



**KRAV-MAGA**  
FFK

**OPEN INTERNATIONAL**  
RULES OF COMPETITIONS  
2017/2018 SEASON



## **CODE OF ETHICS**

### **I WILL PARTICIPATE IN THE OPEN INTERNATIONAL KRAV MAGA**

- I make sure that my registration to this sporting event is effective
- I check that my passport is up to date and includes :
  - The required license stamp(s)
  - My medical certificate to certify that I can take part in the competition
- I make sure my uniform is in good condition

### **I DEMONSTRATE AN APPROPRIATE BEHAVIOUR**

- I ensure compliance with the organisers' rules
- I respect my opponents on the tatamis as well as outside the competition area
- I respect the decisions of the judges
- I remain worthy in defeat as in victory
- I encourage those who accompany me to support me with the greatest sportsmanship
- My behaviour encourages a positive reputation of Krav Maga

## INTRODUCTION

The French Federation of Karate (FFK) is pleased to present the rules for the first Open International Krav Maga.

FFK President Mr. Francis DIDIER's intention was to create an international movement as the Federation was the first in the world to propose a sporting competition along with the French Krav Maga championship since 2013. The objective is to give international insight on the discipline.

This international competition is open to foreign and FFK-affiliated clubs.

The rules of competitions are similar to those of the French Krav Maga Techniques championship.

This rules and referee booklet will allow for the best management of this event.

The Open International Krav Maga is intended for Cadet, Junior, Senior and Veteran competitors. Several teams can participate from one club (foreign or FFK-affiliated clubs). This competition is divided into several distinct categories, which implies distinct podiums :

- **The CADET category**
- **The JUNIOR category**
- **The SENIOR WOMEN category**
- **The SENIOR MEN category**
- **The VETERAN category**
- **The ALL CATEGORIES category**

The Krav Maga competition consists of a **technical team confrontation** made up of 2 performers (Duo). A Duo can be made up (depending on the category) of a pair of men, a pair of women or a mixed pair.

Each duo proposes and demonstrates a free interpretation of situations.

The duration of the demonstration is 1' 30" for all the categories.

The demonstration consists of situations with and without the use of weapons chosen by the teams. The weapons are provided by the Federation.

During the demonstration, the attacker may use any of the techniques used in Krav Maga. The defender's defence and responses should be many, varied and pragmatic as Krav Maga prescribes.

The decision is reached through Flag Voting. The competition is run by direct elimination with no repechage.

Competitors must wear a Krav Maga uniform as determined in the rules of the competition. The technical demonstration of the team must uphold the values and fundamental principles of Krav Maga. It must be realistic and reflect the spirit of combat.

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# I. General rules for the Open International Krav Maga

## A. The Administrative Officer

The Administrative Officer is appointed by the Federation and is responsible for :

- compiling a comprehensive competition file and sending a copy to the National Technical Directorate ;
- receiving all competitors' entries sent by the Clubs ;
- registering competitors and creating lists of the participants ;
- drawing lots of each team ;
- bringing to the competition : the boards, the list of participants for display and review, and the file of declaration papers in the case of a dispute.

## B. The Competition Organiser

The Competition Organiser is appointed by the Federation and is responsible for :

- insuring the proper execution of the competition until the end of the protocol ;
- insuring the monitoring of the security service at the reception ;
- verifying passports as well as the registration to the competition boards ;
- displaying the list of competitors before the competition and the boards during the competition ;
- managing the competition administration ;
- insuring compliance with the rules in the name of the Federation ;
- intervening to prevent and regulate possible conflicts ;
- setting up the medal ceremony protocol.

## C. Registration

The registration files (from foreign and FFK-affiliated clubs) are sent by the Clubs to the headquarters of the Federation (FFK Competition Department). Registration is unlimited (several teams per club are allowed). A team must be made up of competitors from the same club (no athletics agreement is permitted for this competition).

- *There will be no entry fee at the Open International Krav Maga. Registration of teams is free.*

### *a) Registration of foreign teams*

For each competitor, teams from foreign countries must submit the following obligatory paperwork :

- A copy of their identity card to prove their age ;
- The medical certificate to certify that they can take part in the competition.

Foreign teams will not be asked to present an FFK license.

Foreign teams are not required to possess an FFK Krav Maga sports passport.

Registrations of foreign clubs must be sent with respect to the date set for the competition as published on the Federation's website and on the registration papers sent to the clubs.

## b) FFK Registration of FFK-affiliated clubs

Competitors must submit the following obligatory paperwork :

- a valid FFK Krav Maga sports passport ;
- proof of the FFK grade on the sports passport ;
- the current season's license certificate ;
- the medical certificate to certify that they can take part in the competition.

## II. Technical rules of the competition

### A. Composition of teams

Composition of teams for the **Cadet category** : Teams can be made up of women, men or the pair can be mixed. There is no distinction between coloured Belts and/or Black Belts in this category.

Composition of teams for the **Junior category** : Teams can be made up of women, men or the pair can be mixed. There is no distinction between coloured Belts and/or Black Belts in this category.

