



**ARBITRATION
REGULATIONS
SEMI-CONTACT**

JANUARY 2018 EDITION

OFFICIAL REGULATIONS

PART 1 GENERAL

INTRODUCTION

This regulation replaces all the previously established rules. It also reflects the official **FIDAM** Amateur Competition Rules.

These current rules are valid for all countries. Local legal requirements and obligations may be taken into account if necessary.

This regulation can be translated into other languages by the national executive. In case of discrepancy, the official version in English will prevail.

This regulation can not be copied, published or distributed without the specific written consent of **FIDAM** or **IRC**. This includes electronic, digital, physical or any other type of copies.

This regulation can be ordered free of charge through the official website of the **FEDERACION INTERNACIONAL DE ARTES MARCIALES (FIDAM)**

www.fidamworld.com

GENERAL REGULATIONS

- Know the sports regulations perfectly.
- Obtain the SPORTS PASSPORT.
- Pay the registration fee.
- The athlete must obtain sports medical insurance.
- Be enrolled in the maximum registration period described by **FIDAM**

PART 2 GENERAL

2.1. SEMI-CONTACT RULES

2.1.1 COMPETITION AREA

The competition area will be smooth surface, preferably tatami in order to cushion the possible falls of competitors, must have an exact measurement of 6 x 6 meters and will be perfectly marked in order that the contestants stay within that area.

The positions of the Central Referee and the two competitors will be marked, as well as the announcement area of the end of the competition area located one meter inside the competition area.

The combat zone must have a minimum area of 36 square meters, but it must not exceed 49 square meters.

2.1.2. ROUNDS – DURATION

The promoter can decide the number of assaults and their duration in any competition. The number of assaults can be from 1 to 2 (plus overtime).

Assaults should not last more than 2 minutes each. In case of a tie after the final round, a rest time of 30 seconds will result in another 30 seconds of extra combat.

If after this extra time there is no clear winner, there will be no rest, and they will fight to the end.

The first to score a goal will be the winner.

2.1.3. TYPES OF COMPETITION

The competition will be INDIVIDUAL and by TEAMS.

In an individual match, you can not change one contestant for another.

EQUIPMENT FIGHTS

A team consists of 5 competitors, or 3 depending on the requirements imposed by the sports promoter. It is allowed to resort to a reserve fighter per team if a competitor is injured during the competition.

There are no categories by weight, but children who compete can not be more than 5 kg neither above nor below their opponent.

All combats will be an assault of 1.30 to 2 minutes.

The score is based on the victories.

There will be no accumulation of warnings or penalties between the matches.

The next match will start zero to zero and without reprimands.

In case of a tie, the points will be added, and the team with the highest score will be the winner.

If the score remains the same, the extra time and sudden death will be applied to the last two fighters, keeping the warnings and points at this time.

2.1.4. EL PESAJE

The weighing will always be done before the start of the competition and on the same day, during the same will be a delegate per team, the supreme delegate appointed by the Competition Organizer and the Head of Arbitration.

The weights will be official and attached to this Regulation.

2.1.5. WEIGHT CATEGORIES

- **CHILD – A: -9 years (-25, -30, -35, -40, +40 Kg)**
- **YOUTH –A: 9 a -12 years (-28, -32, -37, -42, -47, +47 Kg)**
- **YOUTH –B MALE: 12 a -15 years (-42, -47, -52, -57, -62, +62 Kg)**

- **YOUTH –B FEMALE: 12 a -15 years (-40, -45, -50, -55, +55Kg)**
- **JUNIOR –A MALE: 15 a -18 years (-55, -60, -65, -70, -75, -80, +80 Kg)**
- **JUNIOR –B FEMALE: 15 a -18 años (-45, -50, -55, -60, -65, +65 Kg)**
- **SENIOR MALE: +18 años (-57, -63, -70, -76, -84, -92, +92 Kg)**
- **SENIOR FEMALE: +18 años (-50, -55, -60, -65, -70, +70 Kg)**

Any international qualifier must refer to European or world rules (or those that refer to the tournament he will attend).

