

International All Martial Arts Federation e.V.



REGULATIONS

Continuous fighting



Introduction:

The regulations of IMAF of February 2017 were revised in October 2019.

Due to the cooperation with the Tiger & Dragon Association, the regulations of IMAF were partly adapted to TDA Int'l and extended by individual categories (such as Grappling and Kumite).

Note:

Each competitor is responsible for his own to read and deal with this rules book.

CONTINUOUS FIGHTING

General:

Continuous Fighting focuses on technology and endurance. The techniques are explosive and powerful, but not with full power. The techniques should only be made with light contact and carried out cleanly and in a controlled manner. The fight is continued in contrast to the point-fighting (semi-contact) after a hit. Referee and Judge have a "point clicker" in each hand to count the fighters' hits in continuous combat.

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Safety equipment:

In Continuous fighting there is mandatory:

- head protection – also with a faceshield
- mouthguard
- gloves (closed) – 10 oz
- chestguard (women)
- groin
- shin guards
- foot protection (heel joint!)

The protective equipment must comply with the rules, be safe and not damaged. The decision on this is made by the Referee. In case of objections and protests by the competitor, the tournament management decides.

Wearing glasses is prohibited.

Contact lenses and competition glasses may be worn at your own risk.

Health of the competitor:

Each fighter declares with the registration that he has no health restrictions that would prohibit the participation in the competition.

Each competitor is responsible for himself and has to clarify the suitability of the competition in advance with his doctor.

The organizer assumes no (!) Verification of medical fitness. The organizer accepts no liability for damage suffered by the competitor through participation in the tournament due to his illness, although he has no medical certificate.

Coach:

In continuous fighting, each fighter may have a maximum of one supervisor. Every fighter has to look after his own coach.

The coach is entitled to give up a fight for the fighter if he believes that his fighter's health is at risk.

The coach has to behave always sporty and fair to the opponent and his supervisor. He can not apply for time-out, may not enter the area without the permission of the Referee and he must not interfere in the decisions of the Referee.

Referee (Main Judge)

There is a main referee (Referee).

For the function of the referee see "general rules".

Additional tasks of the referee

- counting the points with a "clicker"
- He awards decisions – loud and clearly
- The fight starts and ends only on his command – not the timekeeper's
- He can give warnings or minus points (minus points will be noticed by the writers and will be considered at the end)
- He has the final decision on complaints
- He can give time-outs
- He can stop the fight,
 - To give warnings and punishments
 - To send the competitors to a neutral position
 - To accept objections and complaints in case of breaches of the rules
 - Due to injury of the competitors
 - To exchange, repair or properly tighten equipment

Judges:

There are two side referees (=judges).

They should move with the fighters to see exactly the fighting.

They count the points with a "clicker".

Exchange of the officials:

Referees and Judges who score a division can not be exchanged until the division is completed.

Wrong division:

Competitors starting in the wrong division will automatically be disqualified.

Protests:

Protests regarding scoring and unsportsmanship can only be made by the coach.

Possible protests:

Before the fight:

- because of the composition of the judges

During the fight:

- in case of a rule violation by the referee or the opposing side
- in case of injury of the competitors

After the fight:

- in case of a rule violation by the referee or the opposing side

Fight time:

The fight time is 2 x 90 seconds.

Winner is the fighter with the most points at the end.

Final fights last 2 x 120 seconds.

Winner is the fighter with the most points at the end.

There is a break of 60 seconds between laps.

Scoring:

Only clean, controlled techniques are considered!

To be counted:

Hand techniques	1 point
Foot techniques to the body	1 point
Foot techniques to the head	2 points
Cracked foot techniques to the head	3 points

(a technique is only considered as cracked when both legs are in the air when hit!)

Sweeps, takedowns and ground fighting:

Foot sweeps are allowed inside and out. The broom must be set as low as possible (height ankle). Drafts and ground battles are not allowed. Exception grappling

Permitted techniques:

Hand: straight fist (jab and punch), hook, backfist, hammer fist (from above to the head)

Leg: frontkick, sidekick, roundhousekick, reverse kick, diagonal kick, rotated kicks

For adults: axekicks

Prohibited techniques

blind techniques

rotated hand techniques

For children and adolescents: axekicks

Allowed hit areas:

Head: front, side and top

Body: front and side

Face: only from 16 years!

Prohibited hit areas:

Throat

Neck

Back of the head

back

Below the waistline

For children up to 15 years: face!

Warning and Penalties:

- In the first violation of the rule, the Referee will give a warning. In case of a rough violation of the rule, the warning can be skipped with the agreement of all referees and judges and a minus point can be awarded immediately.
- In the second and third rule violation the fighter is deducted one point each.
- In the fourth rule violation, the fighter is disqualified and the opponent declared the winner.
- If a competitor has not finished his preparations and the start is delayed, then 1 point will be deducted from the final score per minute or part thereof.
- If the competitor is still not ready to start after 3 minutes, he will automatically be disqualified.
- If the referee or the medical staff decides that the fighter can not continue because of an injury, the fight for the injured competitor is automatically lost.

- If the fight must be stopped due to an illegal hit, the fight for the hit responsible fighter is considered lost.
- If the competitor is responsible for the illegal hit, there are no warnings or penalty points (e.g. head goes down to the knee).

Reasons for warnings and negative points:

- Not allowed attacks
- Attacks to not allowed areas
- Leaving the mat area for avoiding the fight
- Falling to the ground for avoiding the fight
- Continue to fight after stop signal of the referee
- Unnecessary block / cling
- Uncontrolled, blindly executed techniques
- Any rude behaviour
- Too hard contact
- Not ready at the beginning of the competition

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Out of Bounds:

If a competitor with both legs is out of the competition area he can not score anymore. With jumps kicked the fighter must also land again on the competition area so that it can be counted as a point. If a competitor leaves the competition area to avoid a point, he can be warned or given an minus point.

Non-Competing Penalty:

If the competitor has no intention of performing the combat properly in the martial arts, the fight is automatically considered lost.