAKO stress the importance for Referees and Judges to talk a minimum of English to communicate during the championships.

**Art. 13. Participation of IAKO members in other dissident National organizations**

IAKO members are not permitted or allowed to participate in any other National or International dissident Kickboxing organizations other than IAKO. All IAKO events are reserved to IAKO members only.

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The Chairman of the Referee Committee shall act as head of the Appeals Board together with a designated member of the Technical Committee and the designated member of the Board of Directors.

**Art. 1.2 Tournament Committee**

Tournament Committee shall deal with official weigh-in, drawing, Tatami arrangements in the sport hall and related requirements for smooth conducting of the competitions.

**Art. 1.3 Chief Referee of the Tatami Sports**

Chairman of Tatami Sports of IAKO will appoint the a Chief Referees for Tatami competitions.

Chief Referee will

- control the neutral Central Referees and Judges according to the fighters of various states.
- has to observe every single match in order to keep them ready as well to educate Referees and Judges in case of mistakes or to be able to handle protests. They can alternate their role.
- may interrupt the Match to answer or deal with protests.
- May interrupt the Match if the Rules are not being applied correctly.
- shall act as Chief Arbitrator for the Tatami Areas.
- may remove Referee and Judges who are not performing at an acceptable standard.
- May appoint an assistant to substitute a member when necessary.

**Art. 1.4 Referees**

There shall be one Central Referee per Match selected by the Chief Referee with following duties,

- Make sure that the rules of fair play are strictly observed.
- He will have the power to control the Tatami and Fighters.
- His first responsibility is the safety of the Fighters.
- He shall have the power to stop the Match to award points or penalties.
- The Referee is the only person who shall have the authority to stop the Match.
- The Referee may issue warnings for Rules violations without confirmation of the Judges.
- He shall not award points without at least one Judge voting to confirm his call.
- When he issues a warning or a penalty, no points can be given to the offending Fighter.
- He must give all commands in ENGLISH.
- He will be responsible for the enforcement of the Rules throughout the Competition and ensure that all scores, penalties and warnings are recorded.
- In cases where the Referee feels a disqualification may be appropriate, except in cases or instances requiring automatic disqualification, the Chairman of Tatami Sports shall be consulted.

**Art. 1.5 Judges**

There shall be two Judges for Semi-Contact and three Judges for Light-Contact per Match..

- The Judges are to assist the Referee to ensure the safety of the Fighters.
- They shall check Fighters before each Match to ensure proper Safety equipment is being used.
- When a Judge sees what he considers a legal score, he must indicate so immediately.
- The Judges must keep constant watch over the Fighting Area and inform the Referee when one of the Fighters leaves the Area.
- If a Judge feels any violation of the Rules he must contact the Referee and inform him of his views.

**Art. 1.5.1 Referees / Judges**

- IAKO Judges/Referees' age limit is 65.
- The Referee and the Judges should be dressed in the following manner:
- Clean gray pants, white IAKO shirt, IAKO bow tie and black gym shoes.
- All Judges and Referees should undergo, in their own state, a basic medical test before officiating in IAKO Championships. Their valid medical certificate should be brought with them during Championships and shown on demand.
- A Referee is not allowed to wear glasses, but he may wear contact lenses.
- The Referee is obliged to attend the meeting organized by the Medical Committee, before each Championship.
- IAKO Judges must use electronic point system (or manual clickers) to count the scoring points during the competition of Light-Contact.
- Judges/Referees must attend IAKO National Referee Seminars before officiating in any Championships.

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- Their license must be renewed every two years.
- To ensure neutrality, the Referees and the three Judges for each bout will be chosen from the neutral states against the fighters.
- Referee/Judges will not at any moment of the bout or bouts be allowed to act as a manager, trainer, coach or second of a kickboxer or team of kickboxers taking part in a bout.

### **Art. 1.6 Time Keeper**

The Time Keeper will stop and start the clock only on the command of the Referee and announce/bell or throw soft object/pillow on to Tatami. The Timekeeper will be in charge of the Clock and audio device.

### **Art. 1.7 Score Keeper**

The Score Keeper records all scores, warnings and penalties given by the Referee and shall notify the Referee when a 10 point lead is achieved by either Fighter in Semi-Contact.

The Score Keeper must notify the Referee when the warnings add up to a penalty point or when the penalties add up to an automatic disqualification.

### **Art. 1.8 Special Note**

All Referees, Judges and officials working in a tournament, whether on or off duty, are not allowed to take action on behalf of a Team/State as coach or in any other way show favouritism by screaming, cheering like any coach/fan.

## **Art. 2. Safety equipment**

The IAKO Board, together with the Technical Committee must approve all safety equipment. Producers of safety equipment must get their products approved by IAKO. Safeties to be used in Regional and National competitions Championships must be approved at least 3 months before the event dates and all members must be duly informed.

All uniforms and safety equipment must be clean, correct and in good and safe condition. Special care must be taken for weapons which must not be sharp or with unprotected points.

### **Art. 2.1 Head protection**

- Head protection is mandatory in all kickboxing fights in all disciplines except in musical forms and Aerokickboxing.
- Head protection must be made from foam rubber or soft plastics or from compact sponge covered by leather.
- In fights, head protection which covers the face and head protection which reduces the field of vision is not allowed.
- 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.

### **Art. 2.2 Gloves**

Two types of protective gloves are used at kickboxing competitions: gloves for Semi-contact and gloves for ring disciplines (light contact, full contact, low-kick and K1 Rules). In every fighting discipline, gloves are mandatory.

#### **Art. 2.2.1 Gloves for Semi-Contact**

- In Semi-contact it is mandatory to use gloves with an open palm or open hand and with full cover of the first half of fingers, including the thumb.
- The gloves make it possible to open and close the hand.
- Gloves must cover hitting area on front and upper side of fist and edge of palm and must cover a minimum of 5 cm above wrist.
- Gloves 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. Metal or plastic buckles or ropes are not allowed for fixing gloves. Also, any kind of self-adhesive tape is not allowed, except self adhesive tape made with a cotton base, and this tape can be used only to fix gloves at the wrist.
- The total weight of the glove must be 8 Oz (226 grams).



**Art. 2.2.2 Gloves for Light-Contact**

- Gloves for Light Contact must be approved by the IAKO Board of Directors and Technical Committee.
- Gloves weigh 10 Oz (283 grams) and the weight must be clearly marked.
- Gloves are produced from special foam rubber, synthetic, compact and soft material which is covered with genuine or artificial leather.
- Gloves must allow for the fighter to completely clench his fist and keep his thumb in contact with other fingers.
- Gloves completely cover the fighter's fist with separate parts for fingers and thumb. The thumb is connected by a small strong strip to the rest of the glove. This strip keeps the thumb together with the fist to avoid separation of the thumb during punching and injuries to the fighter's thumb or to the other fighter. Inner foam rubber material must cover the front and upper part of the fist, edge of palm and upper and front part of thumb.
- The interior part of gloves covers the bottom part of fingers and palm only with leather and cover a minimum of 5 cm of the wrist.
- Gloves will be fastened by self-adhesive strips at the fighter's wrist and the use of self adhesive cotton-base tape is allowed (plastic or other types of self-adhesive tape are not allowed). Fastening gloves with strips or any kind of buckles is not allowed.

**Art. 2.2.3 Hand wraps (Bandage)**

- Hand wraps are used for wrapping the fist to avoid injuries. Using hand wraps are mandatory.
- 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; maximum length 15 cm and width 2 cm.

**Art. 2.2.4 Tooth protection (Mouth-guard)**

- Mouth-guards must be made from soft and pliable rubber-plastic material.
- Protection on only the upper teeth or on both upper and lower teeth is allowed.
- Mouth-guard must enable free breathing and must be adapted to the competitor's mouth configuration.
- It is not allowed to use a mouth-guard over tooth correction apparatus (braces, retainers).
- Using tooth protection is mandatory for all fighting disciplines, in all age categories.

**Art. 2.2.5 Breast protection**

- Breast protection is mandatory for all female competitors in older Cadets, Junior and Senior categories.
- It is mandatory in all fighting disciplines Semi, Light, Full Contact, Low-kick and K-1 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.

**Art. 2.2.6 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.

**Art. 2.2.7 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 are 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.



**Art. 2.2.8 Foot protection**

- Foot protection is made from special synthetic foam rubber, a compact and soft material which is covered with genuine or artificial leather.
- 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.
- Foot protection is fastened to feet with elastic self adhesive strips on the back of feet, above the heel.

**Art. 3. Uniforms**

- V neck T-shirt must be worn in Semi-contact and Light contact by male and female competitors.
- Length of sleeves must be a maximum of mid upper arm.

**Art. 3.1 Sponsor**

Sponsor advertising or logos may be worn on the uniform in the following manner:

- Top on the upper sleeve and/or shoulder area, and not be larger than 10 x10 cm (4" x 4").
- Pants, on the side between the knee and the hip area.
- If the promoters and sponsor(s) do not wish the fighters to wear advertising other than their own, the promoter and his sponsor must provide sponsorship to the fighters or equal to the amount they have given up from their individual sponsor.

**Art. 4. Fighter's Uniforms and Equipment**

**Art. 4.1 Competitors in Semi-Contact**

- Head -guard, mouth-guard, groin-guard, breast protection (for female competitors only, optional for younger female cadets division), gloves for semi-contact, hand wraps, groin protection (optional for female), shin guards and foot-guards.
- Competitors wear V neck sport top or T-shirt (with name of represented State/Team) and long pants with belts indicating their grade.
- Other garments such as traditional kimonos (Karate, Taekwondo, Kung fu-Wushu) are not allowed.

**Art. 4.2 Competitors in Light-Contact**

- Head protection, mouth-guard, breast protection (for female competitors) 10 Oz boxing gloves, hand wraps, groin protection (optional for female), shin guards, and foot protection.
- Competitors wear V neck sport top or T-shirt (with name of represented country) and long pants.
- Belts indicating grade are allowed.