2.1.6. PUNTUATION

Punch in the head	1 point
Punch in the body	1 point
Indoor / outdoor sweep standing	1 point
Kick to the body	1 point
Floor sweep / Inverted soil sweep	2 points
Kick in the lead	2 points
Kick in the air to the body	2 points
Any kick in the air to the head	3 points

The score should be only for the first movement and not for all those who follow him.

It should be scored based only on the first movement and not by all those who follow it.

Due to the highest points awarded in the new scoring system, FIDAM EUROPE has established the following criteria for an automatic victory before the end of the allotted time period.

1 round assault: A margin of 10 clear points has been reached.

2-round combat: A margin of 15 clear points has been reached.

SWEEPS

All sweeps should be standing on foot and not above the ankle. To score a sweep, it must cause either a fall or a setback that leads the fighter to touch the ground with any part of his body other than the soles of his feet. Even the smallest contact with the ground, with fingers for example, will imply that the sweep is considered valid.

2.1.7. POINTS AREAS

- **Back of the head**
- **Side of the head**
- **Face head**
- **Under the chin**
- **Frontal torso**
- **Lateral torso**

2.1.8. ANTIRREGLAMENTARY ZONES

- **Top of the head**
- **Neck**
- **Arm**
- **Hand**
- **Back**
- **Kidney area**

- From the waist down (except below the ankle when performing a sweep)

2.1.9. REGULATORY TECHNIQUES

JAB-

REVERSE PUNCH – (CROCHET)

BACKFIST

UPPERCUT

FRONT KICK

SIDE KICK

CURVING FRONT KICK

HOOK KICK

SPINNING HOOK KICK

JUMP SPINNING HOOK

BACK KICK

SPINNING BACK KICK

JUMP BACK KICK

JUMP SPINNING BACK KICK

ROUNDHOUSE KICK

JUMP ROUNHOUSE KICK

INSIDE & OUTSIDE CRESCENT KICK

JUMP INSIDE & OUTSIDE CRESCENT KICK

INSIDE & OUTSIDE AXE KICK

SWEEP TO THE INSIDE AND OUTSIDE OF THE OPPONENT'S FOOT

DROP FOOT SWEEP

DROP REVERSE FOOT SWEEP

2.1.10 NON-REGULATORY TECHNIQUES

Any blow with the palm of the open hand (slaps, slaps, etc.).

SPINNING BACKFIST (*Rotating punching with the back of the hand*), **KNIFE HAND** (*blow with open hand and in tension*). (Are included **SPINNING/TURNING KNIFE HAND STRIKE**).

PALM HEEL STRIKE (hit with the bottom of the palm of the hand) and blows with the elbows.

Any throw or Takedown (push down) and push with the arms.

Kicks to the legs, knees, butts and use of the thighs.

Touch the ground with any part of the body other than the soles of the feet unless you are going to run a **DROP SWEEP - DROP REVERSE FOOT SWEEP**.

Somersaults on the floor, pine, side cartwheels, blind movements, etc.

2.1.11. NON-REGULATORY ACTIONS

- Cursing or insulting
- Verbally attack the opponent or officials. Accusing the competitor or officer of cheating or cheating.
- Execute kicks and uncontrolled blows, as well as throw them against the joints.
- Hit the top of the head or the back of the body. Deal blows or kicks to the lower parts.
- Scratching, biting or spitting. Punch punches or kicks after the referee has stopped the fight.
- Leave the combat zone, throw yourself to the ground or run around the area.
- Use defective equipment or that does not adapt properly.
- Offending for inappropriate dress, gestures or words. Excess of power

- Refusing to touch the gloves with the opponent or any other unsportsmanlike behavior.

