



### Semi-Contact and Light-Contact Rules:

#### Age Of Competitors:

**In Semi-Contact and Light-Contact**  
**All Kids 16 years old and under**  
**Adults 17 years old and older**  
**Men Masters 35 years old and older**

**In Kata/Forms**  
**All Kids 13 years old and under**  
**Juniors 18 years old and under**  
**Adults 19 years old and older**

All competitors are heighted or weighed before the competition by an official. If you believe any competitor has been entered into the wrong height or weight section please make this known to the centre referee of that area before the category starts. The competitor will then be checked. We do not tolerate cheating.

#### Equipment:

All competitors must wear  
**Head Guard** - Padding must be at the top and full around the head  
**Gum-Shield** - Must be kept fully in the mouth at all times  
**Semi-Contact gloves** - Fingers and thumbs must be covered  
**For Light-Contact** - 10oz boxing gloves, 6oz-8oz will be allowed for competitors under the age of 8 years.  
**Shin Guards** - Must be worn under clothes and no higher than the knee (No Shin and instep guards)  
**Boots** - the instep, toes and back of heel must be covered  
**Groin Guards** - Must be worn by all male competitors under the clothing, they are recommended for female competitors but not compulsory  
**Chest Guards** - Are highly recommended for all female competitors but not compulsory.

Competitors need to be ready and fully kitted up when they step on the area to fight. Their kit will be checked by an official. If they do not have the correct equipment they will have 1 minute to change or they will be disqualified.

#### Clothing:

Competitors must be dressed in appropriate Martial Arts Uniform. Club/Martial Art T-shirts are permitted, sponsors names and slogans are allowed providing they are in good taste and cause no offence. No zips, pockets or buttons on trousers at all, tracksuits are not allowed.

Long hair must be tied back. No ear rings, eyeglasses, watches, hair grips, chains, rings, piercing jewellery. Balance wristbands ie MOJO or Power Bands are allowed worn around the competitor's wrist/ankle. Soft contact lenses are allowed at the fighters risk.

In Novice and intermediate sections the competitor's current belt must be worn in both Semi-Contact and Light-Contact.

**The IMA Rulebook Has Been Written By Infinity Martial Arts Officials. This Rulebook Should Not Be Copied Or Used Without Prior Consent From Infinity Martial Arts**



### **Fighting Area:**

All fights will take place on 6 meter by 6 meter jigsaw matted areas.

### **Rounds:**

There will be one round per fight for Semi-Contact and Light-Contact. These will be of 1 minute 30 seconds duration.

### **Drawing:**

**Semi-Contact** – After the round of 1 minute 30 seconds has been fought and the competitors are drawing, an extra 30 seconds will be added. After the extra 30 seconds still drawing sudden death (first to score) will take place. In sudden death the majority decision from judges will win.

**Light-Contact** - In case of three referees (1 centre, 2 corner) If there is a draw after the round, 30 seconds will be added, if corner judges are still drawn afterwards the decision will be made by the centre referee.

### **Scoring System:**

**Punch to head = 1 point**

**Punch to body = 1 point**

**Kick to head = 3 points**

**Kick to body = 2 points**

**Inside / outside foot sweep = 1 point**

**Drop/reverse sweep = 2 points**

**Jumping body kick = 3 points**

**Jumping head kick = 5 points**

Scores will count when there is a majority decision between the three judges. If two judges see a kick, one judge scores 2 and the other 3 then the lowest score will count as a kick was seen by both judges but the area which it hit was indecisive.

There is a 15 clear point automatic win in Semi-Contact. Scoring must be for the first technique only and no follow-ups will be counted.

### **Sweeps:**

All sweeps must be boot to boot and no higher than the ankle, without the use of hands. For a sweep to score the competitor must incur a complete grounding, even the slightest touch to the floor will result in a successful sweep.

### **Scoring Areas:**

**Side of head**

**Back of head**

**Face**

**Under chin**

**Front torso**

**Side torso**



### **Illegal Areas:**

**Top of head**

**Neck**

**Arm**

**Hand**

**Back**

**Kidney Area**

**Below the belt (Except any sweeps)**

### **Three second Ruling:**

In Semi-Contact **only** if your opponent falls down deliberately or due to an unbalanced technique the centre referee will allow 3 seconds for the other competitor to counter only with a **Hand Technique** staying on his feet at all times. The competitor on the floor can defend themselves only by **Hand Blocks** no use of legs. After the 3 seconds is up the fight will be stopped and the floored competitor will stand.

