



# **FREESTYLE SEMI RULES**



## ***FREESTYLE SEMI RULES***

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### **Art. 1 - Definition**

The **Freestyle Semi** is a sports fighting discipline in which two athletes fight in order to get the higher score, using controlled permitted techniques for speedy techniques, on target body parts. The main characteristics of **Freestyle Semi** are accuracy, technique and speed. The actual **Freestyle Semi**, competition is based on very well controlled techniques. **Freestyle Semi** is a very technical sports discipline focusing on both hand and leg techniques.

For each valid technique, the central referee stops the match while the two judges indicate towards the athlete that is granted the point showing the number of points granted with the help of their fingers. Points are granted when a valid target is touched by means of permitted technique using the allowed part of the fist or foot.

### **Art. 2 - Fighting Rules**

The fighters will step on the tatami and will touch gloves. Then, they will slightly withdraw, will come into fighting position and await the command "FIGHT" by the central referee.

Fighting time will be stopped only at the referee's command "TIME" while looking towards the official table of the respective fighting area. The fighting time will not be stopped for granting the points or penalties unless the referee considers it appropriate. The referee is not allowed to address the fighters during the game, except after stopping the timer.

A fighter can have a principal coach and a second one in their corner, during the match. Both must remain seated throughout the match. No coach is allowed to enter the fighting area during the match and no coach is allowed to interact with the central referee or the judges. Also, no coach is allowed to make remarks about the central referee or the judges.

Only the central referee can stop the time. A fighter may request stopping the timer in order to rearrange the equipment or to check an injury. The referee must not stop the match if he estimates that this would disadvantage the other fighter. Stopping the time will be done as rare as possible.

If the central referee observes that a fighter uses stop requests to rest or to restrain the other fighter from scoring, will give a warning and, after consultation with the judges, the athlete at fault may be disqualified for delaying the match or refusing to fight.

### **Art. 3 - Commands Used in the Competition**

❖ **TIME:** the central referee forms the letter T with his hands to indicate to the timekeeper to stop the time until a command FIGHT is given. When he gives the TIME command, the central referee has to state the reason for stopping the time.

The referee will command TIME in the following situations:

- when giving a warning to one of the fighters, in which case the opponent has to go immediately in a neutral corner;
- when the stop is requested by one of the fighter by raising his right hand, in which case the opponent has to go immediately into a neutral corner;
- when he observes that it is necessary to correct a fighter equipment or uniform;
- when he observes a fighter was injured (the maximum time for doctor's intervention is 2 minutes for all age categories).

❖ **STOP:** the game is stopped immediately and will resume only after the referee gives a new command. When points are granted, the fighters must go immediately to the starting point on the tatami.

❖ **FIGHT:** it is used to start the match.



- ❖ **TOUCH GLOVES:** it is used before the start the match.

### **Art. 4 - Allowed Contact Areas**

These parts of the body can be touched using the allowed techniques:

- ❖ **HEAD:** Front, side, back and forehead
- ❖ **BODY:** Front and side
- ❖ **LEGS:** Only as high as the feet (only sweepings are allowed)

### **Art. 5 – Forbidden Contact Areas**

- ❖ Top of the head
- ❖ Back of the body (kidneys and spleen)
- ❖ Upper shoulders
- ❖ Neck: front, back and sides
- ❖ Below the belt (except for sweeping)
- ❖ All blind techniques, uncontrolled

### **Art. 6 - Permitted Techniques**

- ❖ **Kicks:** front kicks, sidekicks, back kicks, roundhouse kicks, axe kicks, hook kicks and crescent kicks (only with the sole of the feet), jumping kicks, spinning kicks
- ❖ **Punches:** back fist punch (except spinning back fist) and all the boxing punches
- ❖ **Sweepings:** hitting only on the area covered by foot protection.

To get points when sweeping, the attacker must remain standing on his feet. If during the execution of a sweeping the attacker touches the tatami with any part of the body except the soles, the technique will not be scored. The opponent must touch the tatami with any part of the body except the soles of his feet for the points to be awarded.

#### **Art. 6.1- Special Note**

It is extremely dangerous to hit with the heel. It must be pointed out very clearly that you must extend the leg in such a way so that to hit with the foot base when executing axe kicks, hook kicks, roundhouse kicks, or spinning kicks.