All offenses shown above may be punished by the referee. The referee may decide to verbally or officially reprimand, subtract a point or disqualify the competitor depending on the seriousness of the offense.

2.1.12 EQUIPMENT OF THE FIGHTER

HELMET OF PROTECTION: It must cover the top part of the head. It has to be a martial arts protection helmet, be in good condition and fit well. You can wear a visor that covers the entire face, or half, if it is shown that it requires medical conditions. It must be authorized by the promoter before the start of the tournament.

MOUTH GUARD: Must be martial arts or boxing. Football or rugby are not accepted.

GUANTILLAS (SEMI GLOVES): Must cover the fingers and thumbs to the second knuckle. Boxing gloves are prohibited at any time in **SEMI-CONTACT**.

BOOTS: Should cover the instep and heel. They have to be full booties. The booties should cover the entire foot.

GENITAL COQUILLA: For both men and women, (Senior and Junior). They should be worn under clothes, and not on the outside.

SHUTTERS: They must be worn under clothes, and not on top. They should not be worn above the knee.

The chest protector is mandatory for all female categories

2.1.13. INDIVIDUAL COMPETITORS

Competitors must wear appropriate and clean equipment. The toenails should be clean and cut. They will have to wear a clean shirt that ensures that the upper half of the arm is covered by the sleeve. The use of a traditional Gi is allowed. It is allowed to carry the names of sponsors and slogans provided they are in good taste and do not offend anyone.

Martial arts pants should be worn. The pants must cover the velcro with which the boots are fastened and have an adequate length.

There can be no zippers, pockets or buttons on the pants.
Sweatpants are not allowed.

Bandage is allowed on the hands; 2'5m maximum. The tapes can be used; its use is recommended by FIDAM for security reasons. The referee may consider it inappropriate if it is used too much.

Long hair should be collected. No competitor may carry metal or plastic objects with him, including earrings, glasses, watches, hairpins, chains, rings, piercings, etc.

The use of contact lenses is allowed under the responsibility of the competitor.

REVIEW OF THE CLOTHING

Every competitor is subject to a dress check before the start of the fight.

Reviews will be conducted by line judges, but only of the same sex. If there is no judge or referee available, an official must review all the competitors.

2.1.14. OFFICIAL UNIFORM OF ARBITRATORS AND JUDGES

- ***BLACK POLO (short or long sleeves).***
- ***BLACK PANTS***
- ***BLACK SOCKS***
- ***BLACK SHOES***

2.1.15. COACHS CLOTHING

The COACH must carry the proper and clean sports equipment, as well as sports shoes.

The COACH can not wear official clothing.

2.1.16. REFEREES, JUDGES AND ORGANIZATION

CENTRAL ARBITRATE

The referee is the only person who can stop the match. The doctor will have to notify the referee by signs if he wants the fight to stop. The coach may withdraw the fighter.

The referee may change all the officials in his area if he so wishes. This can not happen during a fight unless an officer is sick.

The referee must disqualify the fighter when he commits his fifth foul (the fourth in case the match has only one round). The referee may deduct a point, or disqualify the boxer, for any unsportsmanlike behavior or disagreement.

A referee can disqualify a boxer if he or she is not ready to fight after being repeatedly called. (This includes not wearing the correct safety equipment or not showing up). One minute will be given, and the timekeeper will indicate when it has already passed.

The winner will be the fighter who is ready to fight, and the match will be saved as Walk Over (easy defeat). The referee will decide when to ask for the minute, and sportsmanship should be shown.

The referee may disqualify one of the fighters, following a majority decision between judges and referees, if excessive force is used.

A reprimand may be made or points deducted for any other reason without consulting the judges.

The referee may reprimand or disqualify the fighter if aggression is shown towards any of the officials. The physical aggression towards any of the officers will lead to immediate expulsion from the premises, and the Center Referee must submit a report to the **FIDAM** IRC meeting by means of an email to **FIDAM** Head Office of Spain within 7 days.