**Art. 4.3 Competitors in Musical Forms**

- For Musical Forms performances the competitor is allowed to wear all original clothes and footwear of the traditional Martial art on which his/her performance is based (Karate, Taekwondo, Kung fu/Wushu , Aikido, and others).
- They can wear any kind of legally recognized Kickboxing or Karate uniform, which must be clean and decent.
- In Hard styles, competitors must be bare footed, while in Soft Styles they can wear sport shoes.
- They can also be shirtless for their performance (apart from women, of course).
- Competitors are allowed to wear sweat bands on arms/wrist.
- Competitors are not allowed to wear any jewellery or piercings of any kind.

**Art. 4.5 Competitors in Aero Kickboxing**

- Competitors must show up in long pants (aerobic or fighting pants) and T-shirt or sport top (for female only).
- Women cannot show up in bra only.
- They must wear shoes and they cannot wear any jewellery or piercings.

For all details check chapter six – Aero Kickboxing.

**Art. 5. Procedure for Equipment and Uniform check**

- Competitor's safety equipments, uniform and other checks will be done by the Central Referee or the Judge.
- The Fighter must present himself to the Judge nearest his corner to have his safety equipment inspected/reviewed.
- After the Judge has inspected the Fighter, he will wait to enter the Tatami until told to do so by the Referee.
- Competitors must be suitably conditioned to participate in their chosen discipline, they must have no injuries or illness which may harm themselves or other competitors.
- His/her face must be dry and without any grease.
- It is not allowed to enter a match while bleeding.
- Also, it is not allowed to enter a match with any sticking plaster casts or with tampons in nostrils or with any cuts or scratches. In that case, judge will consult the doctor.
- The body must be dry and without any oil.
- The Judge will ask the coach to wipe clean the competitor's face and body.
- It is no allowed to enter a fight with any kind of jewellery or other adornment.
- Judges will run their fingers under the top of the T-shirt to check that competitors have no jewellery or other adornment around the neck.
- Also, Judges will push index fingers under head guard to insure that competitors have no earrings, studs or other jewellery. No tongue piercing and belly button piercing allowed either. Binding hair with any kind of metal, plastic or hard buckle is not allowed.
- Only elastic or cotton strips are allowed for this purpose.
- It is not allowed to fasten safety equipment with self-adhesive tape, over the original strips.
- Before allowing a fighter to enter the Tatami, the judge must be completely sure that the fighter's safety equipment and uniform are fully functional for the competitor's safety and are according the IAKO rules.
- The Observer by Musical Forms and Aero Kickboxing check all competitors for jewellery and piercings before they compete.

**Art. 5.1 Semi Contact, Light-Contact**

- Competitors must stand outside of the Tatami.
- The judge will check uniforms which must be dry, clean, without any blood or other substances and in good repair.
- Judge will check head guard and must pay attention to the following: head guard must be firmly fastened by self-adhesive strips under the chin and at back of head (no type of buckle is allowed).
- Top of head must be completely covered.
- Face, chin and eyebrows must be open.
- Gloves for Semi-contact must be without any cracks.
- The competitor must be able to open his hand, and first half of fingers must be covered. The palm must not be covered. The fastening strip must be self-adhesive and gloves must be fastened at the wrist.
- Hand wraps must be wrapped around base of fingers, palm and back of the hand. Wraps must be fixed on wrist with self-adhesive small strips or with self-adhesive cotton based tape. Judge must touch and feel that hand wraps are soft and without any hard parts. Judge must touch and feel that hand wraps are soft and without any hard parts.
- Before checking gloves for Light contact the competitor must show his hands with hand wraps.
- Hand wraps are mandatory. Hand wraps must be wrapped around base of fingers, palm and back of the hand. Wraps must be fixed on wrist with self-adhesive small strips or with self-adhesive cotton-based tape.
- Judge must touch and feel that hand wraps are soft and without any hard parts.
- After checking hand wraps, the judge will allow the competitor to put on gloves.
- Gloves for Light contact must be 10 Oz boxing gloves in good repair, without any cracks.
- Fastening must be with a self-adhesive strip and gloves must be secured at the wrist. Gloves with fastening laces are not allowed.

**Art. 6. Other Equipment**

**Art. 6.1 Fighting Area – Tatami**

- Competition area shall be called the Tatami. In World/Continental/National Championships the Tatami size shall be 8x8 meters for Seniors and Juniors and 6x6 meters for Cadets.
- In National/Regional and other championships the Tatami can be smaller, but not smaller than 6x6 meters.

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- The Tatami must be placed on the bare floor and must be made up of non slip interlocking mats, suitably colored.
- The area for Musical forms and Aero kickboxing performances can be larger.
- The Tatami must combine two colored parts, a border (6-8 x 1 m) in one color, and the center (5-7 x 5-7 meters) in another color, so as to warn fighters that they are coming close to the boundary.

### **Art. 7. Weight Divisions and Weigh-in Procedures**

#### **Art. 7.1 Weight Classes and Age**

- Age divisions will be determined in the following manner at All IAKO National/Regional/Open Championships.
- A competitor will be placed in an age division according to his/hers **date of birth**.

##### **Age Categories specifications:**

- **Younger Cadets** : 10, 11 and 12 years old. Meaning from the date he/she turns 10 years and up to the day before he/she turns 13 -Tatami sports only.
- **Older Cadets** : 13, 14 and 15 years old. Meaning from the date he/she turns 13 years and up to the day before he/she turns 16 -Tatami sports only.
- **Juniors** : 16, 17 and 18 years old. Meaning from the date he/she turns 16 years and up to the day before he/she turns 19. The date in which he/she turns 18, he/she can decide to be either a junior or senior. However if the fighter has competed as a senior at the age of 18 he/she cannot return to competing as a Junior again.
- **Seniors Category**: 19 to 40 years old. Meaning from the date he/she turns 19 years and up to the day before he/she turns 41.
- **Veterans Category**: 41 to 50 years old. Meaning from the date he/she turns 41 years and up to the day he/she turns 50.

**Specification during championships/tournaments:** In case of birthday during a tournament that changes the age category, he/she can compete in the lower category until the tournament is over. A tournament period is defined as from the day of the official weigh-in/registration and until the finals is finished.

**Legitimation:** Positive proof of age will be required at all championships (passport or driving license).

**Only one weight-class:** In IAKO championships, it is only possible to compete in one weight class.

**Tatami Sports specifications for Veterans:** If any fighter in veteran division would like to fight in Senior division must be in possession of all medical check up and certification declaring he's fit to fight and ask for a special authorization released by IAKO Technical Committee.

#### **Art. 7.1.1 Younger Cadets (10-11-12 years old)**

##### **Boys and Girls**

Under 28 kg  
Under 32 kg  
Under 37 kg  
Under 42 kg  
Under 47 kg  
Over 47 kg

#### **Art. 7.1.2 Older Cadets (13-14-15 years old)**

##### **Boys**

Under 42 kg  
Under 47 kg  
Under 52 kg  
Under 57 kg  
Under 63 kg  
Under 69 kg  
Under 69 kg

##### **Girls**

Under 42 kg  
Under 46 kg  
Under 50 kg  
Under 55 kg  
Under 60 kg  
Under 65 kg  
Over 65 kg

**Art. 7.1.3 Juniors (from age 16 to 18)**

<b>Male</b>	<b>Female</b>
Under 57 kg	Under 50 kg
Under 63 kg	Under 55 kg
Under 69 kg	Under 60 kg
Under 74 kg	Under 65 kg
Under 79 kg	Under 70 kg
Under 84 kg	Over 70 kg
Under 89 kg	
Under 94 kg	
Over 94 kg	

**Art. 7.1.4 Seniors (from age 19 to 40)**

<b>Men</b>	<b>Woman</b>
Under 57 kg	Under 50 kg
Under 63 kg	Under 55 kg
Under 69 kg	Under 60 kg
Under 74 kg	Under 65 kg
Under 79 kg	Under 70 kg
Under 84 kg	Over 70 kg
Under 89 kg	
Under 94 kg	
Over 94 kg	

**Art. 7.1.5 Veterans (from age 41 to 50 years both for male and female)**

<b>Men</b>	<b>Woman</b>
Under 57 kg	Under 50 kg
Under 63 kg	Under 55 kg
Under 69 kg	Under 60 kg
Under 74 kg	Under 65 kg
Under 79 kg	Under 70 kg
Under 84 kg	Over 70 kg
Under 89 kg	
Under 94 kg	
Over 94 kg	

**Art. 7.2 Weigh-in Procedures**

- The fighters of each weight category will be weighed the day before the competition or in the morning between 8 and 10 on the same day that they have been drawn to fight.
- Chairman of Tatami Sports and the Technical Director or the official's substitutes will be allowed to modify these conditions in case of an inevitable post opponent.
- The fights will start at least 3 hours after the weighing time, or in a shorter lapse of time if the Board of Directors so decide, after consulting the Medical Committee, provided that the decision is not prejudicial to any Kickboxer taking part in the first bouts of the tournament.
- The IAKO authorized delegates will perform the weigh-in. Team representatives of any State Association may be present, but are not allowed to intervene on any occasion.
- Each fighter will be officially weighed only once.
- The weight registered on that occasion is final. It is allowed, nevertheless, for the representative of a State whose fighter has not reached the right weight during the official weigh-in, to put him into another, suitable weight category, provided that the country in question has got a vacancy in that category and the weigh-in has not yet closed.

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- It is also allowed for all States to substitute one Kickboxer with another, before the end of the first weigh-in and the medical check-up, on condition that, within each competition where substitutes are allowed, the kickboxer in question has been registered as a reserve for that, or in any other weight category.
- The weight is what the scale shows when the fighter is undressed. The weight must be displayed in metric measures. Electronic scales can be used. A fighter is allowed to fight solely within the category defined by the weigh-in.
- Each fighter must have his own IAKO SPORT PASS with MEDICAL TEST included, valid for 1 year, to be shown at weigh-in procedures.

### **Art. 8. Rounds**

- In all IAKO fighting styles, have 3 x2 minute rounds.
- In all IAKO Regional/Open tournaments this can be 2 x 2 or 1 x 3 minute round.
- For Veterans the duration of all matches may be 2 x 2 minute rounds in both Light-Contact and Semi contact.