### **Art. 7 - Forbidden Techniques and Actions**

- Attack using a technique other than those mentioned in art. 6.
- Avoiding or refusing to fight.
- Falling or throwing to the floor without reason.
- Leaving the combat area (exits).
- Malice attack or excessive contact.
- Unsportsmanlike behavior. A fighter will receive one warning after which normal procedures for penalty and disqualification will follow. However, depending on the severity of the first offense, the athlete may be disqualified without being given a first warning or penalty.
- Grabbing and holding are not allowed.
- Verbal attack or abuse of any official, whether or not he is on the tatami. Pushing, grabbing without reason, spitting or intention to do so, will lead to immediate disqualification. If any of these actions are performed by a penalized fighter or his coaches, the person may be expelled from the competition room, and the Referees Committee FRFK will be informed.



- Attack when the opponent is on the floor. A fighter cannot attack his opponent while he is on the floor. The referee is responsible to stop the match once one athlete touches the floor with any body part other than the foot base. Hitting the head or the body of an opponent who is on the floor, can lead to minus one point or disqualification of the athlete (referees will decide by majority).

### **Art. 8 - Scoring Criteria**

Any permitted technique that reaches an allowed target will be granted points. The allowed hitting areas must impact the target clearly and controlled. The central referee and the judges must see how the technique reaches the target. Awarding points based on the sound of the technique is not allowed. The fighter must look at the target when executing the kick or punch.

All techniques must be performed with "reasonable" force. Any technique which just touches, sweeps or pushes the opponent will not be scored.

If a fighter jumps to attack, he must land inside the fighting area to be marked, and must maintain balance. Touching the floor with any part of the body other than the foot base is not allowed.

If a fighter loses balance because of his own instability after reaching a target using a permitted technique, and he touches the floor with any part of his body except the foot base, he will not be scored.

If a fighter loses his balance by no fault of his own after reaching a valid target using a permitted technique (he was pushed, or was tripped him), then he will be granted points.

### **Art. 8.1 - Decisions to be made by judges and central referee. Scoring**

Central referee and judges will make decisions only on the basis of what they observe. No one can change the decision of a judge or a central referee. Even if these make a mistake with the decision taken, the head referee in charge of that area (one of the two head referees) cannot change that decision, but he can change the central referee or the judges for the future matches, if necessary.

The observer for the area (one of the two head referees) can change the decision of a central referee only when this made an "inattentive mistake". An inattentive mistake is:

- ❖ an incorrect sum of points on the scoreboard;
- ❖ awarding points to a fighter who fell or stepped outside the area after scoring.

The two head referees for the respective area must ensure that decisions by judges are correct.

The central referee cannot alone award points.

#### **Art. 8.1.1 – Scoring**

A raised hand indicates the fighter who scored. For a fighter to score, there must be a minimum of 2 similar decisions (of the central referee and from the judges).

If the central referee and one judge show two raised hands (one point for each fighter) and the second judge points to the other fighter, the central referee should award one point for each fighter.

If the central referee shows three points (a kick to the head) and one judge shows two points, the central referee will give the fighter two points.

#### **Art. 8.1.2 - No points or no score**

The hands crossed in front of the pelvis by the central referee or judges, means that they have not seen a technique that achieved an allowed target.

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If a judge or the central referee shows a score and the other two indicate they did not see a technique that can be scored, no points will be granted.

If any of the fighters does not get a minimum of two hands raised, he will not be granted any points.

If the central referee gives the STOP command and gives a warning to a fighter, this fighter cannot be granted points at this same time. However, the other fighter can be granted one or even two points due to the warning received by his opponent. Example: one of the fighters executes a technique that can be scored while his opponent violates a rule for a second time. Consequently the valid technique will be scored for the first fighter while his opponent will be given minus point for violation of regulation.

### **Art. 8.2 - Points**

- ❖ Punch – 1 point
- ❖ Kick to the body – 2 points
- ❖ Sweeping opponent's leg in which he falls on the floor – 1 point
- ❖ Kick to the head – 3 points
- ❖ Jumping kick to the body - 3 points
- ❖ Jumping kick to the head – 5 points

#### **Art. 8.2.1 Awarding of points**

If the central referee observes an action that he considers to be a valid point, he will give the STOP command immediately and show the score, in the same manner as the judges. The central referee counts the decisions and gives the points to the appropriate fighter. Each time the referee stops the match, each judge must provide a decision.

If one judge observes an action that he considers to be a valid point, he will have to report it to the central referee who will command "STOP", after which the central referee and the judges will show their decisions.

In any case, only a majority can award the respective score.

#### **Art. 8.2.2 Other rules to be applied in the awarding of points**

After each point observed, the STOP command will be given and the central referee and the Judges will show what they saw.

