



**KRAV-MAGA**  
FFK



# **WORLD KRAV-MAGA CHAMPIONSHIP REGULATIONS**

**Krav-maga**

SAISON  
**24  
25**

# SUMMURY

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# 1.1 TECHNICAL COMPETITION RULES

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## 1.1.1. CATEGORIES

### a. Team composition

The composition of the teams:

- Cadet, Junior and Veteran 1 and 2 categories: Teams can be composed by 2 men, 2 women or mixed;
- Senior women's category: The teams are made up by women only;
- Senior men's category: The teams are composed only by men;
- Senior mixed category: Teams are composed by one woman and one man.

There is no distinction between colored belts and/or black belts.

Only age determines the category.

### b. The age requirement by category

- The cadet category: 14/15 years old
- The junior category: 16/17 years old
- The senior category: 18/35 years old
- The Veteran category 1: 36/45 years old
- The veteran category 2: 46 years old and +

Upgrade is allowed in the cadet, junior, senior and veteran 1 categories.

The cadet category is composed by two cadets or one cadet and one minime.

The junior category is composed by two juniors or a junior and a cadet.

The senior category is made up by two seniors ; or one senior and one junior ; or one senior and one veteran 1 or 2.

The Veteran 1 category is made up by two Veterans 1 or a Veteran 1 and a Veteran 2.

The veteran 2 category is made up by two veteran 2.

## 1.1.2. THE COMPETITION AREA

The competition area must be flat and devoid of hazard.

The competition area must be an 8-metre square (measured from the outside) or if necessary, 7 metres on each side. An additional metre is provided on all sides as a safety surface. The 1-metre-wide safety surface around the entire perimeter of competition area must be clearly delineated. This 10x10 or 9x9 surface is made up of tatami mats.

The judges are seated at the outer boundary of the security area.

Competitors do not have access to the competition areas before their passage. Members of the sports commission are responsible for informing them in the warm-up areas that have been assigned to them that their passage is announced.

When competitors arrive on the competition area, they must wear the outfit corresponding to the rules.

### 1.1.3. EXECUTION OF THE EVENT

The competition is held by direct elimination with or without a repechage depending on the number of registrants.

#### **a. Technical demonstration**

The Krav Maga competition is a team confrontation.

Team composition: each team is made up of 2 people (duo).

For all categories, the duration of the technical performance is from 1 minute 20 seconds minimum to 1 minute 30 seconds maximum (1'20" to 1'30"). A first gong will warn the team 10 seconds before the end of the time limit. A second gong, followed by a long whistle from the table referee, will define the end of the technical demonstration. Any action begun before the second gong may be finalized.

The competitors making up a duo must be the same throughout the competition, no substitution is allowed.

Each duo proposes and demonstrates a free interpretation of situation. Teams have the choice of presenting the same technical performance or presenting a New technical performance at each lap.

The technical demonstration may include:

#### For the attacker:

- Impacts of the upper limbs (open hands or closed fists);
- Impacts of the lower limbs;
- Grabbing;
- Pushing;
- Traction;
- Encirclement;
- Strangulation;
- Brought to the ground;
- Projection;
- Immobilization on the ground;
- Threat with a staff;
- Threat with knife;
- Stick attack;
- Knife attack

#### For the defender:

The defences and responses will be multiple, varied and pragmatic as advocated by the practice of Krav Maga.

During the technical performance, the team members can be "attacker" or "defender" on their initiative in a non-imposed order, regardless of the category and sex.

Movements will be free and the positioning during the performance too (from the front, from the side or behind you).

The duo will be allowed to freely present a different technical performance or the same technical demonstration up to and including the finals.

During the verification of the registrations in each round, the coach of each team will present himself/herself at the official table.

The team which does not present itself at the call will be disqualified.

In each round, two teams compete against each other.

At the beginning of each round, when the team number and the names of each team are called, both teams face 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 should 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 and may start after another bow to the referee panel.

