

International All Martial Arts Federation e.V.



REGULATIONS

Enhanced free fight



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.

ENHANCED FREE FIGHT

General information:

The enhanced free fight is similar to semicontact - point fighting. In addition, footweeps, throws and holdings on the ground are allowed.

Unlike hand techniques and foot techniques, the fight is not interrupted when one partner grabs the other one during the fight. However, hand techniques and foot techniques are now forbidden!

If one of the two fighters is not brought directly to the ground, the fight will be interrupted. If the opponent is brought to the ground, the fight is interrupted either by an implied hit or after a holding on the ground and then the rating is done.

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Protective equipment

head protection

mouthguard

hand protection - open

groin guard

foot protector

shin Guards

girls / women also: chest protector

wearing glasses is forbidden!

Soft contact lenses may be worn at own risk.

Fighting time:

The fighting time is 3 minutes for adults and 2 minutes for children.

The fight ends prematurely at 10 points ahead.

In case of equal points the fight will be extended for 1 minute.

If the points are still the same, there will be an extension again. Here the first point will decide. If it is left out, the extension is terminated after 1 minute.

For children and adolescents the referees will decide at equal points.

In the case of adults, the break test (boards or Ytong stones) will decide. At the same points the referees will decide.

Evaluation:

Hand techniques: 1 point

foot techniques: 1 point

holdings on ground: 2 points

Referee and judges:

There is one referee and two judges.

The two judges are on the corners of the contest area, left and right to the scorer's table.

The referee stands on the other side of the competition area facing the scorer's table.

If the main competitor sees a hit, he interrupts the fight and asks for the judge's scoring.

If a judge sees a point, he clearly shows the score. Thereupon, the referee interrupts the fight and asks for the scoring.

The points are awarded only in the case of a majority decision.

Allowed techniques:

Hand:

- Straight fist
- Hook
- Backfist
- Hammerfist (from above to the head)

leg:

- Frontkick
- Sidekick
- Roundhousekick
- Reverse kick
- Diagonal kick
- Rotated kicks
- footsweeps

Throws and counter throws

For adults: axe-kicks

Prohibited techniques:

blind techniques

rotated hand techniques

jumped kicks

For children and adolescents: axe-kicks

Allowed hit areas:

Head:

- Front
- Side
- Top

Body:

- Front
- Side

Face:

- only from 16 years!

Prohibited hit areas:

- Throat
- skull cover
- neck
- back
- below the belt line

For children up to 15 years: face

Warnings and penalties

Warnings and penalties are issued for:

- unsportsmanlike behavior
- to hard contact
- prohibited techniques
- speaking during the fight
- verbal attacking the referee
- undisciplined behavior of the coach
- defensive behavior
- turn away
- deliberately leaving the contest area
- violation of the opponent
- simulation of an injury

1. Warning: 1 point for the opponent
2. Warning: 2 points for the opponent
3. Warning: Disqualification

Injuries

In case of injuries the fight is interrupted by the referee. Then the referee clarifies with the judges, whether it was an offense or not.

In the case of injuries, it is not the referee who decides whether it can be fought or not but the doctor / paramedic.

If fighting on is o.k. in his eyes, the fighter has 10 seconds to start fighting again.

When the fight is over due to an injury by an offense the innocent fighter is declared the victor.

In case of a collision, the fighter with the higher score will win, at equality the uninjured fighter will win.

Of course, the fighter can at any time give up the fight by himself.

The most important referee commands:

HAJIME

at the beginning of the fight, or when the fight to MATTE is to continue

MATTE

The fight is interrupted in the following situations:

- One or both fighters have left the contest area
- One or both fighters receive a penalty point
- One or both fighters are injured
- A fighter can not knock on his own when using leverage techniques
- Arrest time has expired
- to announce a judge's decision
- at the end of the fight

SONOMAMA

With this command, the fighters are stopped briefly. They must not move. Once the fight is released, they continue to fight from the exact same position they were in when the SONOMAMA command was given.

The command is given in the following situations:

- to give a warning to one or both fighters
- to punish one or both fighters
- because the Referee considers it necessary

YOSHI

The command is to let the fighters - after they were stopped with SONOMAMA - continue to fight again.

FUSEN GACHI

Victory by no-show

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KIKEN GACHI

Victory by task