### **Art. 9. Special violations of Rules**

- If a Fighter, Coach or a whole team protests with not leaving the Tatami immediately after the fight, the Chairman of Tatami Sports after consultation with the Board of Directors or the tournament organization is allowed to disqualify the whole team.

### **Art. 10. Use of Drugs**

IAKO respects and may follow the WADA/NADA Code of Conduct and its lists of prohibited substances which may be amended from time to time. Any Kickboxer refusing to submit to a medical examination or doping test before or after a fight as desired by NADA may be immediately disqualified or suspended pending a full hearing. The same will occur in the case of an official encouraging such a refusal. The use of local anaesthetics is allowed, if agreed upon by a doctor from the Medical Committee.

### **Art. 11. Open Scoring Electronic System**

- For Light contact an open scoring electronic system scoring shall be used as follows:
- ☐ All three Judges use a mouse with buttons indicating the two corners.
- A screen will show the point status for both fighters from the various judges at all time.
- The displays will be visible for audience and for the coaches involved either with TV screens and/or roll-up screen.
- Fouls, warnings, minus points and time is also shown on the screen, administrating from the computer of the secretariat of each Tatami area.
- The system will be administered by the Timekeeper.
- The fight and its history is stored as a pdf-file in the computer at Jury's table.

## SEMI-CONTACT RULES



# SEMI CONTACT

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### ART. 1. DEFINITION

Semi-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 main characteristic of semi-contact is delivery, technique and speed. The competition in semi-contact should be executed in its true sense with well-controlled contact. It is a technical discipline with equal emphasis put on hand and foot techniques, from an athletic viewpoint. Techniques (Punches and Kicks) are strictly controlled.

At each valid point (point that is given, with legal part of hand or foot to legal targets and with legal technique) the central referee halts the fight and at the same time as the two judges, shows with his / her fingers the number of points in the direction of the fighter who is being awarded the point or points.

### ART. 2. FIGHTING RULES

Fighters will enter the Tatami and touch gloves. They will then step back and assume a fighting stance and wait for the command **FIGHT** from the Referee.

The Referee will initiate the fight by commanding fight, when the referee calls **STOP**, the fighters must return to their starting points on the mat.

The time will only be stopped on the command of the Referee, by calling **TIME** to the area control table. Time is not stopped to award points or penalties unless the Referee feels it is necessary to do so. The Referee must stop the time when giving a warning or official warning or point of clarification.

Fighters may have one Coach and one Second in their corner during the match. Both must remain in the Coaches Box throughout the match in their seats.

No coach will be allowed to enter the fighting area while a match is in progress and no Coach will be allowed to interfere with any referee or judge. No Coach will be allowed to make derogatory remarks about a referee or judge or comment on a score given or not given. A Coach may be removed from their coaching position during the match if they continue to abuse officials or referees.

All official warnings given to coaches are deemed applicable and count towards the fighters warnings.

Only the Referee may ask for time to be stopped. A fighter may request the clock to be stopped to adjust Safety Equipment or check an injury. The Referee does not have to stop the clock if they feel it will take away the advantage from the other Fighter.

Time-stops must be kept to a minimum.

If the Referee feels a Fighter is using time-stops to rest or to prevent his opponent from scoring, a warning will be given and the Fighter may be following discussion with judges, disqualified for delaying the match or refusing to fight.

### ART. 3. COMPETITION COMMANDS

➤ **FIGHT**

To begin contest / fight or after an interruption of the fight

➤ **SHAKE HANDS**

At the beginning of the fight ONLY

➤ **STOP**

The fight is interrupted immediately and may only be resumed after the referee gives a new command to FIGHT. When points are being made given, the fighters must go back to their starting positions immediately.

➤ **STOP TIME** (Forming a **T** with his hands)

When he wants to stop the match for any important reason. The Referee must explain the reason for each warning to the fighter

➤ **TIME**

forming the letter **T** with hands, to give order for time keeper to stop the clock until the referee says command FIGHT. When the central referee says TIME they must stipulate the reason why they stopped the clock.

➤ Referee will give the order TIME on these occasions:

➤ When they give a warning to a fighter (Opponent must stand on starting position)



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- When a fighter asks for stoppage of time by rising right hand (Opponent must immediately go to the neutral corner)
- When referee sees it's necessary to correct a fighter's equipment or uniform
- When a referee sees that a fighter is injured (Maximum time for doctor's intervention is 2 minutes for seniors, juniors and all cadets)
- When a fighter asks for stoppage of time by rising right hand (Opponent must immediately go to the neutral corner)
- When referee sees it's necessary to correct a fighter's equipment or uniform
- When referee sees that a fighter is injured (Maximum time for doctor's intervention is 2 minutes for all fighters).

### ART. 4. LEGAL TARGET AREAS

The following parts of the body may be attacked using the authorized fighting techniques:

- **Head** : Front, side, back and forehead
- **Torso** : Front and side
- **Leg** : (Ankle and below) Note: Only for sweeping

### ART. 5. ILLEGAL TARGET AREAS - (Prohibited Techniques and Behaviour)

- Top of the head
- Back of the torso (Kidneys and spine)
- Top of the shoulders
- Neck: Front, Sides, Back
- Below the belt (Except for Foot Sweeps)
- Continue after the command "Stop" or the end of the round has been sounded
- Turn one's back to the opponent, running away, deliberately falling down.
- All blind, uncontrolled techniques in general

### ART. 6. LEGAL TECHNIQUES

- **Kicks** : Front, Side, Back, Roundhouse, Hook (Sole of the foot only), Crescent, Axe (Sole of the foot only) Jumping, Spinning, Jump Kicks.
- **Hands** : Punch, Back fist (Not spinning / turning), Ridge hand, and Hook punch.
- **Foot sweep** Below Ankle (Foot Sweeps are allowed,) to score with a Foot sweep the attacker must remain on their feet at all times. If in the execution of a Foot sweep the attacker touches the floor with any part of their body other than their feet, no score will be given. A score will be awarded to the attacker if their opponent touches the floor with any part of their body other than their feet.

**Please Note:** It is extremely dangerous to strike with the back of the heel; it must be strictly emphasized that the attacking Fighter must extend his foot in such a manner that the Sole (Bottom) of the foot is used as the striking area when executing the following kicks: Axe, Hook and Spinning Hook kick, All Jumping spinning Kicks

### ART. 7 ILLEGAL TECHNIQUES AND ACTIONS

- Attack's with any technique other than those mentioned in section 6.
- Spinning Back Fist
- Avoiding or refusing to fight
- Falling or dropping to the floor without due cause.
- Leaving the Fighting Area (Exit)
- Attacks with malicious or excessive contact.
- Un sportsman-like conduct, A Fighter can have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross un sportsman -like conduct, the Fighter may be disqualified or deducted one point on the first offence, depending on the severity of the infringement.
- Grabbing / Holding is not allowed
- Attacking or verbally abusing an Official either inside or outside the Tatami, Pushing, Grabbing without any other purpose,

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- Spitting or even attempting any of these actions shall result in immediate disqualification. In the event that any of these actions are made by a penalized fighter or their coaches, the person involved may be removed from the Hall or tournament site and the matter turned over to the Referee Committee.
- Ground Attacks
- Spitting out their mouth-guard voluntarily.
- A fighter cannot attack an opponent on the ground. The central referee is responsible for stopping the match immediately when one of the two fighters touches the floor with any part of the body apart from their feet. Stomps to the head or body of a downed Fighter can lead to minus points or disqualification (judges decide by majority decision).
- Slipping of Glove. A fighter must at all times have their hand fully placed inside the glove, he / she should at no stage enhance their range by slipping the glove forward to gain distance on their opponent. This may be deemed unsportsman like conduct
- A fighter cannot indicate time when he / she is in a corner under pressure from their opponent.

### **Coaches / Assistant Coach :**

- Inappropriately Arguing / Commenting on a score given
- Inappropriately Arguing / Commenting on a score not given
- Attacking or verbally abusing an Official either inside or outside the Tatami
- Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in the immediate removal from Coaching Area at Tatami and possible permanent removal from Arena / Event following a Technical Committee review

## **ART. 8. SCORING CRITERIA**

- A legal technique strikes a legal target. The authorized striking area of the hand (Not the inner hand) or foot must make "Clean,
- Controlled" contact. The referee and judge must actually see the technique strike the target. Awarding points based on the sound of the strike is not allowed. The Fighter must be looking at the point of contact when executing the technique.
- All techniques must be used with "Reasonable" Power. Any technique that simply touches, brushes or pushes an opponent will not be scored.
- If a Fighter jumps in the air to attack or defend, they must land inside (Standing Up) the Fighting Area to score following the execution of the technique, and they must keep their balance (They are not allowed to touch the floor with any part of their body except feet). If the fighter lands outside the area after the technique they do not score.
- If a fighter loses his / her balance due to their own instability following a score and touches the ground with any part of their body other than their feet, the score will not count.
- If a fighter loses his / her balance following a score outside his / her control (Pushed or tripped) then the score will stand.

## **ART. 8.1 CALLS REFEREES AND JUDGES MAY MAKE (POINTS)**

- Referees and judges will decide only according to their opinions based on what they have seen. Officials cannot change the referee or judge's majority decision. If a technical error has occurred the controller of the tatami may indicate time and consult with the officials to seek clarification. Even if a referee or judge makes a mistake, but the officials continue to have a majority decision the Observer of the Area will call the Appeal committee to review the decision. And define if a fundamental mistake in the application of the rules has been made or not.
- The Observer of the Area can change a referee or judge's decision only when the referee or judge made a "material mistake". A material mistake is:
- An incorrect summation of points
- If the referee gave a point to a fighter who dropped down or stepped out after receiving the point The Chairman of Tatami Sports and the Observer of the Area should be vigilant to ensure that the Judges are doing their jobs properly.