The winner will be declared the fighter with the most points at the end of the time. In case one fighter reached a difference of 10 points over his opponent, he will be declared winner.

Other circumstances to declare a winner includes disqualification and exists of the fighting area.

Scoring a technique executed at the end of the match time: officials should consult among themselves to establish whether the technique reached its target before or after the time stopped. Stopping the time will be marked by throwing a soft object on the tatami or through communication by the central referee.

#### **Art. 8.2.3 - Draw**

In case of a tie at the end of the game rounds, an additional round will be played. If the tie persists after this round, the winner will be declared the fighter who scores first.

## **Art. 9 - Penalties – Warnings, Disqualification, Exits**

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Warnings will be given clearly and with loud voice so as to be heard and understood by both the two fighters and their coaches. When giving the warning, the central referee must stand facing the fighter who is receiving the warning.

To penalize a fighter, the central referee should ask first for stopping the time. Then, he will turn to the person keeping the score and will indicate the fighter who was penalized and the reason for the penalty.

Warnings given throughout the match will be added all together. When the central referee gives a warning or a penalty point, he has to stop the time.

Penalties/ Warnings:

- ❖ On the first exit of the fighting area or first violation of rules - Warning or first exit. The decision is communicated to fighter / coach / official table, verbally and through gestures.
- ❖ On the second exit of the fighting area or second violation of rules - Minus 1 point. The decision is communicated to fighter / coach / official table, verbally and through gestures.
- ❖ On the third exit of the fighting area or third violation of rules – Minus 1 point. The decision is communicated to fighter / coach / official table, verbally and through gestures.
- ❖ On the fourth exit on the surface or fourth violation of rules – Disqualification. The decision communicated fighter / coach / official table, verbally and through gestures.

### **Art. 9.1 Disqualifications**

Where there was a significant violation of the rules that requires disqualification, the central referee will consult the judges and the area observer (one of the two head referees) to ensure that all procedures are complied with.

### **Art. 9.2 Exits**

#### Exit of the fighting area

If a fighter leaves the area (exits) without being pushed, kicked or knocked out by his opponent this will be considered a "voluntary exit" and he will receive a warning from the central referee. On the second and third exit, the fighter will lose one point. On the fourth exit from the fighting area, the athlete will be disqualified.

#### Explanation of the exit of fighting area

1. When the fighting area is 6x6 m: stepping beyond the surface line with either both feet, or having one foot outside and the other in the air, are considered exits. The entire foot must be outside the area.
2. When the fighting area is 8x8 m: stepping beyond the surface line even with one foot is considered exit from the surface. The entire foot must be outside the area.

Observations:

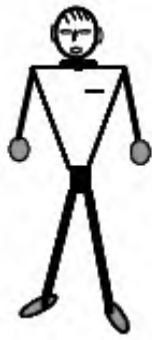
Stepping on the line is not considered exit. If a fighter is pushed by the other, or crosses the line following a kick or any kind of impact, these are not considered voluntary exits. The exit is signaled by judges by majority. All exits will be reported to the official table. Warnings for exiting the fighting area will be gathered separately from the other types of warnings.

### **Art. 10. Hand signs**

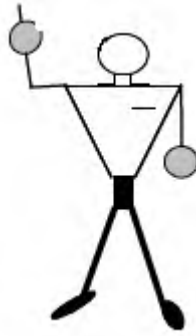
Warning

Official warning

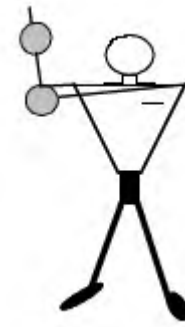
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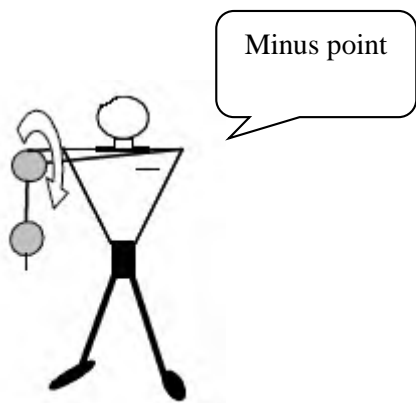
Central referee