Composition of teams for the **Senior Women category** : The teams are made up of women exclusively. There is no distinction between coloured Belts and/or Black Belts in this category.

Composition of teams for the **Senior Men category** : The teams are made up of men exclusively. There is no distinction between coloured Belts and/or Black Belts in this category.

Composition of teams for the **Veteran category** : Teams can be made up of women, men or the pair can be mixed. There is no distinction between coloured Belts and/or Black Belts in this category.

Composition of teams for the **All Categories category** : The teams can be made up of : 2 men, 2 women, or mixed. There is no distinction between coloured Belts and/or Black Belts in this category. This applies to all categories.

### B. Age requirements for each category

- The Cadet category (born in 2002-2003) : at least 14 and less than 16 years of age
- The Junior category (born in 2000-2001) : at least 16 and less than 18 years of age
- The 3 Promising categories (born in 1999 and before) : at least 18 and less than 45 years of age
- The 3 Elite categories (born in 1999 and before) : at least 18 and less than 45 years of age
- The Veteran category (born before 1972) : at least 45 years of age
- The All Category category : open to all age and grade categories

No exceptions on upgrading will be granted in regards to the required age for each category. For example, a team in the Cadet category will be made up of only cadets, the same goes for the other categories.

## C. Competition surface

The competition area must be flat and devoid of hazard.

The competition area shall be eight meters squared (measured from the outside) or, as the case may be, seven meters squared. An extra meter is given on each side as a safety surface. The 1-meter wide security surface on the perimeter of the competition area must be clearly delimited.

This 10 x 10 or 9 x 9 surface is made up of tatamis.

The judges will be seated in the external limit of the safety area.

Access to the competition area is not permitted to competitors before their turn. Members of the sports Committee are responsible for informing competitors in the provided warm-up area when their turn has been announced. When competitors present themselves in the competition area they must be dressed as outlined in the rules.

## D. Execution of the competition

The competition is run by direct elimination with no repechage.

## E. Demonstration

The Krav Maga competition is a team confrontation.

### *a) Composition of teams*

Each team is made up of 2 performers (Duo). The duration of the demonstration is **1 minute and 30 seconds** (1' 30") for all the categories. A gong will alert the team 10 seconds before the end of the given time. A second gong will mark the end of the demonstration. The team will be able to finish the sequence begun.

Team competitors remain the same throughout the competition and no replacement is allowed.

Based on the categories, a team can be made up of :

- pair of men ;
- pair of women ;
- mixed pair.

For the Cadet, Junior, Veteran and Open categories, the duo can be male, female or mixed.

Each duo proposes and demonstrates a free interpretation of situations.

For all finals from each category, the team may perform the same or a new demonstration.

*b) Execution of the demonstration*

Demonstration can include :

For the attacker :

- impacts from the upper limbs (open hands or closed fists) ;
- impacts from lower limbs ;
- grabbing ;
- pushing ;
- pulling ;
- circling ;
- strangling ;
- bringing to the ground ;
- projection ;
- immobilisation on the ground ;
- threatening with baton ;
- threatening with knife ;
- attack with baton ;
- attack with knife.

For the defender :

The defender's defence and responses should be many, varied and pragmatic as Krav Maga prescribes.

During the technical demonstration, team members can be the "attacker" or "defender" on their own initiative without an imposed order, regardless of the gender or the category.

Movements and positioning vis-à-vis one's partner during the demonstration will be free (front, side or behind).

The duo will be allowed to freely present a different or the same demonstration until and including in the finals.

During the registration verification at each round, each Team Captain will present himself/herself at the Official Table. Any team which does not present itself at the call will be disqualified.

At each round two teams will present their demonstration in a confrontation.

At the start of each round, at the call of the team number and names of each duo, the two teams shall present themselves in front of the Central Judge.

The two competitors (duo) of a team will wear a Red Belt, and the members of the other team a Blue Belt. They will align themselves with the perimeter of the competition area, in front of the Judge.

After bowing to the Central Judge, the duo wearing the Blue Belt leaves the competition area and waits for their turn; the duo wearing the Red Belt enters the competition area. After another bow to the Referee Panel.

During the team demonstration, the two competitors must begin their performance in front of the Central Judge :

- if the first team uses weapons during the demonstration, it must leave the weapons used in the corners of the fighting area or wear them, and then begin the performance. The timer is started at the start of the performance. At the end of the performance, the team collects its weapons, leaves the area and waits for the demonstration of the other team to be completed.
- if the second team uses weapons during its demonstration, it must leave the weapons used in the corners of the fighting area or wear them, and then begin the performance. The timer is started once again. At the end of the performance, the team collects its weapons and both teams return to the competition area and wait for the decision of the Referee Panel.

When both demonstrations are finished, the two teams enter the competition area, standing side by side in front of the Central Judge. The Central Judge requests the decision by whistling twice. All flags must be lifted simultaneously.

When the Central Judge whistles once more, all flags are lowered.

The decision is in favour of either the team with the Red Belt or the Blue Belt. A draw is not possible. The team receiving the majority of flags is declared the winner.

After the decision, the competitors bow to each other and to the Referee Panel and leave the competition area. The team have at least five minutes of recovery between each round.