### **Continuous Use Of Kicks In Light-Contact:**

In Light-Contact fighters must kick throughout their fight. There is no minimum number of kicks but they must use kicks frequently during the round. Fighters who box only will not be tolerated and will lose the fight due to this reason alone.

### **Legal Techniques:**

**Jab (landing with knuckle part of the glove)**

**Reverse Punch (landing with knuckle part of the glove)**

**Back Fist (to the head and body)**

**Ridge Hand (to the head and body)**

**Front Kick (to head and body)**

**Side Kick (to head and body)**

**Twist Kick (to head and body)**

**Hook Kick (to head and body)**

**Jump Spinning Hook Kick (to head and body)**

**Turning Back Kick (to head and body)**

**Jump Turning Back Kick (to head and body)**

**Round Kick (to head and body)**

**Jumping Round Kick (to head and body)**

**Spinning Sidekick (to head and body)**

**Inside & Outside Crescent Kick (to head and body)**

**Jumping Inside & Outside Crescent Kick (to head and body)**

**Inside and Outside Axe Kick (to head and body)**

**Jumping Inside and Outside Axe Kick (to head and body)**

**Turning Backfist (to the head and body) No spinning. The rear foot must not move**

**Foot Sweep (performed with inside of foot boot to boot below the ankle on both legs, they can be performed inside and outside of the opponents boot.)**

**Drop foot sweep (to the outside of opponents boot)**

**Back sweep (to the outside of opponents boot)**

### **Extra Legal Techniques In Light-Contact Only:**

**Hook punches (to head and body)**

**Uppercuts (to head and body)**



#### **Illegal Techniques:**

**Any open handed strike with the palm of the hand (Slapping)**  
**Spinning Back Fist**  
**Knife Hand Strike (including spinning/turning)**  
**Palm Heel Strike**  
**Any Throw**  
**Any Takedown**  
**Pushing Arms**  
**Leg Kicks**  
**Strikes with the knees**  
**Strikes with the head**  
**Elbow strikes**  
**Use of thighs**  
**Touching the ground with any other part of the body except the soles of the feet, unless performing a Drop Sweep.**  
**Forward Rolls**  
**Handstands**  
**Cart Wheels**  
**Any technique that is scored while the equipment comes off the fighter.**  
**Any Blind Technique**

#### **Extra Illegal Techniques in Light – Contact Only:**

**Drop Sweeps (only Foot Sweeps permitted)**  
**Back Fists**

#### **Illegal Actions:**

**Swearing**  
**Verbal attacks to the opponent or officials**  
**Accusations of cheating to any official or competitor**  
**Uncontrolled strikes and kicks**  
**Any strikes to top of head or to the back of the body**  
**Strike or Kick to the groin**  
**Scratching, biting or spitting**  
**Punching or kicking after the referee calls stop**  
**Voluntary leaving the fighting area**  
**Falling Down**  
**Running around the area**  
**Using faulty or ill-fitting safety equipment**  
**Wasting time in an unsportsmanlike fashion**  
**Talking**  
**Causing offence by inappropriate apparel, gestures or words**  
**Excessive Power**  
**Refusing to touch gloves or any other unsportsmanlike behavior**  
**All of the above offences may be punishable by the referee. The referee may decide to verbally warn, officially warn, deduct points or disqualify.**

#### **Power:**

**In Semi-Contact the power must be kept to a minimum. If contact is excessive then the fighter will be warned by the referee. In Light-Contact the power can be slightly heavier but always controlled, if it is excessive the fighter will be warned by the referee.**



### **Warning System:**

**Referees will use this system in both Semi-Contact and Light-Contact.**

### **Illegal Action Warnings -**

- 1. 1<sup>st</sup> official warning**
- 2. 2<sup>nd</sup> Minus one point**
- 3. 3<sup>rd</sup> second Minus one point**
- 4. Disqualification**

### **Exit Warnings –**

- 1. 1<sup>st</sup> official warning**
- 2. After the 1<sup>st</sup> official warning every deliberate exit from a fighter will result in 1 minus point in Semi-Contact and in Light-Contact 4 minus points per exit.**