During the technical demonstration of the team, the two competitors must begin their performance in front of the central judge :

- If the first team uses weapons during the technical 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 the technical 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 more. 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 the two technical demonstrations are finished, both teams remain side by side in front of the central judge in the competition area. The central judge requests the decision by whistling twice. All flags must be lifted simultaneously.
- To lower the flags, the central judge whistles once more.
- 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 winners have at least five minutes of recovery between each round.
- During the competition of their students, coaches must adopt a dignified attitude respectful of officials, referees and competitors at all times. Coaching is not allowed.

### **b. 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.

### **c. Uniform**

Competitors must wear a Krav Maga outfit:

- Black kimono pants only (no pants with pocket, button, belt, or tracksuit, or leggings);
- Black T-shirt only (no tank top or long sleeves);
- Red or blue belt (provided by the organization);
- Training slippers suitable for tatami or barefoot
- The team (duo) must have an identical outfit. Both on the trousers and on the T-shirt.

In the two competing teams, one team must wear the red belt and the other the blue belt.

These belts must measure about 5cm in width and be long enough to leave 15cm of slack on either side of the knot (provided by the competition organisers). Hair clips and hairpins must be discrete.

Wearing 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 but one minute is given to remedy the issue.**

### **d. Use of weapons**

The technical demonstration includes situations with and without the use of weapons.

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

Only the weapons provided and given out by the organizer are authorized.

These weapons will necessarily be made of rubber and sponge.

The weapons used during the technical demonstration must be either:

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

For all categories, the baton and the knife must be used. Each team (red and blue) has 2 batons and 2 knives at their disposal.

## **1.1.4. JUDGING CRITERIA**



The team technical demonstration must be uninterrupted, 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 shall keep the following criteria in mind:

- Realism of the technical demonstration ;
- Originality of the technical 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 the choice of their presentation (attacker or defender).

Team members must prove their skills in all aspects of the sequence execution and their technical demonstration must respect the time allocated, **between 1 minute and 20 seconds minimum to 1 minute and 30 seconds maximum.**

### 1.1.5. DISQUALIFICATIONS AND PENALTIES


The team is disqualified by the central judge after consulting the head referee or a doctor if the technical demonstration is discontinued following an injury, or if the safety of a competitor is compromised.

When a team is disqualified, the central judge raises the relevant flag (red or blue) and crosses and uncrosses the flags. After demonstration of the two teams during the same round, the non-disqualified team is declared the winner.

During 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.

## 1.1.6. GESTURES AND SIGNALS OF THE JUDGES

Identifying the winning team	
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### Official protests

It is the responsibility of the central judge to ensure that the tour has been conducted in accordance with the organisation procedure and the rules of the competition.

In case of protest, the tatami boss must be notified by the team coach before the next meeting. He shall take immediate action.

Its decision is subject to appeal to the referee immediately after the passage of the competitors.

Where the adjudicator considers that the claim is well-founded, a appropriate action is taken.

His decision is not subject to any appeal. The following rounds are not postponed even if an official protest is about to be filed.

The Judges' decisions after a team has performed in the flag judging can not be challenged.



## 1.2. THE TECHNICAL RULES OF THE "COMBAT DEFENSE" COMPETITION

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### 1.2.1. CATEGORIES

The Krav Maga « Combat defense » competitions are open to cadets, juniors, seniors veterans 1 and 2, female and male:

- The cadet category: 14/15 years old (2010 -2009)
- The junior category: 16/17 years old (born in 2008 – 2007)
- The senior category: 18/35 years old (born from 1989 to 2006)
- the veteran category 1: 36/45 years old (born from 1979 to1988)
- The veteran category 2: 46 years old and + (born in 1978 and before)

Weight categories are :

- for cadet women : -40 kg ; -48 kg ; -56 kg ; -64 kg ; +64 kg ;
- for Junior women : -45 kg ; - 53 kg ; -61 kg ; -69 kg ; +69 kg ;
- for Senior women : -55 kg ; -63 kg ; - 71 kg ; -79 kg ; +79kg ;
- for women Veterans : -55 kg ; -63 kg ; - 71 kg ; -79 kg ; +79kg ;
- for cadet men : -45 kg ; -53 kg ; -61 kg ; -69 kg ; +69 kg ;
- for Junior men : -55 kg ; -63 kg ; -71 kg ; -79 kg ; +79 kg ;
- for Senior men : -65 kg ; -73 kg ; -81 kg ; -89kg ; +89 kg ;
- for men Veterans : -65 kg ; -73 kg ; -81 kg ; -89kg ; +89 kg.