The fighter will remain sanctioned until the IRC deals with the matter. The permanent expulsion of **FIDAM EUROPE** will be the most probable result.

JUDGE ANOTER

There should be a table outside the combat zone with a marker. The marker must have blue and red sides in which the points won and the area warnings can be scored.

The reprimands of the referees (by excessive force, etc.) must be written down on a piece of paper by the person in charge of the scoreboard. Area warnings and referees will be kept separate.

JUDGE CHRONOMETRATOR

END OF THE FIGHT

The timekeeper will indicate the end of the fight with a whistle, a bell or by throwing a Beanbag (sack filled with balls).

The referee will say "STOP" and the fighters will stop fighting. Any point marked between the indication of the timekeeper at the end of time and the "STOP" signal given by the referee must be noted. Only the referee can stop the match, not the timekeeper. The referee will indicate the winner by giving the result of the score and raising the arm of the winner.

Fighters should touch their gloves again after the end of the fight.

LINE JUDGE

There must be two line judges and one referee per combat zone. Line judges must be in motion and not stand still. Judges and referees must work as a team, since the referee can not annul the decisions of the judges (unless the rules are clearly violated).

The judges and referees must indicate the points by raising their hands and signaling the boxer to score, indicating in turn the number of points scored by extending the relevant number of fingers.

2.1.17. POINT ANNOTATION

There should be a table outside the combat zone with a marker. The marker must have blue and red sides in which the points won and the area warnings can be scored.

The reprimands of the referees (by excessive force, etc.) must be written down on a piece of paper by the person in charge of the scoreboard. Area warnings and referees will be kept separate.

The fouls or area warnings occur when the competitor removes the "WHOLE" foot from the line that delimits the edges of the combat zone.

A competitor may not score a point when he or she is out of the area, but he or she may be scored a bit against him.

The referees must ensure that the competitor is not pushed out of the zone. In order for a referee to make an area warning, the competitor must leave the area voluntarily.

The movement will be considered valid if it is executed in complete equilibrium. Any loss of balance after the execution of the movement will be considered as an invalid point, and the referee must indicate it as "No score".

A point must include: a regulatory movement, aimed at a regulatory objective, with a regulatory use of force. The three situations must be present for the point to be considered valid.

There must be two line judges and one referee per combat zone. Line judges must be in motion and not stand still. Judges and referees must work as a team, since the referee can not annul the decisions of the judges (unless the rules are clearly violated).

The judges and referees must indicate the points by raising their hands and signaling the boxer to score, indicating in turn the number of points scored by extending the relevant number of fingers. If two or more officers signal the same movement, the combat will be stopped by saying "STOP". The fighters will return to their initial position and the referee will indicate the number of officials who have scored the movement by pointing them one by one (including himself if he has scored the movement). This serves to show the spectators and coaches what officials have given the point and whether it has been by majority or not.

Then it will show the number of points by raising the arm and extending the number of relevant fingers to the table. Next, the referee will have to direct his arm towards the boxer to whom the points should be given. This allows the leader of the scoreboard to see the points easily and avoid possible scoring errors. The referee must ensure that the scorekeeper is accurate in scoring the points.

The point will only be given if there is a majority of two officers indicating its validity. Naturally, the three officials will be able to score at the same score. If two of the officials indicate the same score on the same fighter and the third disagrees, the majority wins and, therefore, the score will be given to the fighter supported by it.

If two officials indicate two different scores, the referee must award the lowest score to the fighter. The only time this does not happen is when the two officers identify two different movements. If one gives a single point to the red fighter, it is because he must have seen a punch or a Normal Sweep. If an official gives two points to red is

because he must have seen a kick. Since both movements are different, it is considered "No Score" (no score).