**The Referee cannot award a point by himself, It is by majority only.**

#### ART. 8.1.1 SCORE

- Arms are immediately raised to indicate the Fighter who scored. To award a score there must be a minimum of two concurring decisions by referee and judges.
- If the referee and one judge show two raised arms (A point for both fighters) and other judge points to one fighter, the referee's decision must be the appropriate point for both fighters.
- If the referee shows two points (Kick to head) and one judge shows one point, the referee must ask the judge what they saw,
- A kick technique or punch technique. If judge saw a kick technique the referee will award one point to the fighter, and if the judge saw a punch technique, the referee will indicate no points scored.
- In situations where there are the same number of arms raised, both Fighters shall be awarded a score.

#### ART. 8.1.2 NO SCORE

- Arms are crossed in front of Referee or Judges at waist level, if the Referee or Judge could not see the technique strike a legal target area.
- If the Referee or Judge indicates a score and the other two signals they did not see, then there can be no score awarded.
- If one of the Fighters does not get a minimum of two arms, NO score can be awarded.
- If the Referee commands STOP and issues a warning to one of the Fighters there can be no point awarded to the offending Fighter. However, the other Fighter may receive a point and may also receive a further score because of the warning to his opponent.

**EXAMPLE:** One of the Fighters executes a technique that merits a score, while the other Fighter violates the Rules for the second time. A score can be awarded for the first Fighter's clean and legal technique and at the same time a penalty point can be awarded for their opponent's Rule violation. Both must occur at the same exact time.

#### ART 8.1.3 AWARDING POINTS

If the Referee sees an action that they consider to be a valid point, they will command STOP and immediately signal the point, as do the Judges.

The Referee counts the decisions and awards the score to the appropriate Fighter.

Each Judge must make an immediate decision following the command of the referee.

If one of the Judges sees an action they consider to be a valid score, they must signal to the Referee immediately who will command "STOP" and the Referee and Judge must at that time signal their point calls.

In all cases, only when you have a clear majority call, can you award a point.

- |   |         |
|---|---------|
| ✓ Punch   | - 1 pt  |
| ✓ Kick to the body  | - 1 pt  |
| ✓ Foot sweep leading the opponent to touch the floor<br>with any other part of the body apart from feet | - 1 pt  |
| ✓ Kick to head  | - 2 pts |
| ✓ Jumping kick to body  | - 2 pts |
| ✓ Jumping kick to head  | - 3 pts |

#### ART. 8.1.4 OVERVIEWS AWARDING POINTS:

- After every recognized score the command STOP will be given and an immediate vote to indicate who scored will be given by Referee & the two Judges.
- The Winner will be the Fighter with the most points at the end of time.
- In the case one Fighter gaining a 10 pt. Margin, they will be declared the Winner.

Other methods of winning:

- Disqualification, Exits
- Expiration of Time and score
- The Officials shall call for a vote to determine if the score landed before or after time expired. Time should be indicated by a soft object being thrown in to the Tatami or shouting to centre referee

#### **ART. 9 PENALTY – EXITS (WARNING, DISQUALIFICATIONS AND EXITS)**

- Warnings should be given in a loud and clear voice so that both the Fighters and Coaches can hear and understand the warning.
- The Referee should stand facing the offending Fighter and give the warning.
- To award a penalty point the Referee must first request the time to be stopped. They must face the Score Keeper and state that a penalty point is to be awarded by point to the Fighter who is to be penalized and stating in a loud, clear voice why the Fighter is being penalized.
- If a fighter is attacking and because of their velocity forward steps off the mat, this is not regarded as an exit
- Warnings will be carried over throughout the Match to all rounds. When referees are giving warnings or a penalty (Minus) point, they must stop the clock.

##### **Exit Rules**

**1st Exit** = Official Warning

**2nd Exit** = Official Warning -1 penalty point given verbally communicated to athlete / coach with hand signal

**3rd Exit** = Official Warning -1 penalty point given verbally communicated to athlete / coach with hand signal

**4th Exit** = Disqualification Verbally communicated to athlete / coach with appropriate hand signal

##### **Rule Violations (Other than Exits)**

**1st Verbal Warning** = Discretionary Warning (May move to first Official Warning if warranted)

**1st Official Violation** = Official Warning

**2nd Official Violation** = Official Warning -1 penalty point given verbally communicated to athlete / coach with hand signal

**3rd Official Violation** = Official Warning -1 penalty point given verbally communicated to athlete / coach with hand signal

**4th Official Violation** = Disqualification Verbally communicated to athlete/coach with appropriate hand signal

#### **ART. 9.1 DISQUALIFICATION**

If disqualification is called for, the Referee shall confer with the Judges and with the Observer of the Area to ensure all the proper procedures are being used

##### **Leaving the fighting area:**

If a Fighter leaves the area (EXIT) without being pushed, kicked or knocked out by their opponent it will be seen as a "Voluntary Exit" and will receive a warning from the Referee. On the second exit the Fighter will lose one point. On the third exit – 1 point.

At the fourth time the Fighter leaving the area shall be disqualified.

##### **Stepping out (EXIT) means**

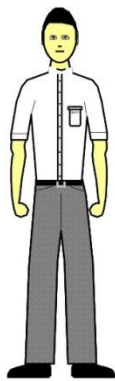
Stepping outside the line, even with only one foot - The Whole of the foot must be outside the designated area.

Stepping on the line should not be considered as stepping out. If the fighter is pushed out by the other fighter, or they went outside the line as a result of a hit or kick, it is not classed as a voluntary exit.

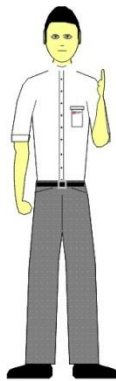
The fact of stepping out is stated by the judge every time or decide about is on the basis of majority decision.

Warnings for leaving the area will be kept as a separate issue from Warnings for other **offences**. All exits will be indicated to fighter and table official.

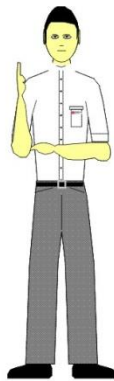
## ART. 10. REFEREE HAND SIGNALS



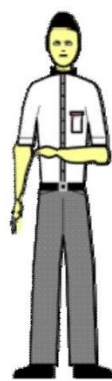
Centre Referee



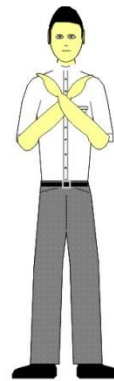
Verbal Warning



Official Warning



Minus -1 Point



Disqualified



No Score

## ART. 11. VIOLATIONS OF RULES

- ✓ Using illegal techniques
- ✓ Avoiding fight
- ✓ Turning around
- ✓ Unnecessary dropping down to waste time
- ✓ Commenting on referee's decisions
- ✓ Behaving in an un sportsman-like manner
- ✓ Loud commands of coach
- ✓ Coach entering Tatami in case of injury
- ✓ Deliberate Exits

For any violation of rules by a Coach, the Referee will give penalties to their fighter.

Gross and serious rules violations may be handled immediately with a penalty point or even disqualification in extreme cases.

Anytime a Referee thinks that a disqualification is necessary, they shall confer with all the Judges and the Observer of the area at the event to ensure that the proper procedures are being applied. A Fighter cannot receive a Point and a warning at the same time.

### Stopping the match (Time-out)

Only the Referee has the power to stop the match. When the referee is giving warnings or a penalty (Minus point) They must stop the clock

A Fighter may request a time-out by raising their arm to check an injury or correct / fix their safety equipment. The Referee does not have to grant time-out if they feel it would be an unfair advantage or that it may in any way take away the advantage from the other Fighter, unless the request is related to a health and safety issue.

Time-Outs shall be kept to a minimum. If the Referee feels that a Fighter is using Time-Outs to rest or to prevent the other Fighter from scoring a warning shall be given for delaying the Match. Only the Observer of the Area may interrupt the Match from outside the Tatami. They shall attract the attention of the Referee who shall call Time-Out.

If a Coach wishes to lodge a complaint or protest, they shall notify the Chairman of Tatami Sports. They may, if possible, handle the protest without stopping the match.

**ART. 11.1 REASONS FOR TIME-OUT**

- ✓ Injury (See Rule on injuries and treatment)
- ✓ For the Referee to confer with Judges or Responsible of the Fighting Area
- ✓ For the Referee to converse with a Fighter or his Coach
- ✓ To ensure safety and fair play

Time-Out is not called to issue points. The Referee should do this quickly to ensure that each Fighter has the benefit of the complete Fighting time allowed for the Match.

Referees who are not proficient in administering the Match quickly and fairly, may be replaced by the IAKO Tournament Chairman of Tatami Sports

**ART. 12. INJURIES**

- In the case of an injury to one of the Competitors, The Match shall be stopped only long enough for the Medical > Team / Doctor to decide whether or not the injured Fighter can continue. Once the Medical Team / Doctor arrives on the Tatami, they shall have only two minutes to decide if the injury requires treatment. All treatments must be completed within two minutes.
- If the injury is serious, it must be treated by the Medical Team / Doctor on duty, The doctor / Medical Team are the only ones who can say if the Match must be terminated.
- If the Match must be stopped because of injury, the Referee & the two side Judges must decide:  
Who caused the injury?
  - ✓ Whether or not it was an intentional injury
  - ✓ Whether or not it was the fault of the injured Fighter
  - ✓ Whether or not the injury was caused by an illegal technique
  - ✓ If there were no Rules violations by the uninjured Fighter, that Fighter shall win by forfeiture
  - ✓ If there was a Rules violation by the uninjured Fighter, the injured Fighter wins by disqualification
  - ✓ If the injured Fighter is declared fit to continue by the Medic / Doctor, then the Fight shall resume
- If a fighter gets injured in a fight, the doctor is the only person that can evaluate the circumstances.
- If a Kickboxer remains unconscious, only the referee and the doctor in charge will be allowed to stay in the Tatami, unless the doctor needs assistance.