Age overclassification is not allowed.

### 1.2.2. THE COMPETITION AREA

The competition area (8mX8m) is made entirely of tatami mats on which is added a ring (6m X 6m) for the "defense" fight.

The judges are seated at the outer edge of the field of play (2nd safety behind the ring) and the central referee evolves on the field of play.

Access to the competition area is not permitted to competitors before their turn. Once on the competition area, competitors must wear the clothing and protective equipment as outlined in the rules.

### 1.2.3. CONFRONTATION

The competition is held through elimination without repechage.

Krav Maga Combat "defense" is a confrontation of two competitors.

An exchange consists of two combat phases of up to 10 seconds:

During the first phase of 10 seconds maximum, a competitor is designated as an attacker, the other is designated defender;

In the second phase of up to 10 seconds, the roles of the competitors are reversed.

The attacking competitor chooses the knife or the stick.

The percussions can be carried with maximum efficiency as well as with the weapons provided (knives or sticks) than with the natural weapons of the 2 combatants.

Only touches with the knife or stick will be counted for the decision of the point awarded or not to the defender.

- If the attacking competitor manages to hit his opponent with the knife or stick 3 or more times  
consecutively or not during the 10 seconds, on any part of his body, the defending competitor does not score any point.
- If the attacking competitor fails to hit his opponent at least 3 times (0,1 or 2 touches), during the 10 seconds on any part of the opponent's body, the defender scores 1 point.

At the end of each phase, the defending competitor is designated the winner (flag of his color is up) or loser (flag of its color is down).

Then the roles are reversed, and the defender becomes an attacker and chooses the knife or the stick.

1 point can only be scored by the competitor during his defender phase.

A phase is made up of:

A first attack on the theme of a knife or stick, supplemented or not by attacks additional additions of the attacker's choice;

Defense techniques (protection and response) performed by the defender.

The possible themes per phase of the competitors' choice are:

- Exchange 1 & 2: Mandatory attacks with a weapon: knife or stick;
  - During the 1st exchange, the attacking competitor chooses the knife or the stick
  - During the 2nd exchange, the attacker will have to choose the weapon different from the 1st exchange.
  - Note: the competitor must not use the same weapon on the 2 exchanges.
  - Possible cases to stop or continue the fight:
    - If the score is: 2-0, (2 winning rallies, i.e. 4 phases, 1 time attacking with a knife, 1 time batting forward, 1 time knife defender, 1 time batting defender the confrontation stops and one of the 2 competitors is declared the winner.
    - If the score is not 2 -0 (0-0, 0-1, 1-1,2-1, 2-2,) a 3rd exchange of 2 phases attacking and defender is planned in fists-feet.

- Exchange 3: Unarmed Attacks: Grab, Choke, Punch, or Punch foot.
  - The fist-to-foot phase is stopped in the event of a knockout
  - The defender scores 1 point during the phase if he has not been hit 3 or more times, standing or on the ground.
  - If the score is different (0-1; 1-2,1-3, 2-3), the winner of the confrontation is declared.
  - If the score is tied (0 – 0,1 – 1, 2 – 2) at the end of the 3 rallies, 1 knife, 1 stick, 1 fists-toes (i.e. 6 phases of 10 seconds), a free fight of 30 seconds is planned.
- Exchange 4: A 30-second free battle and the winner of the free battle will be declared winner of the confrontation.

#### 1.2.4. EXECUTION OF THE CONFRONTATION

The fighters place the weapons provided by the organizer at the edge of the surface (knives, sticks).

The competitors called to the middle of the box by the central referee greet each other at a distance of 1 metre on either side of the centre (i.e. 2 metres from each other).

They must be in a neutral position and they respect the distance of 2 meters.

The red fighter rotates to turn his back on the blue fighter.

The blue Fighter goes to the edge of the carpet to retrieve a weapon of his choice (obligation to use the knife and stick during the first two exchanges).

Then he returns to his initial location.

The central referee stands at the edge of the mat to be visible to both fighters.