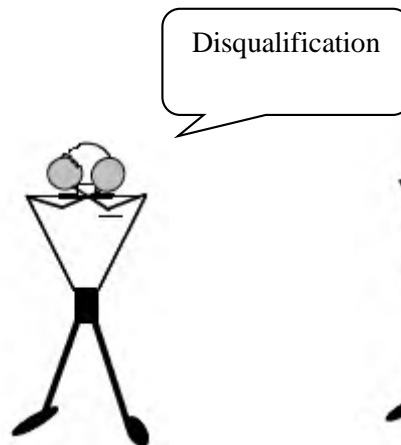
Warning



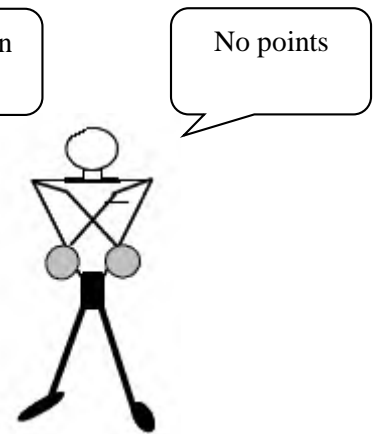
Official warning



Minus point



Disqualification



No points

### Art. 11 – Violations of the rules

- ❖ Use of illegal techniques
- ❖ Avoiding fight
- ❖ Turning the back
- ❖ The refusal to fight in the last 10 seconds (avoiding the fight, turning the back, throwing on the floor without reason, leaving the fighting area) is considered a serious violation of the rules and is sanctioned directly with a minus point.
- ❖ Through on the floor with no reason just to pass the time
- ❖ Arguing the referee's decisions
- ❖ Behaving in an unsportsmanlike manner
- ❖ Laud commentaries made by the coach
- ❖ Coach entering on the mat for injuries

For any violation of regulations by a coach, the referee will penalize the respective fighter.

Serious rules violations may result in minus one point or even an immediate disqualification.

Every time a central referee believes that disqualification is needed, he must consult with the judges and the area observer (one head referee) to ensure compliance with normal procedures.





A fighter cannot receive simultaneously a point and a warning.

### **Art. 12 - Time-out**

Only the central referee can stop the match. When he provides for a warning or minus point, he has to stop the time.

A fighter may require time-out by lifting his hand in order to check an injury or arrange his equipment. The central referee must not give time-out if he believes that will give an unfair advantage to any fighter except if it is for a health and safety problem. Time-out should be kept as a minimum. If the central referee believes that a fighter uses time-out to rest, he will give a warning to this fighter for delay of game. Only the area observer (a head referee) may stop the fighting outside the area. He will draw the attention of the central referee who will call time-out.

If a coach wants to make a complaint or protest, he will announce the Head of the tatami sports who, if possible, can resolve the complaint without stopping the game.

#### **Art. 12.1 - Reasons for Time-out**

- ❖ Injuries (see Regulation on injuries and their treatment)
- ❖ For consultations of the central referee with the judges or the area observer (a head referee)
- ❖ When the central referee has something to communicate to an athlete or his coach
- ❖ For the athlete protection and fair play

Time-out will not be called for scoring. The central referee will have to score very quickly so that to ensure that each fighter has the opportunity to use the entire time for the match.

If a central referee cannot manage the match quickly and accurately, he may be replaced by the Head of Competition responsible for tatami sports.

### **Art. 13 – Injuries**

In the case of an injury of one of the competitors the match will be stopped until the paramedic / doctor will decide whether it can continue or not. As soon as the doctor arrives on the tatami, he has only two minutes to decide whether treatment is necessary. The treatment will have not to exceed 2 minutes.

If the injury is serious it will be treated by doctors / doctor on duty, who are the only ones that can decide whether the match will continue or not.

If the match must be stopped because of injury, the central referee and two judges will decide:

- ❖ Who caused the injury
- ❖ If the injury was intentional or not
- ❖ If it was the fault of the injured
- ❖ If injury was caused by a forbidden technique
- ❖ If there was no violation of the rules by the non-injured athlete, in this case he will win by forfeit
- ❖ If there was a violation of the rules by the non-injured athlete, in this case the injured athlete will win by disqualification
- ❖ If the injured athlete is declared fit to fight again by the physician / doctor, the match will continue



If a fighter is injured during the match, only the doctor can assess the situation. If an athlete remains unconscious, only the referee and the doctor on duty will be able to stay on the fighting area, except for the cases when the doctor requests assistance.

### **Art. 14 – Procedure in cases of KO, RSC, RSC-H and injuries**

An athlete who has been knocked out due to a head injury during the match, or for whom the central referee stopped the match due to a head injury that prevents him from fighting, will immediately be examined by a doctor and taken to hospital by ambulance service or another adequate mean of transport. Fighter shall not be allowed to participate in another competition or to fight for a period of 8 weeks after the KO.