Only the lowest score can be given if both movements are equal

For example: One officer sees a kick in the chest and another sees the kick as a kick to the head. Both will indicate the score. One will give 3 points and the other 2. Therefore, the score will be 2 points, since both saw a kick. If one indicates a punch and the other a body kick, the points would be 1 and 2 respectively. This would result in a "No Score", since it is clear that both saw different movements instead of different body parts.

Another example would be the following: A judge gives two points to the red boxer, and another judge gives two points to the blue boxer. The referee does not score. This would result in a "No Score".

Another example is this: A judge gives a point to both the blue and red boxer, and the other judge gives a point only to blue. The referee gives a point to both red and blue. The final score will be one point for each of the fighters, since the majority score was one point for each.

If the officials do not indicate the score with the hand at the same time, the score will not be valid. The officials must act immediately, since any score indicated after the combat has stopped will not be scored.

If the judge is not clear about the judges' score, he can stop the time and call both judges to debate. The judges must resume their initial position, and the Center Referee (central referee) must say "Score" high. The officials, including the Center Referee, must give the score they will finally score.

The score will finally be decided. (It is not good practice to do this very often).

In any case, the referee must indicate his decision. A referee also has the responsibility to indicate, with the hand raised and the fingers, the score he considers should be scored. An arbitrator must not "follow" the line judges.

You must make your own decision, and show it at the same time as the line judges.

2.1.17. BEGINNING OF THE COMBAT

Fighters must have the help of a coach, who must remain seated. The line judges will make the revisions, but only those of the same sex, before letting them pass to the center of the combat zone. The fighters should be parallel to the sides of the mat, and with a separation of 1m from the center, looking at each other (not from corner to corner). The referee will be oriented towards the table, will check that both line judges are prepared and will indicate to the timekeeper that the match will start. Fighters will touch their gloves to show good sportsmanship and the referee will start the match by saying "FIGHT".

2.1.18. DURING THE FIGHT

The fighters will try to score points against the opponent until the judges or the referee see one. The referee will stop the fight; the fighters will return to their positions; the referee will indicate which judges are scoring; It will show the number of points on the table and indicate to which boxer those points will be awarded. The referee will resume the fight by saying «FIGHT». Any of the fighters or coaches can ask for time-out by making the letter "T" with their hands and taking a step backwards. Any loss of apparent time or abuse of this will result in a warning from the referee. The time will not stop until the referee tells the timekeeper. The time will not stop to grant the points but it will be done to adjust the security equipment. If a warning is made by the referee, the time shall be stopped. Only the referee can resume or stop the fight, as well as the time.

2.1.19. END OF THE FIGHT

The timekeeper will indicate the end of the fight with a whistle, a bell or by throwing a Beanbag (sack filled with balls). The referee will say "STOP" and the fighters will stop fighting. Any point marked between the indication of the timekeeper at the end of time and the "STOP" signal given by the referee must be noted. Only the referee can stop the match, not the timekeeper. The referee will indicate the winner by giving the result of the score and raising the arm of the winner. Fighters should touch their gloves again after the end of the fight.

2.1.20. SIGNS WITH THE HANDS

Below are the signs that the judges and the referee will use:

	DECISION	SIGNAL WITH HANDS
1	Yes, I have seen the points	Raise your hand and show the score
2	No, I have not seen anything	Place both hands crossed in front of the face
3	I've seen it, but I do not give points	Place both hands crossed in front of the legs
4	The competitor has left the combat area	Run with open hands toward the edge of the Combat Area.
5	Both fighters have scored at the same time	Raise both hands and award the score to both sides
6	Anti-regulation technique	Point up and make circles with your hand
7	Too strong contact	Hitting the fist against the palm of the hand
8	Blind spot (without looking at the target)	Turn the body and punch without looking
9	Hold or wrestle	Hold your arm and pull it to indicate the subject
10	Turn the body or escape	Imitate the action or rotate the hand at the height of the head towards the ground
2.1.21. BANNS		

FORCE

The force involved in SEMI-CONTACT must be minimal. Any excess of force will be punished by the referee. Depending on the severity, the referee will have the following options:

- Admonish the fighter

- Discount score
- Disqualify the fighter

2.1.22. AMONESTATION DEPARTURE OF COMPETITION AREA

IMPORTANT NOTE: Referee and area warnings will be kept separate and can not be mixed.