During their students' competition, teachers must show a dignified attitude respectful of officials, referees and competitors at all times. Coaching is not allowed.

#### *c) Bowing and waiting position*

- Bowing : with feet apart and parallel, the bust is inclined without being obtrusive, arms are down the side of the body ;
- Waiting position : with feet apart and parallel, both arms are crossed behind the back.

#### *d) Uniform*

Competitors must wear a Krav Maga uniform :

- black kimono trousers ;
- black shirt. Teams from foreign countries can wear their clubs' shirts and it is mandatory that pairs were the same shirt ;
- red or Blue Belt (provided by the organisation) ;
- training shoes or bare feet depending on the internal rules of the competition venue.

The team (duo) must have identical uniforms.

On both trousers and t-shirt, only the following may be displayed :

- the word KRAV MAGA ;
- the logo of the FFK ;
- the badge of the club.

*Note : No sign of belonging to a Krav Maga current will be permitted.*

In the two competing teams, one team must wear the Red Belt and the other the Blue Belt. These belts must measure about 5 cm in width and be long enough to leave 15 cm of slack on either side of the knot (provided by the competition organisers).

Hair clips and hairpins must be discrete.

Any other clothing or equipment is not allowed.

The use of a bandage or support must be authorised by the competition doctor.

***When teams or competitors present themselves in the competition area with a non-conforming uniform, there is not an immediate disqualification and one minute is given to rectify the issue.***

#### *e) Use of weapons*

The demonstration will include situations with and without the use of weapons.

Each team demonstration must include at least once the use of a baton and the use of a knife.

A team may present one or a series of sequences with a weapon both for the defender and the attacker.

Only the weapons provided and given out by the organisation will be authorised.

These weapons will necessarily be made of rubber and sponge. The weapons used during the demonstration will be either :

- Placed on one or multiple corners in the fighting area ;
- Carried by the competitors.

The baton and the knife must be used for all the categories. Each team (Red and Blue) will have 2 batons and 2 knives at their disposal.

### **III. Refereeing**

The status of referee is achieved through specific training and after taking part in a national competition. The National Technical Directorate appoints the competition steering committee (made up of a Refereeing Officer, a Competition Organiser and a Logistics Officer) and confirms the list of nominated referees.

The Refereeing Officer insures the proper technical execution of the competition with the appointed referees. A member of the Referee Panel may assist in the group draw.

## A. The Referee Panel

The official dress is required. Judges must wear the official uniform of the Referee Panel. This uniform must be worn during the French Krav Maga Techniques championship.

For each round, the Referee Panel will be made up of three judges, a scorer and an announcer.

- *with 3 judges* : The Central Judge will be seated at the edge of the competition area, facing the competitors. The two other judges will be seated on either side of the mat (on the right and left). The three judges will each have a Blue and a Red Flag.

For finals from each category, the Referee Panel will be made up of three judges, a scorer and an announcer.

- *with 5 judges* : The Central Judge will be seated at the edge of the competition area, facing the competitors. The two other judges will be seated on each angle of the mat. The five judges will each have a Blue and a Red Flag.

Any judge or organisation member summoned to judge a competition can under no circumstance participate as a team competitor.

## B. Judging criteria

The team demonstration must be executed with skills and must demonstrate knowledge of the Krav Maga principles.

This technical demonstration is not based on an aesthetic appreciation but rather on the values and fundamental principles of Krav Maga, including efficiency, pragmatism, simplicity and speed.

To score the team performance, the judges will keep the following criteria in mind :

- how realistic the demonstration is ;
- uniqueness of the demonstration ;
- variety and technical difficulty both in defence and in attack/threat ;
- attitude ;
- mastering of the technique, which implies a control over movements and safety ;
- determination, concentration and a fighting spirit ;
- proportional responses.

The two team partners are evaluated irrespective of their roles defined in their presentation (attacker or defender).

During the team demonstration, the two competitors must begin their performance in front of the Central Judge.

Team members must prove their skills in all aspects of the sequence execution.

## C. Disqualifications and penalties

After notice from the referee or on the opinion of the doctor, the team is disqualified by the Central Judge if the demonstration is interrupted following an injury or if the safety of one of the competitors is in danger.

When a team is disqualified, the Central Judge raises the relevant Flag (Red or Blue) and crosses and uncrosses the Flags. After the performance of the two teams during the same round, the non-disqualified team is declared the winner.

In the heats and semi-finals, both teams can be disqualified within the same round.

During the finals, the Referee Panel is responsible for making a decision and determining the final grading.

## D. Official complaints

The Central Judge is responsible for insuring that the round is executed in accordance with the organisational procedures and the rules of the competition.

In the case of a complaint, the Match Area Controller must be alerted immediately. The Match Area Controller will immediately take the relevant actions. His decision is subject to appeal before the Chief Referee immediately after the performance of the teams.

If the Chief Referee finds that the claim is well founded, all appropriate actions are taken. Their decision is not subject to appeal. The following rounds are not delayed, even if an official complaint is about to be filed. After a team demonstration, judges' decisions cannot be contested through Flag Voting.



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