**ART. 13. PROCEDURE IF RSC, RSC-H, INJURY**

- A Kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place. The opponent shall be disqualified because of hard blow to the head.
- The referee will tell the Jury and Judges to mark RSC-H or RSC, when he or referee has stopped the bout due to the Kickboxers inability to resume the fight because of head blows. The same has to be reported by the Chief referee on duty in that Tatami on the fighter's IAKO SPORT PASS. This is also the official result of the fight and it cannot be overruled.
- Before resuming kickboxing after a ban, as described in the above paragraphs, a Kickboxer will, after a special medical examination, have to be declared fit to take part in competition by a sports doctor.

When registered a RSC-H a Kickboxer must get a CT-Scan before returning to competitions.

**ART. 13.1 PROCEDURE OF INJURIES IN GENERAL**

In case of injuries besides RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.

A doctor can require immediately treatment at hospital.

**ART. 14 HAND SHAKING / TOUCHING OF GLOVES**

- Before and after a bout, the Kickboxers will shake hands / Touch Gloves as a sign of a purely sporting and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision.
- No hand shaking is allowed between the rounds.

**ART. 15 USE OF DRUGS**

- Any Kickboxer refusing to submit to a medical examination or doping test before or after a fight, may be immediately disqualified or suspended pending full hearing.
- The same will occur in the case of an official encouraging such a refusal. The use of local anesthetics is allowed, if agreed upon by a doctor from the Medical Committee.

**ART. 16 WEIGH-IN**

Organising Committee must inform IN ADVANCE and the weight registered on that occasion is final.

# **LIGHT- CONTACT RULES**





# **LIGHT-CONTACT**

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### ART. 1. DEFINITION

- Competition in Light Contact kickboxing should be executed as its name implies, with well-controlled techniques.
- In Light contact competitors fight continuously until Central Referee command STOP or BREAK.
- They use techniques from Full Contact and Semi Contact, but these techniques must be well controlled when they land on legal targets.
- Equal emphasis must be placed on both punching and kicking techniques.
- Light Contact has been created as an intermediate stage between Semi and Full Contact Kickboxing.
- It is carried out with running time.
- The Central Referee does not judge the fighters, but only makes sure they respect the rules.
- Three Judges make the complete scoring decisions on normal IAKO Scoring sheets

### ART. 2. FIGHTING RULES

- Fighters will enter the Tatami and touch gloves. They will then step back and assume a fighting stance and wait for the command **FIGHT** from the Referee.
- The Central Referee will initiate the fight by commanding fight, when the Referee calls **STOP**, the fighters must return to their starting points on the mat.
- If the referees commands **BREAK** both fighters must step back and then reengage with his opponent.
- The time will only be stopped on the command of the Referee, by calling **TIME** to the area control table.
- Time is not stopped to award penalties unless the Referee feels it is necessary to do so.
- The Referee should not talk to the Fighters during the match unless he has stopped the clock.
- Fighters may have one Coach and one Second in their corner during the match. Both must remain in the Coaches Box throughout the match in their seats.
- No Coach will be allowed to enter the fighting area while a match is in progress and no Coach will be allowed to interfere with any referee or judge.
- No Coach will be allowed to make derogatory remarks about a Referee or Judge or comment.
- A Coach may be removed from his coaching position during the match if he continues to abuse officials or referees.
- Only the Referee may ask for time to be stopped.
- A fighter may request the clock to be stopped to adjust Safety Equipment or check an injury.
- The Referee does not have to stop the clock if he feels it will take away the advantage from the other Fighter. Time-stops must be kept to a minimum.
- If the Referee feels a Fighter is using time-stops to rest or to prevent his opponent from gaining advantage, a warning will be given and the Fighter may be following discussion with judges, disqualified for delaying the match or refusing to fight.

### ART. 3. COMPETITION COMMANDS

**SHAKE HANDS** : At the beginning of the fight

**FIGHT** : To begin contest / fight or after an interruption of the fight.

**BREAK** : To break up a body-to-body position, after which each boxer must stop before continuing the fight

**STOP** : The fight is interrupted immediately and may only be resumed after the referee gives a new command.

**STOP TIME** (Forming a T with his hands) : When he wants to stop the match for any important reason. The Referee must **explain** the reason for each warning to the fighter

**TIME** : Forming the letter T with hands, to give order for time keeper to stop the clock until referee says command FIGHT. When the central referee says TIME he must say the reason why he stopped.

**Referee will give the order TIME on these occasions:**

- When he gives a warning to a fighter (Opponent must immediately go to the neutral corner).
- When a fighter asks for stoppage of time by rising right hand (Opponent must immediately go to the neutral corner).
- When referee sees it's necessary to correct a fighter's equipment or uniform
- When referee sees that a fighter is injured (Maximum time for doctor's intervention is 2 minutes for all fighters).

## ART. 5. LEGAL TARGET AREAS

The following parts of the body may be attacked using the authorized fighting techniques:

**Head** : Front, side and forehead

**Torso** : Front and side Above waist

**Leg** : Below Ankle/mid-calf  
: Foot Sweeps are allowed

### It is prohibited to:

- Attacks with malicious or excessive contact.
- Top of the head
- Falling or dropping to the floor without due cause.
- Back of the torso (Kidneys and spine)
- Top of the shoulders
- Neck: Front, sides, back
- Below the belt (Except for Foot Sweeps)
- Continue after the Command "Stop" or the end of the round has been sounded
- Turn one's back to the opponent, running away, deliberately falling down.
- All blind, uncontrolled techniques in general
- Back of the Head
- Groin
- Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder.
- Wrestling and ducking below opponent's waist.
- Throwing
- Attacking an opponent who is falling to the floor or is already on the floor, that is, as soon as one hand or knee touches the floor.
- Leaving the Fighting Area (Exits).
- Continue after the Command "Stop" or "Break" or the end of the round has been sounded.
- Oil on the face or the body
- A fighter spits out his mouth-guard voluntarily,
- Ground Attacks
- A fighter cannot attack an opponent on the ground. The Central Referee is responsible for stopping the match immediately when one of the two fighters touches the floor with any part of the body apart from his feet. Stomps to the head or body of a downed Fighter can lead to minus points or disqualification (Judges decide by majority decision).
- **Unsportsmanlike-like conduct.** A Fighter shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsmanlike like- conduct, the Fighter may be disqualified or deducted one point on the first offence, depending on the severity of the infringement.
- Inappropriately Arguing / Commenting on a Referees / Judge's decision
- Inappropriately Arguing / Commenting on a score not given Attacking or verbally abusing an Official either inside or outside the Tatami.
- Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in the immediate removal from Coaching Area at Tatami and possible permanent removal from Arena or Event following Technical Committee review.

**Note** : Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification ?

## ART. 6. LEGAL TECHNIQUES

- **Kicks** : Front kick, Sidekick, Roundhouse kick, Heel kick (Sole of the foot only), Crescent kick, Axe kick (Sole of the foot only), Jump kicks
- **Hands** : All kind of boxing punches.
- **Leg, Foot sweeps** : To score with a Foot sweep the attacker must remain on his feet at all times. If in the execution of a Foot sweep the attacker touches the floor with any part of his body other than his feet, no score will

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be given. A score will be awarded to the attacker if his opponent touches the floor with any part of his body other than his feet.

- **Foot techniques:** It is extremely dangerous to strike with the back of the heel, it must be strictly emphasized that the attacking Fighter must extend his foot in such a manner that the Sole (Bottom) of the foot is used as the striking area when executing the following kicks: Axe, Hook and Spinning Hook kicks, All Jumping Spinning Kicks

### ART. 7. SCORING

- A legal technique strikes a legal target. The authorized striking area of the hand or foot must make "Clean / Controlled" contact. The Referee and Judge must actually see the technique strike the target. Awarding points based on the sound of the strike is not allowed. The Fighter must be looking at the point of contact when executing the technique.
- All techniques must be used with "reasonable" power. Any technique that simply touches, brushes or pushes an opponent will not be scored.
- If a Fighter jumps in the air to attack, he must land inside the Tatami to score, and he must keep his balance (it is not allowed to touch the floor with any part of the body except feet).

- **POINTS TO AWARD**

Punch	- 1 pt
Kick to the body	- 1 pt
Foot sweep leading the opponent to touch the floor with any other part of the body apart from feet	- 1 pt
Kick to head	- 2 pts
Jumping kick to body	- 2 pts
Jumping kick to head	- 3 pts

### ART. 7.1 AWARDING POINTS

- For all legal techniques (Punches, Kicks or Sweeping), must clearly land on legal targets with speed, focus, balance, power.
- The Judge will once push a button of their mouse for a hand technique and leg technique to body or foot.
- If a head kick they will push twice
- If a head jump kick three times
- A body jump kick twice.
- Indicating the correct fighter (Red or Blue corner). Points, starting from first round, will continuously be added from the Judges and they will be seen by everybody through a screen which is placed on the jury's table.
- At the end of the fight, the winner is the competitor who scored more points
- If the referee inflicts a foul or a warning, They will indicate so in front of the judges and the Chief Referee, and the timekeeper has to put it in the scoring sheet.
- If the referee inflicts a minus point they will indicate so in front of the judges and the Chief Referee and the Timekeeper have to put it in the electronic system. It will then be shown on the screens, reducing 3 points from the total score from each judge (Total of 9 points) The electronic system shows a running time score.
- In every moment of the fight everybody knows the situation of points.
- **Using fouls and minus-points:** Select the fighter with less fouls and minus points. The reason is that this fighter had a more fair fight. The Judges push the correct button indicating the winner when the Chief Referee indicates so.

### ART. 7.3 AWARDING POINTS

For all legal techniques (Punches, Kicks or Sweeping), Must clearly land on legal targets with speed, focus, balance and power, the Judge will initially note give points to each fighter using the score card.

The score will be recorded on the paper after each round. Scores will be accumulated with the winner being the highest scoring fighter over the three rounds per Referee.

**Note** \*At the end of the match, the Judge will sum the total points given and name the winning fighter who has the larger number of points. The Judge must make a circle around the fighter's name.

**ART. 7.4 IN THE CASE OF A DRAW**

If the match ends in a draw (Equal points after 3 rounds), to determine a winner, a Judge has to take into consideration the remarks on the IAKO scorecard in the following order.

