

ITF RULES

DURATION OF BOUTS AND DECISIONS

Color Belts: Single elimination. One round of two (2) minutes duration.

Black Belts: Single elimination. One Round of three (3) minutes duration. Final black belt bouts will be two (2) rounds of two (2) minutes duration with a one minute break between rounds. In the case of a draw, a further one (1) minute round will take place and if it results in a further draw then the first scored point assigned by at least two (2) Referees at the same split second will decide who the winner is.

TARGET AREA:

- (A) Head at the front, sides and top of the head but not at the back.
- (B) Trunk of the body from shoulder to navel vertically and from a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back).

POINT AWARDS

- (A) One (1) point will be awarded for any legal Hand Attack directed to mid or high section.
- (B) Two (2) points will be awarded for any legal Foot Attack directed to mid section.
- (C) Three (3) points will be awarded for any legal Foot Attack directed to high section.

LIGHT CONTACT SCORING PROCEDURE SYSTEM

In competition a technique is valid according to a light contact system and if:

- (A) Executed correctly.
- (B) Dynamic, that is to say it is delivered with strength, purpose, speed and precision.
- (C) Controlled on the target.

MINUS POINTS/FOULS

One point will be deducted for the following offences:

- (A) Heavy contact.
- (B) Attacking a fallen opponent.
- (C) Leg sweeping.
- (D) Holding/grabbing.

(E) Intentional attack to a target other than mentioned in (Target Area).

(F) Unsportsmanlike Conduct.

Warnings will be assigned for the following offences:

(A) Pretending to have scored a point by raising one or both arms.

(B) Stepping completely out of the ring (both feet).

(C) Falling down, whether intentional or not (it means any part of the body, other than the feet, touching the ground).

(D) Faking a blow, pretending to be injured to gain an advantage.

(E) Intentionally avoiding sparring.

(F) Adjusting equipment during the bout without the consent of the Centre Referee.

(G) Unintentional attack to a target other than mentioned in (Target Area)

(H) Pushing with the hands, shoulders or body.

The sum of three (3) warnings automatically means deducting one (1) point. If an athlete is pushed out of the ring with intent (without undergoing a technique) then he will not receive a warning. The athlete who pushed shall receive a warning.

DISQUALIFICATION

(A) Misconduct against officials or ignoring instructions.

(B) Uncontrolled or excessive contact.

(C) Receiving three (3) minus points/fouls directly given by the Centre Referee.

(D) Being under influence of alcoholic beverages or drugs.

(E) Loss of temper.

(F) Insulting an opponent, coach and or official.

(G) Biting, scratching.

(H) Attacking with the knee, elbow or forehead.

(I) Causing a KO.

INJURY

(A) When a competitor is injured, the Centre Referee must stop the match and call the Doctor. At the moment the doctor is in front of the injured competitor, he has a maximum of 3 minutes to diagnose, treat the wounds and decide about the match and competition continuation.

(B) When a competitor cannot compete anymore because of the Doctor's decision and according to the decision of the Ring Council (Jury President, Centre Referee and Corner referees) i.) he/she is the winner if his/her opponent is responsible. ii.) he/she is the loser if his/her opponent is not responsible.

MANDATORY EQUIPMENT

SAFETY KICKS, GLOVES, HEADGEAR, MOUTHPIECE, CUP FOR MALES

EQUIPMENT MUST BE ITF APPROVED OR SIMILAR