

# INTERNATIONAL ORIENTAL MARTIAL ARTS FEDERATION

2010 Edition

Present “Rules” are made taking into account the basic requirements of rules of competition IOMAF and are obligatory for the organisations holding competitions among sportsmen of fans in all of World.

Officials (heads of commands, trainers, sportsmen and judges), taking part in competitions, should be guided in the actions by the standard norms of behaviour and ethics. They are obliged:

- The should know and to carry out the present rules and position about competitions
  - To be sustained and correct in relation to the contenders and colleagues
  - To show high moral qualities, strictly to observe moral principles of sports — honesty, adherence to principles, nobleness
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- To do all necessary for development oriental, caring about health of sportsmen.

## 1. General Rules

### 1.1. Character and system competitions

Character, system of carrying out of competitions and definition of results is established by “Invitation” about competition which is made by the organisation promote these competitions.

Competitions can be personal, command or personally-command. In personal competitions are defined only personal results. In command competitions are defined results of commands, in personally-command competitions are defined command results and personal.

### 1.2. Participants of competitions

Participant in competitions:

- CadetC (Male, Female) 9–10–11 years
- Cadet B (Male, Female) 12–13 years
- Cadet A (Male, Female) 14–15 years
- Juniors (Male, Female) 16–17 years
- Adults (Male, Female) 18–35 years

The age of sportsmen — the boys and girls, and also adult sportsmen is defined on a year of a birth.

### **1.3. The admission of participants of competitions**

1.3.1. The admission to participation in competitions is done by the Organizing committee of competitions

Organizing committee structure:

- The main secretary of competitions
- The assistant chief-referee
- The representative of the organisation holding competitions
- The doctor of competitions

1.3.2. In Organizing committee of competitions it is given:

- The application form for participation in competitions
- The passport of the sportsman
- Insurance policy from accident
- The travel passport

1.3.3. The decision on the admission to competitions is accepted by the Chief-referee of competitions.

### 1.4. Medical inspection of sportsmen

1.4.1. Each year the sportsman is obliged to pass prophylactic medical examination in full a medical-control.

1.4.2. Results of medical inspections and prophylactic medical examinations register in the passport of the sportsman.

1.4.3. During competitions the sportsman passes medical inspection before weighing or before fight.

### 1.5. The passport of the fighter

1.5.1. The passport of the fighter is the basic document confirming an accessory of the sportsman to the sports organisation, its sports classification, results of participation in competitions and passage of the medical control.

1.5.2. The passport of the fighter includes following sections:

- The name of the sports organisation which have given out the passport, the photo of the fighter assured by the press, surname, name and patronymic, date of birth and employment date started oriental, marks about assignment of sports categories, the signature of the head of the organisation which have given out the passport of the fighter, a surname of the trainer the sportsman, the signature of the responsible secretary of federation and the press
- Marks about passage of prophylactic medical examinations, profound medical inspections and the conclusion of the doctor about the admission to competi

ons

- Participation in competitions to a mark of date, weight category and the shown results
- Marks about transitions in other sports club

### 1.6. Equipment and protective equipment of the sportsman

1.6.1. Competitions can be spent only in that case when fighters have on themselves full obligatory protective equipment which includes:

- Head protection which should protect eyes, eyebrows, cheekbones, jaw, ears, the top and back parts of a skull
- Head protection "safe" (for safe-fight)
- Boxing gloves for fighters for all weight categories of 10 ounces (for shoot-fight, safe-fight, classic-fight, point-fight)
- Gloves for fighters of the mixed martial arts (for mix-fight)
- Before fight fighters bandage brushes of hands the elastic bandage, which size — no more than 5 cm at width and 2,5 cm at length (for shoot-fight)
- Shin protector should be made of a soft material and not contain any firm parts (plastic, metal, etc.)
- Teeth protection
- Under shorts the protector (bandage) on a groin puts on
- Body protection (for safe-fight)
- Foot Protection (classic-fight, point-fight)

Before fight the protective equipment is checked the referee.

The fighter who left on a ring without specified above equipment and has not eliminated during 1 round lacks, is disqualified.

1.6.2. The woman — the sportsman should carry a T-shirt with the short sleeve, well adjusted protector of a breast, the safety bowl (bandage) is recommended. Hairpins are not resolved, hair are fixed by means of elastic bands or

tapes.

### **1.7. Fighters, Coach**

1.7.1. The fighter can have no more than two coach in a corner of the ring.

1.7.2. The fighter can refuse fight at any time.

### **1.8. Weighing and Drawing of sportsmen**

1.8.1. Fighters are weighed bared or in swimming trunks.

1.8.2. Weighing is spent on the medical scales which have been checked up by the Chief-referee.

1.8.3. From the moment of the termination of weighing prior to the beginning of the program of competitions should pass not less than 4 hours.

1.8.4. A drawing is spent after weighing and medical inspection of sportsmen in the presence of representatives of commands.