At the signal of the central referee (gesture and voice), the red fighter turns to face to the blue fighter who has 10 seconds to attack.

##### The phase is stopped:

- In case of injury,
- If the physical integrity of one of the 2 competitors is threatened:
  - In the event of a knockout
  - Loss of protection
  - Exit from the ring
- In case of 2 penalty pronounced by the referee for prohibited technique or dangerous behavior throughout the confrontation.
- At the latest after 10 seconds.

Special case of the exit of one or both competitors from the ring during a combat phase:

The central referee stops the phase, separates the competitors, places them face to face and restarts the fighting at the exact place where they were (in the same situation as before, at whether the adversary had previously been without a weapon or without a weapon).

At the end of the phase, the central referee separates the competitors, asks for the decision of the phase to the judges, Then, the roles are reversed as well as the locations.

The blue fighter rotates on himself to turn his back on the red fighter.

The red Fighter goes to ringside to retrieve a weapon of his choice (obligation to use the knife and stick during the first two exchanges). Then he returns to his initial location.

The central referee stands at ringside to be visible to both fighters.

At the signal of the central referee (gesture and voice), the blue fighter turns to face to the red fighter who has 10 seconds to make his attacks.

NB: only during the free fight, in case of a tie, the 2 fighters are placed 2 m away one from the other face to face and not behind the defender.

At the end of each phase, the competitors return to the middle of the competition area.

The central judge asks for the decision by whistling twice. All flags (red or blue depending on the color of the defender) are raised or lowered simultaneously.

The decision is given in favour of the defending competitor wearing a red or blue T-shirt, (flag top = 1 point / bottom flag = 0 point).

The central referee gives the result of the exchange by announcing the results of the judges and then the winner of the phase by lowering his arm 45° downwards towards the winner.

Example with 3 judges: blue defender in blue t-shirt (no belt) 2 blue flags in top, 1 blue flag at the bottom = blue defender: 1 point To lower the flags,

the central judge whistled again after the result was announced by the central referee.

The following exchanges take place according to the same protocol.

At the end of the confrontation, the competitors remove their helmets. The fighter who won

The most rallies are declared the winner by the central referee. It designates the winner of the confrontation by raising his arm 45° upwards on the winner's side with the announcement following:

Example: "Winner of the fight, Blue fighter".

Following the decision, the competitors greet each other, then greet the refereeing team and leave the combat area.

Competitors must have a minimum of 10 minutes of recovery between each confrontation.

### Prohibited techniques and behaviors

NB: all percussion with all parts of the body is allowed standing.

The prohibited techniques are:

- Blows aimed at the spine, neck and back of the head;
- Twisting of the finger or toe;
- Uncontrolled neck twists;
- Spine keys;
- Projections in the form of locked keys when standing;
- Intentional throws and pushes aimed at causing the opponent to fall on the
- Nape of the neck or on the head;
- Falling backwards with the opponent behind them from the standing position.
- Head-to-the-ground percussion.

The prohibited behaviors are:

- Grasp the trachea/artery with your fingers;
- All attitudes of non-combativeness causing endangerment;
- Putting your fingers in your opponent's nose, eyes, mouth or wound;
- Scratching intentionally;
- Catching or pulling hair;
- Grabbing the opponent's clothes;
- Grabbing or putting your fingers in the opponent's ear;
- Tickle your opponent;
- Bite your opponent;
- Retaliate with your back to the attacker at the start of the fight
- Verbally or verbally contest the referee's decisions.

Aggressive and deliberately dangerous behaviour that may undermine integrity physical aspects of the opponent are forbidden.

### 1.2.5. COACH

The coach is responsible for the behaviour of his competitor but must also have a correct attitude, exemplary behaviour in all circumstances, respect the opponent, the central referee, the judges and the members of the competition organization. He cannot film or photograph.

Only the coach can address the competitor during the competition, ensuring respect of sports ethics.

### 1.2.6. 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.

### 1.2.7. UNIFORM AND EQUIPMENT

Competitors must wear a Krav Maga outfit:

- Black kimono pants (no pants with pocket, button, belt, or tracksuit, or leggings);

- Red or blue T-shirt (no tank top or long sleeves). Foresee both colors for each competitor.
- Training shoes suitable for tatami mats (no tennis shoes or sneakers with rigid soles) or barefoot

The use of bandages or supports must be authorized by the competition doctor.