These remarks according to IAKO Scorecards are:

- ☐ Better in the last round
- ☐ More active
- ☐ More kicks
- ☐ Better defense
- ☐ Better style and techniques

**ART. 7.5 MINUS POINTS**

Criteria for minus points, given only by the Referee, after previous warnings.

- ✓ Unclean fighting style
- ✓ Constant clinching
- ✓ Constant and continuous ducking, turning of the back
- ✓ Excessive contact
- ✓ Heavy knock down
- ✓ Any serious violation of the rules
- ✓ All techniques during in fighting (At very short distance, during clinching) should not be taken into consideration by Judges.

**ART. 7.6 DECISIONS**

The following decisions could bring the fight to an end:

- ✓ Winner by points
- ✓ Winner by disqualification of the opponent
- ✓ In difficult cases, the referee may also call out a disqualification without having given a warning beforehand, but only after having consulted his Judges.

**For example:**

- Knocking out the opponent by an uncontrolled blow to the head or malicious attack
- For excessive, continuous hitting after the "Stop" Command
- By extreme UN sportsman-like conduct of a fighter such as insulting the referee, the opponent or showing overly aggressive behavior.
- Winner by not showing up
- Excessive Exits
- Winner by stopping the fight (Referee Stops Contest, RSC)
- An official Warning can only be given by a majority decision of judges.
- A fight may be stopped if the fighter is unable to fight or defend themselves and also if the other fighter shows total athletic superiority. The referee decides who the winner is. If the fight is stopped because a fighter is injured, then the officials must make a decision according to Art. 15 of present chapter of Rules.

**ART. 7.7 CHANGING A DECISION**

- All public decisions are definitive and cannot be changed unless agreed by appeal committee.
- Clear and Fundamental Mistakes which occurred in calculating the points are discovered
- One of the Judges declare he made a mistake and switched the scores of the fighters
- There are evident violations of IAKO rules
- The Chairman of Tatami Sports will immediately handle all protests.
- After the discussions, the Chairman of the IAKO Technical Board will announce the official result.

**ART. 7.8 AWARDING OF POINTS**

In awarding points, the following rules must be respected:

Directive 1 - concerning actual hits

During each round, a judge will mark the respective score for each kickboxer, according to the number of technically controlled blows that each one has received. To count a punch or a kick blow must not be blocked,

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even partially deviated or stopped. The value of recorded blows in a fight will be counted by pt or digitally at the end of each round and granted to the kickboxer, according to his degree of superiority.

Blows given by a kickboxer will not be taken into account:

- If they are contrary to the regulations
- If they land on the arms
- If they are weak and do not come from legs, body or shoulders.

During each round a Judge can not penalize each offence that they see, regardless of whether the Referee has noticed it or not. They have to call the Referee's attention to that offence.

If the Referee gives any kind of warnings to one of the fighters, the Judges must note it; writing W on the Fouls column on the scoring sheet, but that does not mean a direct minus point to the other fighter.

When the Referee decides to give a minus point to a fighter, the table official will minus the fighter as indicated by the Referee, in the case of clickers each Referee will add 3 points to the other fighter.

### ART. 8.0 OFFENCES

Warnings given to a fighter's corner count against the kickboxer.

A Referee may, without stopping the fight, give a caution to a kickboxer at any moment. If they want to give a warning to a kickboxer, they will stop the fight and announce the offence. they will show it to the three Judges, pointing with their finger to the kickboxer at fault.

#### **The following actions are considered fouls:**

- Punching below the belt, tripping, and hitting with knees or elbows.
- Butting with the head, shoulders, forearms and elbows, strangling the opponent, crushing his face with their arm or elbow, pushing back the opponent;
- Hitting with open gloves, with the inside of the gloves, or with the wrist.
- Hitting the opponent's back, particularly on the nape of their neck, head and kidneys.
- Lying down, wrestling or not fighting at all
- Grabbing
- Holding
- Attacking an opponent who is on the floor on getting up
- Clinching without any reason
- Hitting while hooking the opponent, or pulling the opponent into the blow.
- Hooking or holding opponent's arm or putting an arm underneath the arm of the opponent.
- Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter.
- Using artificial means for a passive defense and falling down intentionally, in order to avoid a blow.
- Using insulting and aggressive language during a round.
- Refusing to withdraw after the order "BREAK".
- Trying to land a blow on the opponent immediately after a "BREAK" order and before withdrawing.
- Assailing or insulting the Referee at any time
- When a warning for a particular foul has been administered for example a clinch.
- Inappropriately Arguing / Commenting on a Referees/ Judge's decision
- Inappropriately Arguing / Commenting on a score not given
- Attacking or verbally abusing an Official either inside or outside the Tatami.
- Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in the immediate removal from Coaching Area at Tatami and possible permanent removal from Arena / Event following Technical Committee review.
- The Referee will not caution the kickboxer again for the same offence. An official warning will follow a third caution for the same foul. If a Referee thinks that an offence has been committed without his knowledge, they will call time and consult the judges.

**ART. 9. PENALTY - EXITS (WARNING, DISQUALIFICATIONS AND EXITS)**

Warnings should be given in a loud and clear voice so that both the Fighters and Coaches can hear and understand the warning.

The Referee should stand facing the offending Fighter and give the warning.

To award a penalty point the Referee must first request the time to be stopped. They must face the Score Keeper and state that a penalty point is to be awarded by point to the Fighter who is to be penalized and stating in a loud, clear voice why the Fighter is being penalized.

Warnings will be carried over throughout the Match to all rounds. When a referee is giving warnings or a penalty (Minus) point, they must stop the clock.

**EXIT RULES**

- **1st Exit** = Official Warning
- **2nd Exit** = Official Warning -1 penalty point given verbally communicated to athlete / coach with hand signal
- **3rd Exit** = Official Warning -1 penalty point given verbally communicated to athlete / coach with hand signal
- **4th Exit** = Disqualification Verbally communicated to athlete / coach with appropriate hand signal

**RULE VIOLATIONS (OTHER THAN EXITS)**

- **1st Verbal Warning** = Discretionary Warning ( May move to first Official Warning if warranted)
- **1st Official Violation** = Official Warning
- **2nd Official Violation** = Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal
- **3rd Official Violation** = Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal
- **4th Official Violation** = Disqualification Verbally communicated to athlete/coach with appropriate hand signal

**ART. 9.1 DISQUALIFICATION**

If disqualification is called for, the Referee shall confer with the Judges and with the Observer of the Area to ensure all the proper procedures are being used before disqualifying the offending fighter.

**ART. 9.2 EXIT**

- Leaving the Fighting Area.
- If a Fighter leaves the area (EXIT) without being pushed, kicked or knocked out by his opponent it will be seen as a "Voluntary Exit" and will receive a warning from the Referee.
- On the Second exit the Fighter will lose one point.
- On the third exit the fighter will lose -1 point,
- On the fourth exit the Fighter leaving the area shall be disqualified.
- If the Kickboxer fights on the edge of Tatami, the Referee must not stop the fight to prevent the fighters from the exit.

**Stepping out (EXIT) means:**

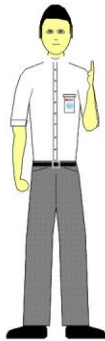
- Stepping outside the line, even with only one foot.
- The Whole the foot must be outside the designated area.
- If the fighter is pushed out by the other fighter, or he went outside the line as a result of a hit or kick, it is not classed as a voluntary exit.
- Warnings for leaving the area will be kept as a separate issue from Warnings for other offences.



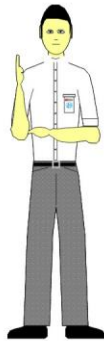
## ART. 10 HAND SIGNALS



Centre Referee



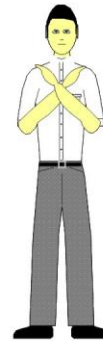
Verbal Warning



Official Warning



Minus -1 Point



Disqualified

## ART. 11. MATCH

- A Coach and a second, who must obey the following rules, may assist each fighter:
- Only the Coach and the second may be at the Tatami during breaks.
- No advice, help or encouragement can be given to the fighter during the round
- A second can give up the fight on behalf of his fighter, and can also, if the fighter is in a difficulty, toss the sponge or the towel into the Tatami.
- During the match, neither the coach nor the second must be on the Tatami. They must, before each round, remove towels or buckets, etc.
- Any Coach, second or official, encouraging or prompting the spectators to give signs of advice, as well as encouragement to a kickboxer during a round, can be suspended from his function for the competition in progress.
- A Coach or a second who violates the rules, may receive a warning or be disqualified by the Referee for bad behavior and be refused to act as a coach or coach assistant for the remainder of the tournament

## ART. 12. OFFICIALS

The Referee and the Judges should be dressed in the following manner: clean gray pants, white IAKO shirt, IAKO tie or IAKO bow tie, blue jacket with IAKO badge on it and black gym shoes.

### ART. 12.1 REFEREES AND JUDGES

- Three IAKO Judges, who will be seated at Tatami-side away from the spectators, must grade / score each bout.
- Each of the three Judges must be seated in the middle of three respective corners of the fighting area.
- In the event the Observer / Organizer is not able to apply the above-mentioned directions due to special circumstances,
- They will find a solution that will ensure the neutrality and impartiality of appointed officials, followed by a prompt report to the Referee Committee.

### ART. 12. 2 REFEREES

- At the end of a bout, the Centre Referee should gather and check the score sheets of the three Judges.
- After verification, they must hand them over to the Observer of the Area or, if they are absent, to the announcer.
- When the winner is announced, the referee must raise the winning kickboxer arm.
- They must indicate to the kickboxer, by appropriate signs or gestures, any violation of the Regulations.

**They must also:** Supervise the whole bout

At the end of a bout, gather and check the score sheets of the three judges. After verification, they must hand them over to the Observer of the area or, if they are absent, to the announcer. The referee must not announce the winner by raising a Kickboxer's arm or in any other way before the official in charge announces the decision.