1.8.5. The drawing is spent by the Chief-referee of competitions or his assistants.

## **2. Shoot-Fight**

### **2.1. Weight categories**

<b>Class</b>	<b>Age, year</b>	<b>Weight category, kg</b>		
Adults (Male)	18–35	54	57	60
Adults (Female)	18–35	48	52	56
Junior (Male)	16–17	51	54	57
Junior (Female)	16–17	45	48	52
Cadet A (Male)	14–15	43	45	48

## **2.2. Duration of fight for Shoot-fight**

Cadet A (Male), 14–15 years: 3 rounds × 1,5 min

Junior (Male, Female), 16–17 years: 3 rounds × 2 min

Adults Men, women of 18–35 years: 3 rounds × 2 min

Between rounds of 1 minute for rest

### **2.3. Correct action for Shoot-fight**

Kicks: all parties of a foot, a shin, a knee.

Technics of feet:

- Front kick
- Side kick
- Round house
- Ex kick
- Jump kick
- Low kick
- Knee kick

Technics of hands:

- Punch
- Hook
- Uppercut
- Circular blow from a turn

Grappling technic

## **3. Mix-Fight**

### **3.1. Weight category for Mix-fight**

Class	Age, year	Weight category, kg		
Adults (Male)	18–35	57	61	66
Junior (Male)	16–17	51	54	57

### 3.2. Duration of fight for Mix-fight

Junior (Male), 16–17 years: 2 rounds x 3 min

Adults (Men), 18–35 years: 2 rounds x 3 min

Between rounds of 1 minute for rest

### 3.3. Correct action

To above listed (point 2.3.) the resolved technics are added: submission.

### 3.4. Fouls

- Butting with the head
- Biting
- Hair pulling
- Eye gouging of any kind
- Fish hooking
- Groin attacks of any kind
- Putting a finger into any orifice or into any cut or laceration on an opponent (see Fish-hooking)
- Small joint manipulation
- Striking to the spine or the back of the head (see Rabbit punch)
- Striking downward using the point of the elbow (see Elbow (strike))



- Throat strikes of any kind, including, without limitation, grabbing the trachea
- Clawing, pinching or twisting the flesh
- Grabbing the clavicle
- Kicking the head of a grounded opponent
- Kneeing the head of a grounded opponent
- Stomping a grounded opponent
- Kicking to the kidney with the heel
- Spiking an opponent to the canvas on his head or neck (see Piledriver)
- Throwing an opponent out of the ring or fenced area
- Holding the shorts or gloves of an opponent
- Spitting at an opponent
- Engaging in unsportsmanlike conduct that causes an injury to an opponent
- Holding the ropes or the fence
- Using abusive language in the ring or fenced area
- Attacking an opponent on or during the break
- Attacking an opponent who is under the care of the referee
- Attacking an opponent after the bell (horn) has sounded the end of a round
- Flagrantly disregarding the instructions of the referee
- Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury
  - Interference by the corner
  - Throwing in the towel during competition

## 4. Safe-fight

### 4.1. Weight categories

<b>Class</b>	<b>Age, year</b>	<b>Weight category, kg</b>		
Adults (Male)	18–35	55	60	65

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Adults (Female)	18–35	50	55	60
Junior (Male)	16–17	50	55	60
Junior (Female)	16–17	50	55	60
Cadet A (Male)	14–15	42	45	50
Cadet A (Female)	14–15	42	45	50
Cadet B (Male)	12–13	35	40	45
Cadet B (Female)	12–13	35	40	45
Cadet C (Male)	9–11	26	30	35
Cadet C (Female)	9–11	26	30	35

### **4.2. Duration of fight**

Cadet C: 2 rounds x 1 min

Cadet B: 2 rounds x 1 min

Cadet A: 2 rounds x 1,5 min

Juniors: 2 rounds x 1,5 min

Adults: 2 rounds x 2 min

Between rounds of 1 minute for rest

### **4.3. Correct actions**

Also as in point 2.3

## **5. Classic-fight**

### **5.1. Weight categories**

Also as in point 4.1

### **5.2. Duration of fight**

Cadet C: 2 rounds x 1 min

Cadet B: 2 rounds x 1 min

Cadet A: 2 rounds x 1,5 min

Juniors: 2 rounds x 1,5 min

Adults: 2 rounds x 2 min

Between rounds of 1 minute for rest

### **5.3. Correct action for Classic-fight**

This style is compound of standard and allowable of punches, kicks and all standup throwing techniques and its fighting do on tatami.

Kicks: all parties of a foot.