### Protections

For hygiene reasons, each competitor must be in possession of his or her own protection:

- A helmet to protect the chin, cheekbones and top of the head and face protection (eyes); metal grills are prohibited;
- A mouthguard;
- Open-handed mitten-type gloves;
- A genital shell (metal "shockdoctor" type recommended) or pubic and chest protector.

Optional, at the competitor's choice:

- Tatami or barefoot slippers,
- Shin and foot protectors (without rigid reinforcements), sock type or protectors shins alone
- The central referee checks the presence of the equipment before the competitors salute.

### Weapons

The weapons, stick and foam knife, are provided by the organization.

They are placed at the edge of the mat and available to competitors before the start of the confrontation.

Tenue KRAV MAGA COMBAT DEFENSE FFKARATE:



Casque de protection combat défense



Protège-dents



Gants



Coquille



Protège tibia et pieds





### 1.2.8. JUDGING CRITERIA

Competitors must demonstrate their effectiveness to defend themselves against one or more clear attacks.

Judges value in the following order :

- Effectiveness of the defender's protection: the defender was not touched on vital areas (blocking, dodging attacks or counters) ;
- Effectiveness of the responses: neutralising the attacker (disabling, immobilization ...).

### 1.2.9. WARNINGS, PENALTIES AND DISQUALIFICATIONS

The central referee may give out warnings, penalties, disqualifications and "out-of combats".

A warning for forbidden techniques, dangerous strikes or unsuitable behavior may be decided by the central referee with discontinuation of the exchange. A second warning leads to the loss of the current exchange. A third warning leads to the loss of the fight.

Cadet, Junior, Veteran 1 and 2 fighters must perform their attacks/defenses with controlled strikes, both for the attacker and the defender.

In the case of excessive contact, the fighter receives a penalty.

After 3 penalties, the fighter is disqualified.

Fighters in these categories should not seek the knockout.

A competitor performing a prohibited technique or a prohibited voluntary blow may be automatically disqualified by the central referee.




A voluntary exit from the competition area leads to the loss of the exchange.

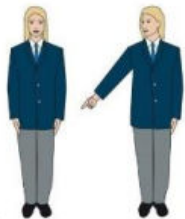


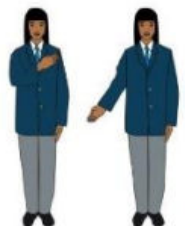
Voluntary exit happens when a competitor is entirely outside of the competition area and no exchange has been performed.

Leaving the competition area during an exchange while remaining in the 1-metre safety band do not lead to discontinuation of the exchange nor to a sanction.

When the fight is stopped, the central referee will place the competitors back in the exact location before their release, under the same conditions (with or without a weapon).

## 1.2.10. GESTURES OF THE CENTRAL REFEREE AND JUDGES' SIGNALS

Welcoming of competitors	 <p>The referee introduces "Blue" and "Red"</p>
Bowing of competitors	 <p>The referee says "Greet"</p>
Warning for techniques or prohibited strikes	 <p>The referee points his index finger towards the abdomen of the offender and says "Warning to Blue" or "Warning to Red" while indicating the forbidden technique or behaviour.</p>

<p>Leaving the competition area</p>	 <p>The referee points his/her index finger towards the offender's edge of the competition area and says "Blue exits" or "Red exits".</p>
<p>Disqualification</p>	 <p>The referee points his/her index finger towards the offender's face, and says "Blue disqualification" or "Red disqualification". Then, the referee announces the victory of the opponent "Winner Blue" or "Winner Red".</p>
<p>Identifying the winner of the exchange by the judges</p>	
<p>Identifying the winner of the exchange</p>	 <p>The referee lowers his/her arm at 45° towards the winner and announces "Winner of the exchange: Blue" or "Winner of the exchange: Red".</p>

Identifying the winner of the fight



The referee raises his/her arm at 45° towards the winner and announces "Winner of the exchange: Blue" or "Winner of the exchange: Red"

## 1.3. « COMBAT LIBRE » COMPETITION RULES

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The Krav Maga Combat libre is a krav maga fighting discipline combining the foot-fist percussion,

The hand-to-hand combat standing and on the ground and which can continue until immobilization or submission to the ground.