**ART. 12.2.1. REFEREES POWERS**

- Stop a fight at any moment if they find it to be too one-sided and in the interest of health and safety.
- Stop a fight at any moment if one of the kickboxer has received an unauthorized blow or is wounded, or if they consider a fighter unable to continue.
- Stop a fight at any moment if they find the fighters behaving in an "unsportsmanlike-like" manner. In such a case, they must disqualify one or both Kickboxer's.
- Warn a kickboxer or stop the bout and give a minus point or warning to a kickboxer for an offence.
- Disqualify a coach or a second who has broken the regulations or the kickboxer themselves if their coach or the second fails to obey to their orders.
- Disqualify, with or without a warning, a fighter who has committed an offence.
- Interpret the rules as long as they are applicable or compatible with the fight that is taking place, or, at a special moment, decide on a move which does not appear in the rules.
- If a kickboxer breaks the rules but does not necessarily deserve a disqualification, the Referee must stop the fight and give a warning to the kickboxer of a foul. Before the warning, the Referee must order the kickboxer to stop fighting. The warning must be given clearly, so that the kickboxer understands the reason and cause of the penalty. The referee must hand signal to each judge that a particular warning has been given and clearly show which kickboxer has been punished. After having given the warning, the Referee orders the kickboxer to fight again.
- If a fighter has been given 3 official warnings within the same bout, they will be disqualified.
- A referee may give a caution to a kickboxer. A caution means a warning given by a referee to a kickboxer for breaking a rule. In order to do this they do not need to stop the fight, and may reprimand the kickboxer during the fight.

**ART. 12.3 JUDGES**

- Each Judge must independently consider the merits of the two fighters and chose the winner according to the regulations.
- During the match they will not talk to fighter, other Judges, or anybody else, with the exception of the referee.
- They may, if necessary at the end of a round, notify the Referee about any incident that they have missed, for example telling them about the misbehavior of a second, etc.
- A Judge will mark the number of points granted to each fighter on their score sheet and in professional bouts only their decision will be announced to the public at the end of the match.
- During a round the judge will use the back of the scorecard to record the number of hits they see, either by a number or by numbers of lines. The red corner fighter is on the left side and the blue corner fighter always on the right on both sides of the score sheet. The points / recorded hits must be listed separately for each round.
- They will not leave their place until the decision has been announced.

**ART. 13. INJURIES**

- In the case of an injury to one of the Competitors, The Match shall be stopped only long enough for the Medical Team / Doctor to decide whether or not the injured Fighter can continue. Once the Medical Team / Doctor arrives on the Tatami, they shall have only two minutes to decide if the injury requires treatment. All treatments must be completed within two minutes.
- If the injury is serious, it must be treated by the Medical Team / Doctor on duty, The Doctor / Medical Team are the only ones who can say if the Match must be terminated.
- If the Match must be stopped because of injury, the Referee & the two side Judges must decide:

**Who caused the injury?**

- ✓ Whether or not it was an intentional injury
- ✓ Whether or not it was the fault of the injured Fighter
- ✓ Whether or not the injury was caused by an illegal technique
- ✓ If there were no Rules violations by the uninjured Fighter, that Fighter shall win by forfeiture
- ✓ If there was a Rules violation by the uninjured Fighter, the injured Fighter wins by disqualification
- ✓ If the injured Fighter is declared fit to continue by the Medic / Doctor, then the Fight shall resume
- ✓ Procedure after KO, RSC, RSC-H, Injury

- If a fighter gets injured in a fight, the doctor is the only person that can evaluate the circumstances.
- If a kickboxer remains unconscious, only the referee and the doctor in charge will be allowed to stay On the Tatami, unless the doctor needs extra help.

**ART. 13.1 PROCEDURE IF KO, RSC, RSC-H, INJURY**

- A Kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a Doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place. The opponent shall be disqualified because of hard blow to the head.
- The Referee will tell the Jury and Judges to mark RSC-H or RSC, when he or referee has stopped the bout due to the Kickboxers inability to resume the fight because of head blows. The same has to be reported by the Chief referee on duty in that Tatami on the fighter's IAKO SPORT PASS. This is also the official result of the fight and it cannot be overruled.
- Before resuming kickboxing after a ban, as described in the above paragraphs, a Kickboxer will, after a special medical examination, have to be declared fit to take part in competition by a sports doctor.
- When registered a RSC-H a Kickboxer must get a CT-Scan before returning to competitions.

**ART. 13.2 PROCEDURE OF INJURIES IN GENERAL**

In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.

A doctor can require immediately treatment at hospital.

**ART. 14. HAND SHAKING / TOUCHING OF GLOVES**

- Before and after a bout, the Kickboxers will shake hands / Touch Gloves as a sign of a purely sporting and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision.
- No hand shaking is allowed between the rounds.

**ART. 15 USE OF DRUGS**

- Any Kickboxer refusing to submit to a medical examination or doping test before or after a fight, may be immediately disqualified or suspended pending full hearing.
- The same will occur in the case of an official encouraging such a refusal. The use of local anesthetics is allowed, if agreed upon by a doctor from the Medical Committee.

**ART. 16 WEIGH-IN**

Organising Committee must inform IN ADVANCE and the weight registered on that occasion is final.

# **IAKO Rules Musical Forms**



## **MUSICAL FORMS**

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### Art. 1. Definition

A Musical Form is a sort of imaginary fight against one or more opponents in which the performer uses techniques coming from Oriental Martial Arts to specifically chosen music.  
The choice of music is personal.

### Art. 2. Rhythm

All Forms divisions must be performed to music. Martial Arts techniques must go according to the rhythm; Even Soft Styles will have to follow our basic rules that Martial Arts Techniques must be performed according to the rhythm of the music.

### Art. 3. Length

**Hard Forms** cannot be longer than 1 minute and 30 seconds, presentation excluded, with the presentation not exceeding 30 seconds.

In **Soft Styles** the performance cannot exceed 2 minutes presentation excluded, with the presentation again not exceeding 30 seconds. In the event of a violation of the present rule, the chief referee will ask for a deduction of up to point 0.5

If a form is less than 1 minute in length after the presentation the chief referee will ask for a deduction of 1.0 point from each judge.

The time keeper will start the clock for the presentation when the competitor starts his / her continuous walk towards the Judges

The Time keeper will start the clock when the competitor starts his / her form after their presentation.

The Time keeper will time both presentation and form.

### Art. 4. Age Limit

For musical forms competition the allowed age groups are:

- Boys and girls - 7, 8 and 9 years old
- Younger cadets - 10,11 and 12 years old
- Older cadets - 13,14 and 15 years old
- Juniors - 16,17 and 18 years old
- Seniors - 19 to 45 years old

Age categories are the same for male and female competitors

Boys and girls and cadets categories must be kept separate

Younger competitors can participate only in the next older category.

Age divisions will be determined in the following manner: a competitor will be placed in an age division according to his year of birth, not his actual birthday, and he / she will be required to compete all year in this age category.

Positive proof of age will be required at ALL events.

(The age divisions for the children should be according to their year of birth not their actual birthday)

### Art. 5. Divisions

In Musical Forms competitions there are four divisions both for men and women:

**Hard styles** Coming from Karate or Taekwondo

**Soft Styles** Coming from Kung Fu and Wushu

**Hard styles weapons** Using weapons: Kama, Sai, Tonfa, Nunchaku, Bo, Katana

**Soft Styles weapons** Using weapons: Naginata, Nunchaku, tai chi chuan sword, chain, Wushu long stick, two swords, hook sword and two hook swords, etc.

Competitors in Musical Forms can enter only 2 divisions in each Championship.

Competitors must choose from Hard **Or** Soft Forms, i.e. Hard – Open Hand + Hard Weapons

**Or** Soft – Open Hand + Soft Weapons.

Competitors cannot enter 1 Soft and 1 Hard Category

### Art. 6. Uniforms

- There is no specific uniform for Musical Forms competitors. They can wear any kind of legally recognized Kickboxing , Karate , Wushu , Kung Fu uniform, which must be clean and decent.
- In Hard styles competitors must be bare footed, while in Soft Styles they can wear martial arts shoes.
- They can also be shirtless for their performance (apart from women, of course).
- Competitors are allowed to wear sweat bands on arms/wrist.
- Competitors are not allowed to wear any jewellery or piercings of any kind.

### Art. 7. State off Weapons

- Each competitor is responsible for the perfect state of his or her weapons.
- Competitors cannot change their weapon during the competition.
- The Chief Referee can ask to inspect the competitor's weapon/s if he wishes to do so.
- No live blades (sharp weapons) can be used in any competitor's performance.

### Art. 8. Gymnastic Movements

- Both in Hard or Soft styles, no more than **three gymnastics movements** are allowed in IAKO Musical Forms.
- Violation of this rule will lead to a 0.5 point deduction from **each** Judge for **each** extra gymnastic technique performed.
- A gymnastic movement is a movement with no martial art purpose (no striking).
- Some gymnastic movements can be modified by adding a kick or a punch to the movement. In that case, it is not considered a gymnastic movement.

### Art. 9. Criteria of Judging in Order

Each Judge must take into consideration, before awarding any decision:

- **Basics** : Stances, punches, kicks and blocks according to the basic technique of the original styles
- **Balance** : Strength, focus (perfect balance and movements done with energy)
- **Degree of difficulty** : Kicks, jumping kicks, spinning kicks, tricks, combinations, gymnastic movements
- **Synchronization** : In Hard styles, perfect timing, the relationship between movement and music; in soft styles, the relationship between movement and music.
- **Manipulation** : With regard to weapons, of course. The competitor must show perfect control with blocks, strikes and mastery of the weapon being used by doing outstanding work with their weapon, this should be the first criteria to consider in the weapons division.
- **Showmanship** : Competitor's presence and role playing, and the presentation of choreography  
The competitor may touch the floor with their weapon when performing gymnastics / tricks / rolls etc.  
Competitors can spin/roll the weapon around their body (neck / arms and hands)  
Only **2 complete releases allowed**... i.e. throwing the weapon/s in the air is allowed (More than two releases, the competitor will be disqualified)

### Art. 10. Scoring

After a Musical Forms performance 2 or 4 Judges and 1 Chief Referee will score the performance as follows:

Boys and girls

- Younger and Older Cadets : 5.0 to 7.0
- Juniors : 5.0 to 8.0
- Seniors : 6.0 to 9.0

At the end of each performance, the Judges make up their decisions according to the established criteria.