Technics of feet:

- Front kick
- Side kick
- Round house
- Ex kick
- Heel kick
- Jump kick
- Knee kick

Technics of hands:

- Punch
- Hook
- Uppercut

## **6. Point-fight**

### **6.1. Weight categories**

Also as in point 4.1

### **6.2. Duration of fight**

Cadet C: 2 rounds x 1 min

Cadet B: 2 rounds x 1 min

Cadet A: 2 rounds x 1,5 min

Juniors: 2 rounds x 1,5 min

Adults: 2 rounds x 2 min

Between rounds of 1 minute for rest

### **6.3. Correct action for Point-fight**

This style is compound of standard and allowable of punches, kicks and all standup throwing techniques and its fighting do on tatami. Judges evaluate each successful attack movement.

Kicks: all parties of a foot.

Technics of feet:

- Front kick
- Side kick
- Round house
- Ex kick
- Heel kick
- Jump kick
- Knee kick

Technics of hands:

- Punch
- Hook
- Uppercut

## 7. Point System

7.1. Points are charged:

- For each blow by hand, accurately and free reached the purpose — 1 point
- For back-fist 2 points which have reached the purpose
- For each kick, accurately and free reached a head — 2 points
- For all other legal kicks which have reached the purpose — 1 point
- For a throw through a hip, after throw performance the attacking sportsman should remain in a position favourable to and have the control over the opponent — 1 point
- For a throw through a shoulder (with a separation of feet), after throw performance the attacking sportsman should remain in a position favourable to and have the control over the opponent — 2 points
- For a throw through a back (with the big amplitude), after throw performance the attacking sportsman should remain in a position favourable to and have the control over the opponent — 3 points

7.2. If the judge has fixed equal quantity of the blows which have reached the purpose the

account in

a judicial note will be 10:10.

7.3. If the difference in points is insignificant (to 8 points) the account will be 10:9 in favour of the fighter who has received more quantity of points.

7.4. If the difference in points typed by fighters exceeds 8 the account should be 10:8.

7.5. Upon termination of each round the lateral judge exposes to fighters of 10,9 or 8 points.

7.6. The winner the fighter who upon termination of fight has the big sum of points admits.

7.7. If upon termination of fight a sum of points identical it is spent экстрa a round in which judges necessarily should define the winner.

7.8. When in final to fight in the end of last round fight time has expired, and one or both fighters are in knock-down and the referee has not finished an abacus, keep timer submits a signal about the fight termination, the winner also is defined on points.

7.9 The wine in a clear advantage kind is awarded in cases when the referee defines the superiority of one of two fighters suppressing, and its contender receives many strong blows.

7.10. The wine because of inability of the contender to continue fight is awarded in that case when one of fighters not in

a  
condition to  
continue fight, and its contender thus has not applied any forbidden actions.

7.11. The wine owing to disqualification of the contender is awarded when one of sportsmen has received the third prevention, has roughly or deliberately broken rules, and also has shown physical or technical impreparation.

7.12. The wine because of refusal of the contender of fight continuation is awarded in a case when it  
or  
its second the referee or  
the second will declare it  
will throw out on  
a ring a  
towel.

7.13. The wine is awarded by a knockout to the fighter in that case when its contender, having received correct blow, not in a conditi  
on to c  
ontinue fight during 10  
seconds.

7.14. The wine a technical knockout is awarded the referee to the fighter, won by painful reception, after actions in which result attacked recognises itself won.

7.15. The wine in a kind of absence of the contender is awarded in that case when within 2 minutes after a secondary call the contender does not leave on a ring or, leaving, it will appear not ready to



fight and also when the contender is removed by the doctor or has not passed weighing.

7.16. The wine is awarded by decision Judges committee in those cases If the referee has made the decision which obviously contradicts present "Rules". If at a disagreement of judges (2:1) one of judicial notes is recognised by void, and its result has affected fight definition.

## 8. Ring and Tatami

### 8.1. Ring

8.1.1. Competitions are spent on a ring which each side is 5 — m.

The ring area is limited to three or four ropes in the thickness 3—5 see, hardly tense between four angular columns and two crosspieces connected on everyone party from a dense fabric in width 3—4 Crosspieces see should not slide on ropes. The distance between angular columns and ring ropes should be not less than 50

. All metal extensions see become covered by

a soft covering. Ropes are wrapped up by

a soft matter of white colour and in each corner of

a ring of 20

sm incorporate pillows the in width and in the thickness 5—7 Pillows see and ropes (0,5

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1M)  
in  
two opposite corners of a  
ring should be  
red and dark blue colour.

8.1.2. At carrying out of competitions indoors the distance from ropes to walls or other subjects  
should be not  
less than 2  
metres.

8.1.3. Degree of light exposure of a ring should be 1000 lux. The ring is shined from above.  
Lateral illumination is not authorised. n

8.1.4. Places for spectators settle down on distance not more close 3 m from ring ropes.

8.1.5. In neutral corners to racks of a ring from an outer side plastic sacks for the tampons used  
by the doctor and the referee fasten.

8.1.6. Suitability of a ring for competitions is defined by the Chief-Referee.

## 8.2. Tatami

The Tatami (floor-mats) for fight should be square, the size of the working area 8×8 metres, the  
thickness not less than 4 sm.