The central referee is responsible for the safety of the competitors in the action while ensuring the dynamism of the fight.

In the Krav Maga combat libre blows are allowed by or on a competitor standing or on the ground.

The competitor may:

- Crashing into your opponent with various kick-and-fist techniques or any other body part allowed during standing and on the ground;
  - Stand-up hand-to-hand wrestling, knee punches, grabbing and throwing to the ground by any authorized means;
  - Continue the fight on the ground by means of strike techniques, immobilization, wrestling and submission authorized.
  - Fights take place in a single round, according to the official time of the category, for the playoffs
  - The fights take place in two rounds, according to the official time of the category, for the finals in all categories.
- 
- Cadets (14-15 ans) : 1 round de 1 minute et 30 secondes en combat continu
  - Juniors (16-17ans): 1 round de 2 minutes en combat continu
  - Séniors (18-35 ans) : 1 round de 2 minutes en combat continu
  - Vétérans 1 (36-45ans) : 1 round de 2 minutes en combat continu
  - Vétérans 2 (46 ans et +) : 1 round de 2 minutes en combat continu.

### 1.3.1. CATEGORIES

The Krav Maga « Combat libre » competitions are open to cadets, juniors, seniors veterans 1 and 2, female and male:

- The cadet category: 14/15 years old (2010 -2009)
- The junior category: 16/17 years old (born in 2008 – 2007)
- The senior category: 18/35 years old (born from 1989 to 2006)
- the veteran category 1: 36/45 years old (born from 1979 to 1988)
- The veteran category 2: 46 years old and + (born in 1978 and before)

Weight categories are :

- for cadet women : -40 kg ; -48 kg ; -56 kg ; -64 kg ; +64 kg ;
- for Junior women : -45 kg ; - 53 kg ; -61 kg ; -69 kg ; +69 kg ;
- for Senior women : -55 kg ; -63 kg ; - 71 kg ; -79 kg ; +79kg ;
- for women Veterans : -55 kg ; -63 kg ; - 71 kg ; -79 kg ; +79kg ;
- for cadet men : -45 kg ; -53 kg ; -61 kg ; -69 kg ; +69 kg ;
- for Junior men : -55 kg ; -63 kg ; -71 kg ; -79 kg ; +79 kg ;

- for Senior men : -65 kg ; -73 kg ; -81 kg ; -89kg ; +89 kg ;
- for men Veterans : -65 kg ; -73 kg ; -81 kg ; -89kg ; +89 kg.

### 1.3.2. COMPETITION AREA

The Krav Maga combat libre takes place in an octagonal cage for two doors.



### 1.3.3. UNIFORM AND EQUIPMENT

Uniform for competitors:

The competitor's sports outfit must be decent and clean and consists of:

- Black Krav Maga pants;
- A blue and a red Krav Maga T-shirt.

Uniform for the coach:

The coach must wear sports shoes, a complete tracksuit, pants and jacket,

Neutral or with the effigy of the cuntry represented.

The following protections, approved by the FFKDA, are mandatory, for all categories:

- A pair of gloves, in perfect condition, of the "open fingers" type approved for use in competition, with a density of 7oz with velcro closure;
- A simple "CE" type personal mouthguard approved for women such as for men;
- A personal "CE" type shell approved for men ;
- Pubic protection for women;
- A soft chest protector, CE approved for women ;
- A protective helmet without a red and blue grille;
- A pair of "CE" approved sock-type shin guards.

Optional for all categories:

- A pair of soft shoes suitable for tatami mats (Running shoes are prohibited) ;
- Soft knee protector ;
- Elbow pads ;
- No seatbelt.

Lightweight, non-hard boxing hand wraps are checked by the front officials every fight.

The use of additional bandages or supports must be authorized by the competition doctor.

The gloves must be of the same structure for both competitors. In the event of deterioration of a glove during the fight, both gloves are replaced by identical gloves.