If for 2 consecutive times during 3 months a fighter has been knocked out due to a head injury during the match or the central referee stopped the match due to a head injury preventing this fighter from fighting, he will be prohibited from participating in another competition or fight 3 months after the second KO or RSC-H.

If for 3 consecutive times during 12 months, a fighter has been knocked out due to a head injury during the match or the central referee stopped the match due to a head injury preventing this fighter from fighting, he will be forbidden to participate in a competition or to fight for a period of one year after the third KO or RSC-H.

Rest periods mentioned above may be extended at the request of the doctor on duty. Also, the hospital doctors that are responsible for results of head testing / scanning can extend the rest period.

Rest period means the period during which an athlete cannot participate in any kickboxing competition regardless of discipline. Rest period is a "minimum period" and cannot be violated even if no injuries were found.

The central Referee will communicate to the official table to register KO or RSC-H or RSC on the score sheets when he stopped the fight because of the inability of an athlete to continue due to a serious head injury.

The same must be notified by the central referee of the respective fighting area in order to be recorded in the athlete's sports passport. Before resuming sports activity after the aforementioned suspension, an athlete will have to be declared fit to participate in sport competitions by a doctor after having a medical examination. After a defeat by KO, an athlete will need to hold a CAT scan before resuming sports activity.

#### **Art. 14.1 - Procedure in case of injury**

For injuries other than KO or RSC-H, the doctor can grant a rest period and recommend treatment. A doctor can also request an immediate hospital treatment.

### **Art. 15 - Competitions for teams and for Grand Champion**

#### **Art. 15.1 - Grand Champion**

Within International Open Competitions, a competition called Grand Champion can be organized, where fighters do not fight according to weight categories. A competition Grand Champion is organized as follows:

#### **Art. 15.1.1 - Grand Champion Rules**

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Only the winners of the weight classes are allowed to attend the Grand Champion competition. There will be free draws for fighters.

### **Open Grand Champion**

All competitors can participate but they must be register before, during the competition. There will be free draws for matches with all weight categories included.

Grand Champion matches in the competition are 1 round of 3 to 2 minutes. Athletes will not require time-out. Rules and equipment are the same as the normal semi-contact fights.

Grand Champion competitions type must be specified in the invitation.

### **Art. 15.2 - Team Fight Semi**

A team may be formed based on the organizer's preferences, for example:

- 4 fighters (3 boys and 1 girl)
- 5 fighters (4 boys and 1 girl)
- 5 fighters (5 boys)
- 3 fighters (3 girls)

All athletes will be fully equipped and wait in their corner. Girls' match will be the last in the team competition. There are no weight categories. A girl will fight only with another girl.

In national and international competitions, the team will be made up only of fighters of the same nationality. Do not mix fighters from different countries,

Each match will include 1 round of 2 minutes. During the match time-out will not be used. The match can be prolonged by 1 round of 2 minutes. If there is still equality after the 2nd round, a tie will be declared. The team with the most accumulated points is declared the winner. All exists and warnings will be carried forward to the next fighter. This is done to encourage active competition. A fighter cannot be disqualified in a team competition teams; if he continues to exit the tatami, the team will continue to lose one point following each exit after the third one.

If there is equality in score, there will be a coin throw to determine which team will choose first fighter who will enter the tatami. If a girl is chosen to fight, then she will have to fight with the other girl from the opponent team. If a boy is chosen, he will fight any boy in the opponents.

### **Art 15.2.1 - Procedure in case of injury in Team Competition**

If case of injury in the Team competition when a fighter cannot continue the match, the following shall apply:

If the athlete cannot or does not want to fight, then the opposing team will receive at that moment 10 points that will be added to its the final score.

### **Art. 16 - Gloves touching**

Before and after a match, the fighters will touch gloves as a sign of fair play, according to regulation. Touching gloves will take place before the first round and after the final decision. A glove touching is not allowed between rounds.

### **Art. 17 - Use of drugs**

FRFK uses the WADA Rules of Conduct and its list of prohibited medicines that can be amended from time to time. Consult the FRFK Anti-Doping rules and procedures.

Any athlete who refuses medical examination or doping test before or after a match can be immediately disqualified or suspended pending a full hearing. The same happens when an encouragement towards acting in this sense comes from an official. Local anesthesia is allowed if it is approved by a doctor from the Medical Committee. FRFK reference and adopt WADA Anti-Doping rules in all situations.

### **Note**

For easy reading, the text sometimes uses masculine pronouns only, but references are made to both sexes.