**The referee can use his discretion and give a verbal unofficial warning beforehand.**

### **Overwhelming Of A Competitor In Light Contact:**

**If the centre referee feels a competitor is overwhelmed by their opponent's techniques, they can offer an 8 count to that competitor. After the 8 count the referee will ask the competitor if they wish to continue. There cannot be more than two 8 counts against a fighter per fight, on the 3<sup>rd</sup> occasion the fighter will be deemed unfit to continue. Safety of our fighters is paramount and if a referee feels the need to end a fight before time is up, they must consult the corner judges. If there is a majority decision then the fight can be stopped. Each 8 count given will be taken into account when judges make their final decision.**

### **Start/During/End Of Fights:**

**All -16 years competitors must fight with a coach. The centre referee will give 2 challenge cards to each coach. Judges will check safety equipment. Fighters will be placed parallel to the sides of the matted area. Fighters will touch gloves to show good sportsmanship. Centre referee checks both corner judges and timekeeper and signals the start of the fight.**

### **Repositioning Of Fighters After Time:**

**If time is called by the referee due to a fighter request, or a breach of rules has taken place, the fight will restart at the last position of the fighters on the mat before time was called. The only time the referee will restart the fighters back to the centre of the area is if the fighters are in an unsafe position or an involuntary exit has taken place.**

### **During the fight in Semi-Contact:**

**Fighters will continue to try to score against each other until the judges see a score. Centre referee will call stop, the fighters return to their mark. The centre referee will check the judges' decision and if a point stands by majority he will signal to the timekeeper to put the point on the scoreboard. The centre referee will restart the fight. During the fight the competitors and their coaches can request time by making the letter "T" with their hands and take a step back from the fight, making it clear to the centre referee. Any apparent time wasting or misuse or repeated adjustments of equipment may incur a warning from the centre referee. The time does not stop until the centre referee indicates to the Timekeeper to stop the time. The time is not stopped to award points but it is stopped to allow adjustments to equipment, or if a referee needs to warn a fighter. Only the centre**





referee can start and stop the fight or time. The whistle from the scoreboard will indicate the end of the fight. The centre referee is the only person that can call stop on the fight. Any points scored in between the scoreboard whistling indicating end of time and referee calling stop must be scored. The centre referee will indicate the winner by calling the scores and raising the arm of the winner. Both fighters will touch gloves and their opponent's coach's hands.

#### **During the fight in Light-Contact:**

The centre referee will bring both fighters to the centre area and make sure they understand the rules. He will tell the fighters to step back and he will check the corner judges and Timekeeper are ready. He will start the fight. Fighters must fight

using Boxing and Kicking techniques until the referee says "Stop". If the fighter needs to adjust safety equipment, they should take one step back and indicate the "T" sign with their hands to the centre referee. Time should be stopped by the centre referee by indicating it to the Timekeeper. Any apparent time wasting or misuse or repeated adjustments of equipment may incur a warning from the centre referee. If warning is to be issued the time should be stopped. The centre referee will call the fighter into the middle of the area, raise one finger for a first warning,

two fingers for a second warning etc. and show each corner judge that fighter has been issued a warning. The fight will be restarted by the centre referee. If a fighter is out of condition, or being overwhelmed, a standing eight count may be issued by the centre referee. The fighter not receiving the count must be sent to a neutral corner. The time does not stop during the count, and a count cannot be saved by the end of the time. The end of the fight will be indicated by the whistle of the scoreboard, the centre referee will then break the fighters up. Any techniques scored after the whistle will be discounted by the judges. The centre referee will bring both fighters into the centre area and ask for the judges' decision the corner judges will raise hands to the winning fighter. The centre referee will then raise the hand to the winning fighter. Both fighters than will touch gloves and the hands of their opponent and coach.

#### **Exiting The Fighting Area:**

Fighters must stay in the allocated 6 meter by 6 meter matted area at all times. Fighters must not voluntarily exit the area at any time during their fight. If they do so then they will be penalised by the warning system stated in this rulebook. The fighter's complete foot must be outside the fighting area to declare it as an exit. If the fighter exits the fighting area and their opponent scores within the fighting area before the referee stops the fight, this score will stand. If the fighter is pushed out by a technique from their opponent then this will not be deemed as an exit. If a fighter scores a technique and the force of their opponent pushes them out of the area this will not count as an exit.

If a fighter is winning and runs out of the fighting area deliberately to waste time, the centre has the power to either add time to the round or minus a point to the fighter. The referee must consult his corner judges before the decision can be made and he can only punish the fighter once for each infringement.