The maintenance of long hair can only be achieved with soft accessories subjected to the assessment of the central referee of the competition.

Hair clips and bobby pins are prohibited.

Competitors must have their nails cut short. They must not wear objects that can hurt their opponents. Wearing jewelry, earrings, rings, piercings and collars is strictly forbidden for safety reasons.

Hearing aids, optical aids, glasses and hard contact lenses are prohibited.

The wearing soft contact lenses is allowed under the responsibility of the competitor.

The wearing of metal braces must be approved by the referee and the official doctor of the federation.



Types de Casques:



Types de Gants (7oz) :



Types de Protège tibias:



Coquille



Tenue KRAV MAGA COMBAT LIBRE FFKARATE:



### 1.3.4. CONFRONTATION

#### **a. Execution of the confrontation**

The central referee and the judges position themselves before the start of the fight.

The competitors are differentiated by red equipment for the first called up and blue equipment for the second called.

The equipment of the competitors (outfits, bandages and protections) must be checked by officials before each fight.

The central referee is the first person to enter the cage to control the fighting area, he invites the two competitors to join him before placing them in the center of the cage, face to face, two meters from each other.

Only the following may be present inside the cage, the central referee of the competition and the two competitors.

When a competitor arrives on the field of play with a non-compliant outfit, he or she will not be immediately disqualified, but will be given one minute to get into the in accordance with the regulations. Any competitor who shows up unequipped when called name is declared forfeited.

The introduction of the combatants begins with the salute.

It is binding on judges, the central referee and the opponent, before and after the fight.

Salvation is free but must be respectful.

The commands of the central referee are: "Fighters ready, on guard!", "fight!" and "Stop Chrono!".

The timer is triggered to determine the timing. A fight begins when the central referee gives the starting signal: "Fight!" The clock stopped, in the course of fight, every time the central referee says "Stop, Timer!" at the table and leaves as soon as he restarts the fight.

As soon as one of the athletes loses one of the protections (helmet, gloves, mouth guards)

during the standing or ground bout, the central referee must suspend the fight and make sure to make replace the protective accessory before any resumption of combat in the same situation where

the fight was interrupted. The opposing fighter waits in a neutral corner designated by the referee.

#### **b. Prohibited techniques**

##### Prohibited techniques and acts common to all categories

Strictly forbidden voluntary techniques resulting in immediate disqualification:

- Blows aimed at the spine, neck and back of the head;
- Twisting of the finger or toe;
- Uncontrolled neck twists;
- Spine keys;

- Projections in the form of locked keys when standing;
- Intentional throws and pushes aimed at causing the opponent **to** fall on the nape of the neck or on the head;
- Falling backwards with the opponent behind from the standing position;
- Punches to the face in ground combat;
- Grasp the trachea or carotid artery with your fingers.

Prohibited acts resulting in a warning :

- All attitudes of non-combativeness causing endangerment;
- Putting your fingers in your opponent's nose, eyes, mouth or wound;
- Scratching intentionally;
- Catching or pulling hair;
- Grabbing the opponent's clothes;
- Grabbing or putting your fingers in the opponent's ear;
- Tickle your opponent;
- Bite your opponent;
- Verbally or verbally contest the referee's decisions.

The absorption of any doping product is strictly prohibited. In general, every Behaviour contrary to morality, sportsmanship and the code of ethics of practice KRAV MAGA « combat libre » entails the ban, temporarily or permanently, for the competitor, to participate in any KRAV MAGA « combat libre » competition on the territory national.

**c. Authorized techniques by category :**

**CADETS, JUNIORS AND VETERANS 1 & 2 MALE AND FEMALE:**

Stand up:

- Punches, kicks, on the body, helmet and face.
- Knee blows to the body.
- Grabbing, wrestling and throwing.

To the body:

- Controlled blows.
- Power Authorized (Controlled)

To the head:

- Controlled blows on a helmet, face
- Authorized power (Controlled).

Ground control :

- Controlled blows and head strike Prohibited
- Body strikes, grabs, wrestling, fixed assets and techniques submission (keys, compressions, strangulations...).