The Chief Referee will advise the judges how many points to deduct if there were any Illegal techniques or violation of the rules after the competitor has finish his/her performance.

## **IAKO RULES\_ TATAMI SPORTS**

At the command of the chief referee, they will raise their score boards, visible to the competitors and the audience, and keep them in the air until announcer in office has counted all marks.

Highest and lowest marks will be deducted, The three remaining will be added and divided by 3 make the final score.

In case of a draw for first, second or third place both the highest and lowest scores will be brought back in, all 3 or 5 scores will then be added together, the competitor with the highest score will be the winner. If there is still a draw, the scores are compared and the highest scores are highlighted. The competitor with the most highlighted scores wins.

### **Art. 11. Minus points**

**1.0 point** : If the competitor drops or leaves his/her weapons/s on the floor, they will be deducted 1.0 from each Judge

**Up to 0.5 points** : If the competitor loses synchronization with his music

**Up to 0.5 points** : If the competitor loses his balance

**0.5 will be deducted** : If the competitor performs any disallowed movements

**0.5 will be deducted** : for every gymnastics technique performed over the allowed number of gymnastic techniques,

**0.3 to 0.5 points** ; If the competitor is wearing jewellery or piercings of any kind ( ie earrings, rings, belly piercings,)

**Minimum Marks** ( Lowest score )

- If the competitor breaks off his performance before the end, the judges will give the minimum mark
- During all weapons divisions the weapons/s can only be released twice (2) from the competitors hand.
- If the competitor releases his/her weapons more than twice (2) they will be disqualified, (minimum marks.)
- If swear words are heard in the music the performer will be disqualified. (minimum marks)

### **Art. 12. Dance Movements**

Dance movements will not be allowed, accepted nor tolerated during Musical Forms performances.

Competitors who choose to incorporate dance moves such as "break or jazz dancing" or even "classical" will receive the lowest mark from each Judge.

### **Art. 13 Costumes and Make-ups**

Theatrical costumes, including make-up, masks or any type of uniform that is not recognized as a legal Martial Arts uniform will not be accepted may lead to the immediate disqualification of the competitor.

### **Art. 14. Special Effects**

Any special effect, such as lasers, smoke, fire, explosions, etc. will not be tolerated may lead to the immediate disqualification of the competitor.

# **IAKO Rules**

## **Aerokickboxing**





# AEROKICKBOXING

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## Art. 1. Definition

Aerokickboxing is a sort of training Exercises including Aerobic and Kickboxing techniques. The performer uses techniques coming only from Kickboxing techniques with specifically selected music. The variation in the program can be combined with a kind of Fitness program. The choice of the music is personal.

## Art. 2. Knowledge of Music and its Beat

Synchronization of movements to the music's beat as follows;

- Every movement out of rhythm will be considered an error or penalty.
- Speed of musical beat (B.P.M. – beats per minute): must be from a minimum of 135 to a maximum of 155 per minute.
- The exercise must last from minimum 01-1.30 minutes to a maximum of 2 minutes from the start of performance. To remain within the time constraints, it is advisable to use 6 or 8 periods or blocks of 32 beats during the creation of the exercise. Furthermore, the exercise must begin on the first beat of a period, known as the master beat or down beat when the music starts the time keeper will start the clock.
- No swearwords in the music are allowed.
- If the performance is shorter than 1 minute 30 seconds or longer than 2 minutes the competitor will have points deducted (minus 1.0 point).
- Performances must be 70% kickboxing techniques and 30% aerobics

## Art. 3. Kickboxing Techniques

- Punching and Kicking techniques during the exercise must be performed correctly in a fluid, dynamic and explosive manner, as if facing a real opponent.
- Any hesitation or loss of balance will be considered an error or penalty.
- A minimum of five kicks or punches must be employed during a period (32 musical beats).

### Art. 3.1 Aerobic Techniques

Aerokickboxing must be combined with aerobic techniques such as:

- Steps, side to side, step touch, grapevine, leg curls, knee lifts, v steps, mambo, cha cha.
- A minimum of 10 aerobic techniques must be performed.
- No kicking around in circles is allowed.

## Art. 4. Age Divisions

In Aerokickboxing competition the following are allowed to participate:

- Boys and girls - 7, 8 and 9 years old
- Younger cadets - 10,11 and 12 years old
- Older cadets - 13,14 and 15 years old
- Juniors - 16,17 and 18 years old
- Seniors - 19 to 45 years old

Age categories are the same for male and female competitors.

Boys / girls and cadet categories must be kept separate.

Younger competitors can participate in only the next older category.

Age divisions will be determined in the following manner:

- a competitor will be placed in an age division according to his year of birth, not his actual birthday, and he will be required to compete all year in this age category.
- Positive proof of age will be required at ALL events.

## Art. 5. Difficulty of Choreography

- During the creation of the choreographed exercise one can choose either a symmetrical or asymmetrical plan.
- Obviously, the use of an asymmetrical plan will be given a higher degree of difficulty when awarding points for the final score, as will the use of such techniques as: roundhouse and reverse roundhouse kicks, hook kicks, axe kicks, side kicks, front kicks, jumping kicks and combination kicking, spinning back fists and all kick boxing punches, etc..
- Competitors who kick higher with good, clean technique will receive higher scores.

## Art. 6. Type of Competition and Synchronization of Athletes

- Competition will be either individual or in groups of 3 athletes, even of different sex.
- In the case of groups, during the exercise the athletes must carry out perfectly synchronized movements, both in their choreography and in the execution of kickboxing techniques, while respecting the rules mentioned in points 1-2-3.
- The same rules must also be respected in individual exercise.
- Any uncertainty will be considered an error or penalty.

**Art. 7. Competition Area and Uniforms**

- Competitors present themselves in long pants (aerobic or fighting pants) and T-shirt or sport top (for females only).
- Pockets are not allowed on the trousers / long pants of the uniform.
- Women cannot appear in bra only. Women must wear sports tops not sports bras.
- They must wear shoes and they cannot wear any jewellery or piercing accessories.
- Make-up is allowed for women. No artistic / theatrical make-up is allowed; only normal daily make-up in moderation is allowed.
- No gloves or other kickboxing equipment of any kind is allowed.
- Competitors must wear hand wraps.
- Competitors appear on the Tatami when requested to enter the area, they bow slightly and raise their hands to show they are ready.
- When the music starts, the time clock starts.
- Competitors can only touch the floor with any part of body for the first 10 seconds starting their performance or last 10 seconds ending their performance.
- Performers can start and end on their knees / sitting down / laying down etc).
- Competitors in Aerokickboxing cannot use any musical form content. (kicking around in circles, knife hand strikes or any traditional martial arts techniques are not allowed).
- They cannot include any demonstration in their performances (breaking of wooden boards, press ups etc.).
- No introduction is allowed.
- Competitors do not announce themselves to the Judges, but go to the middle of the Tatami, bow slightly and raise their hand to start.
- When the music starts the timekeeper will start the clock.
- Competitors must start on a master beat.

**Art. 8. Match Judges and Chief Referees**

- The competition will be judged by 04 Judges and 01 Chief Referee who will use visible scoreboards.
- Judges will score from a minimum of 5.0 points to 9.0 points maximum with only 0.5 decimal points included in National Championships only.
- At the end of each performance the Chief Referee will advise the Judges how many points to deduct if there any Illegal techniques or violation of the rules.
- In giving their marks, Judges have to consider:
  - Synchronization of movements to the music beat,
  - Quality of techniques, focus, speed, balance,
  - Choreography (difficulty of combinations, etc.)
  - Symmetrical and asymmetrical actions

**Art. 9. Scoring**

After an Aerokickboxing performance, Judges will show marks for performance as follows:

Boys and girls,

- Younger and Older Cadets: 5.0 to 7.0
- Juniors: 5.0 to 8.0
- Seniors: 5.0 to 9.0
- At the end of each performance, Judges make their decisions according to the established criteria. At the command of the Chief Referee, they will raise their scoreboards including the Chief Referee, visible to the competitors and the audience and keep them in the air until the announcer on duty has counted all marks. The highest and lowest marks will be deleted. The three remaining scores will be added up and divided by 3 is to be the final total score.
- In the case of a tie for first place (Gold medal) both competitors should perform again.
- In case of a tie for third place (Bronze medal) both the highest and lowest scores will be brought back in and the competitors/s with the highest score will be the winner.
- In case there is still a tie, both competitors will be requested to repeat their performance for the Bronze medal.

**Art. 9.1 Minus Points**

- Up to 0.5 Loss of synchronization with music
- Up to 0.5 Team competitions - loss of synchronization with other team members
- Up to 0.5 Loss of balance on step
- Up to 0.5 Insufficient number of Kickboxing techniques (70%)
- Up to 0.5 Insufficient number of Aerobic techniques (30%)
- Up to 0.5 Touching the floor with any part of the body other than their feet (after performance has started)
- Up to 0.5 Use of acoustic aids (whistle, shouting or talking) or of any other kind of noises.
- Up to 1.0 The competitor falls or losing balance
- Up to 1.0 Use of Martial Arts techniques (See Art No 7)
- Up to 1.0 Repetition of performance (if competitors repeat the same moves/ routine)

**Art. 9.2 Disqualification**

- Swearwords in the music
- Wearing of sports bras
- If the competitor / team interrupts the performance before the end, Judges will give the lowest mark.

**Art. 10. Decisions**

The winner will be the one who obtains the highest combined score:

**Art. 11. Explanation of Music**

- MASTERBEAT is the first beat of the first phrase of the 32 beat period
- PERIOD is four phrases combined (each phrase is 8 beats)
- BLOCK is formed by 2 or more symmetrical periods
- SYMMETRY actions carried out both to the right and to the left
- ASYMMETRIC actions carried out to the right but changed to the left