**The IMA Rulebook Has Been Written By Infinity Martial Arts Officials. This Rulebook Should Not Be Copied Or Used Without Prior Consent From Infinity Martial Arts**



### **Medical Situations:**

During the fight if the competitor has been injured, the fight can be stopped by the centre referee, the fighter themselves or coach by making the “T” symbol to the centre referee. The referee will call in the medical team who will be on stand by to check the fighter. Their opponent will be told to go to a neutral corner. The medical team will check that the fighter is safe to continue and they are happy to do so. If the medics feel they should not continue their decision will stand and the fighter will forfeit the fight. If the injury was incurred by an excessive or illegal technique from their opponent. The centre referee after discussion with corner judges and there is a majority decision they can disqualify their opponent. If an injury occurred and the fighter has lied about the presence of safety equipment i.e. Groin Guard that fighter will be disqualified because of breach of rules, despite how the accident happened.

In case of minor injuries such as nose bleeds, the fighter will have 2 minutes to be ready to fight again if the bleed continues they will have to forfeit the fight.

Coaches can retire their fighter at anytime during the fight.

### **Junior Semi-Contact Teams Rules:**

Teams will be made up of 3 fighters of the heights -4’2”, -4’10” and +5’2” either male or female. Each fighter will fight once, all Semi-Contact rules will apply throughout the fights. Each fight will be 1 minute and 30 seconds duration. The team with the most wins will claim victory, fights that are drawn will still count.

Scores of each fight will be recorded in case of a draw the total scores will be added together and the team with the highest score will win. If the scores add up to the same number then a coin toss will decide which team chooses which fighter to fight again, this fight must end in a win to either team.

### **Adult Tag Team Rules:**

Adult Tag Teams must consist of a minimum of two fighters maximum of three. The teams must have one open weight female fighter and one/two open weight male fighters. The winning team will be the team with the highest score after the fight.

Semi-Contact rules will apply with the following adjustments.

There will be one continuous round for 5 minutes. The time will not stop unless the centre referee stops the fight to issue a warning or due to injury. Fighters can tag their fellow team members at any time during the fight. The tag must be a clear touch of gloves between team members, the tag can not be passed. All team members must be used throughout the fight. If a member is not used 2 points per unused member will be deducted from their total score at the end of the fight.

During the fight if a tag is undertaken by a fighter their opponents can still score on them until they have exited the fighting area and the new fighter has stepped on to the area. There is no time called by any fighters due to safety equipment adjustment they must tag another team member to take their place for them to adjust their equipment.

**Warning System for Adult Tag Team –**

**1<sup>st</sup> – Official Warning**

**2<sup>nd</sup> – Second Official Warning**

**3<sup>rd</sup> – Minus Point for every infringement thereafter**

**The IMA Rulebook Has Been Written By Infinity Martial Arts Officials. This Rulebook Should Not Be Copied Or Used Without Prior Consent From Infinity Martial Arts**



**Exit warnings and illegal action warnings are kept separate. Warnings are wiped clean after each fight.**

#### **Challenge Cards:**

**In both Semi-Contact and Light-Contact both coaches will receive 2 challenge cards by the centre referee at the beginning of the fight. At any point during the fight if a coach feels that there has been an infringement of the rules against their fighter he can signal to the centre referee the “T” symbol and use his challenge card, explaining his case. The centre referee will discuss with the other officials and make a decision as to whether a rule has been broken. If this is the case the coach’s challenge card will be giving back to him and the decision will be reversed. However if the decision still stands then they will loose the card. Once the coach has used both cards he will no longer be able challenge the referees. If a decision**

**can not be made the promoter will be called to the area, he will then sort out the situation in a professional manner.**

**These cards are the only way a coach can challenge a referees’ decision.**

#### **RESPECT for Referees:**

**We have no tolerance for disrespect to our referees, judges and officials. They have the hardest job on the day and do not need abuse from any fighter or coach. If you feel a decision has been wrongly made please use your challenge cards provided to you. On the day, fighters, coaches, referees and officials are representing Sports Martial Arts as a whole and we must conduct ourselves in a sportsmanlike manner. If coaches or spectators abuse any referee or official their fighter will be penalised by the warning system in place. The centre referee has the power to send a fighter’s coach away from the area if they continue with abuse. If the culprit repeats his attitude during other fights, the promoter will have no other option but to have the coach and his fighters escorted out of the event and will be banned from future IMA events.**