**SENIOR MALE AND FEMALE :**

Stand up:

- Punches, kicks, on the body,

- helmet and face. Knee blows to the head and body. Blow head.
- Grabbing, wrestling and throwing.

To the body:

- Hard blows.
- Power (KO).

To the head:

- Hard hits.
- Power allowed (KO)

Ground control :

- Head Strike forbidden
- Body strikes, grabs, wrestling, fixed assets and techniques submission

(keys, compressions, strangulations...)

#### **d. Coach**

Only the coach can address the competitor during the competition, ensuring respect of sports ethics. No other competitor or coach should address the fighter during the fight, under penalty of sanction or immediate disqualification of the competitor, at the discretion of the central referee.

The coach is responsible for the behaviour of his competitor but must also have a correct attitude, exemplary behaviour in all circumstances, respect the opponent, the central referee, the judges and the members of the competition organization.

The coach is not allowed to recording nor photograph from the box.

Any unethical behaviour and non-compliance with the rules, such as talking to judges and to the central referee during their appreciation of the fight may result in the disqualification of the competitor. The coach may also be prohibited from coaching during the entire competition.

If the coach judges that his competitor is in dangerous difficulty, he can stop the fight by throwing in the towel. At the end of the fight, the coach greets the referees and leaves the area.

### **B. Judging criteria**

Each competitor is evaluated by the judges on the following three categories:

- Effective percussion techniques;
- Projection techniques;
- Successful hand-to-hand techniques;

For each of these three headings, federal judges must systematically take into account account:

- The number and quality of techniques performed by the competitor during the fight ;
- The combativeness of the competitor;
- The opportunism of the competitor;
- The pugnacity of the competitor;

- The richness and variety of the range of techniques performed by the competitor;
- The conformity of the techniques to the specific reality of the practice of KRAV MAGA « Combat libre ».

The judges then designate the one of the two competitors who meets the most criteria in the three scoring headings. The victory by decision of the judges, given at the end of the regulation time of combat, is sovereign and without appeal.

### 1.3.5. THE DIFFERENT POSSIBILITIES OF VICTORY

In KRA MAGA « combat libre », the decision to win is made unanimously or by a majority of the colours of the three or five judges.

At the signal of the central referee, the three or five judges raise the flag of the colour of the competitor (blue or red) chosen and then the central referee announces the corner suit of the as well as the reason for the victory.

- Victory at the end of the regular combat time:

The winner is the one who has dominated the whole fight, who has placed the most effective techniques or shown superior technical skills to his opponent.

- Victory by forfeit:

It is obtained in the event of a no-show, a last-minute withdrawal or the competitor's non-compliance with the weight limits of the category in which he is entered to competition.

A competitor who appears alone on the combat area is declared the winner by forfeit.

- Victory by disqualification ;
- Victory by doctor's decision ;
- Victory by knockout.

### 1.3.6. WARNING, PENALTIES AND DISQUALIFICATION

The central referee can decide on warnings, penalties, disqualifications and "out of combat".

Warnings for blows and dangerous techniques may be issued by the central referee with or without interruption of the fight. Judges must not take this into account for the final decision.

After a 3rd penalty, fighter 1 loses the round.

The repetition of deliberate dangerous blows and techniques during the same round will result in the disqualification of the competitor concerned and therefore the loss of the current fight.

A competitor performing a prohibited technique or a prohibited deliberate move may be automatically disqualified by the central referee.

Exception:

If Fighter 1 does not protect himself properly or throws himself dangerously on the unprotected fighter 2 and he takes dangerous blows, the central referee must sanction the combatant 1.

### 1.3.7. MEDICAL ASSISTANCE

The doctor is responsible for intervening, if necessary and at the request of the central referee, on the various fighting areas or during the breaks between rounds and to authorise or not the competitor concerned to continue the fight.

He may examine, if it deems it necessary, any athlete who has been knocked out of action as a result of a blow, a choke, a submission or a "throwing of the sponge". After being put out of action with loss of consciousness, any resumption of activity is prohibited for two months and the resumption must be preceded by a medical opinion

Doping is prohibited. The doctor has the duty to warn the person in charge of the organization if he notices a competitor under the influence of alcohol, a narcotic product or any other prohibited product.



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