To make a referee's warning or subtract a point must stop the time showing the letter "T", made with hands, to the timekeeper. The fighter must be brought to the center of the combat zone to face the referee. This must inform the fighter why he has been penalized, make the sign with his hands, move his finger authoritatively and say "NO" on high. The referee will indicate the number of the warning by showing the relevant number with the fingers, before teaching them to the manager of the scoreboard and pointing to the boxer. The referee will indicate the decrease of points by holding the elbow with the left hand, pointing the index finger towards the ceiling and lowering it until it points to the ground.

The referee may make a reprimand, decrease points or disqualification to any of the fighters for the behavior of their coach. The coaches' manners are part of the boxer's team, and he is responsible for the behavior of his coach.

A fighter may not receive a warning and a point at the same time

2.1.23. INJURIES

REGULATIONS OF INJURIES

If one of the fighters is injured and the fighter can not continue, the referee should ask the judges if there has been a fault. A majority decision is necessary between the two judges and the referee to determine if it was an accident or not. The referee will not be able to say what has been missing if the judges have not seen anything wrong.

If one of the fighters is wounded and the fight is ended due to a fault, the innocent fighter who has suffered it will be declared the winner. If one of the fighters is wounded and the fight is ended due to an accident, the competitor with the highest number of points will be declared the winner. (In case of a tie, the unscathed fighter will be declared the winner).

If the match ends because of an accident that occurred to both

fighters, and none can continue, the winner will be the fighter with the highest score at the time the match was stopped.
If the score is the same, the match will be considered "No Contest" (there has been no match), and no results will be recorded.
In the case of «Team Fight», the two reserve fighters will be called. The referee, after deliberating with the judges, may stop the match if one of the fighters is not in a position to continue competing or is in trouble. In Semi Contact there is no "Standing 8 count" (8 seconds for a boxer to recover and decide if he can continue).
The match is registered as RSC (Referee stops the contest - The referee considers that one of the fighters is going to be knocked out and decides to stop the fight, which results in a technical Knockout).
In the event that a blow stuns the opponent, the referee must stop the fight and speak with the judges. If by MAJORITY it is determined that it has been lacking, the referee shall penalize the offender. If by MAJORITY it is decided that it was an accident, there will be no penalty.

The doctor or first aid administrator can decide if one of the fighters can not continue. A referee or a judge can not determine how seriously a fighter can be injured and should receive advice from the medical team.

No protest will be accepted before a medical decision

An arbitrator can not modify any of the rules of FIDAM EUROPE and can not annul any medical decision.

2.1.24. MEDICAL REQUIREMENTS

The minimum standard requirement to assist as a medical staff is a valid first aid certificate.

The person in charge of these services must have a complete first aid kit.

The promoter is responsible for providing adequate first aid coverage. It is recommended to have ambulance personnel and / or a doctor, but it is not an essential requirement.

If the medical staff has another commitment, or has left their position, all fighting must stop until medical coverage returns.

If there is no doctor, there will be no fighting!

The members of medical personnel must stay until the end of the last combat; until it is guaranteed that they are no longer necessary and that no problem or circumstance may arise that requires their presence. FIDAM recommends performing the medical examinations of the boxers before the start of the tournament, but it is not mandatory.

All fighters will fight at their own risk. Local anesthetics may not be administered or bandages or bandages placed during the meeting.

CLAIMS

Competitors or club delegates may not personally claim the referees or judges about their decision.

The claim must be sent in writing to the International Arbitration Department.

In due course, the Department will review the circumstances that led to the protest decision, a posteriori will make a report and will have the power to take the action that is required.