



## **IQF World Junior & Senior Tournament Rules**

### **SECTION I – GENERAL**

#### **T 1. PURPOSE**

The purpose of these rules is to elevate the quality of Quadrathlon by scoring every aspect and to provide an equal opportunity for all participants to show the best of their abilities in friendly competition with one another.

#### **T 2. APPLICATION**

These are to be applied at every International and National Quadrathlon competition for degree holders. They apply to male and female competitors except where stated otherwise.

#### **T 3. OFFICIALS**

The Juries, Referees, Judges and Computer Assistants will be selected according to the rules of certified Umpires.

#### **T 4. DUTIES**

- a. One (1) Jury President will be seated at the Jury table during competition at all time and will be responsible for decisions as written in the Umpire rules.
- b. Five (5) Judges will be seated in a line at a distance of one (1) metre from the border of the ring facing the competitors during Technical Performance and Pre Arranged Free Fighting competition. They will assign points in accordance with their judgement based on the competition rules and regulations.
- c. One (1) Centre Referee will be inside the ring to control the match during Free Fighting.
- d. Four (4) Judges will be seated at a distance of one (1) metre from the corner of the ring during
- e. Free Fighting. They will assign points in accordance with their judgement based on the competition rules and regulations.
- f. Three (3) Judges shall officiate in Breaking and Jumping competition. They will assign points in accordance with their judgement based on the competition rules and regulations.
- g. At least one (1) Jury member will be seated at the Jury table to assist the Jury President at all times.
- h. One (1) Computer assistant member, supplied and fully trained by the Organizing Committee will be seated at the Jury table at all time to keep match records.

#### **T 5. COMPETITORS**

##### **Junior**

Junior competitors must be from 14 to 17 years old at the first day of the competition beginning and shall compete in the divisions laid down in the following rules. All competitors must be I, II or III degree rank and must be holders of current IQF certificate and membership cards. Competitors in all divisions must be healthy and registered with their National associations.

##### **Senior**

Senior competitors must be 18 years old or above at the first day of the competition beginning and shall compete in the divisions laid down in the following rules. All competitors must be I, II, III, IV, V or VI degree rank and must be holders of a current IQF certificate and membership card. Competitors in all divisions must be healthy and registered with their National associations.



## **T 6. DRESS REQUIREMENTS**

- a. Officials must wear the dress requirements as laid down in the IQF Umpires rules.
  - b. Sportswear  
Competitors must wear the “officially approved” IQF Sportswear.  
The Sportswear shall have at the right sleeve just above the elbow and at the right pant just above knee level - measuring length 8 cm and height 5 cm - the IQF officially approved sponsor logos.  
Personal Sponsorship on the IQF Sportswear is allowed only on the left sleeve measuring length 8 cm and height 5 cm and the logo must be approved by the Tournament and Umpire Committee.  
The country name written in Roman black letters – height from 6 to 8 cm - must be worn on the back part of the IQF Sportswear above belt level at all times. Female competitors may wear a white Tshirt under the sportswear jacket.  
The National emblem may be worn on the sportswear jacket at chest level on the right side opposite the IQF Logo.
  - c. Black Belts  
Junior Black Belt:  
The Junior black belt must have a white, one (1) cm width line, extending continuously from end to end, situated in the in the centre of one face of the belt.  
Senior Black Belt:  
The Senior Black Belt is completely black.  
Junior and/or Senior Black Belts must indicate the competitor’s degree in Roman numerals and could indicate the competitors name at one side of the belt. The other side of the belt could indicate the name “International Quadrathlon Federation”. The colour of the writing must be in gold.
  - d. Competitors are allowed, when not performing, to wear normal sportswear such as tracksuits, training shoes, etc. however it is at the discretion of the IQF Tournament Committee. For opening and closing ceremonies countries may wear the official IQF Sportswear or the official country training suit, but all team members should be dressed the same. At the medal awarding ceremony competitors must wear the IQF Sportswear and/or National tracksuit.
- N.B.: Drinking of alcoholic beverages or smoking whilst wearing the Sportswear is prohibited.

## **T 7. SAFETY EQUIPMENT AND PROTECTIVE WEAR**

- a. Competitors must wear:
  - i.) Red or Blue coloured hand and feet safety equipment.
  - ii.) Groin guards (mandatory for males only) must be worn inside the Sportswear.
  - iii.) Red or Blue coloured head guard.
  - iv.) Mouth guards being of a transparent colour.Safety equipment must be of an approved type and certified by the Board of Directors.  
Approved Equipment shall be indicated in the World Event official invitation letter and IQF website.
- b. Competitors may, optionally, wear the following:
  - i.) Shin protectors.
  - ii.) Breast protectors (optional for female only) must be worn inside the Sportswear jacket.
  - ii.) Groin guards (optional for females) must be worn inside the SportswearThese all being of an approved type consisting of elasticised material with sponge or rubber type padding and containing no metal, bone or hard plastic (accept for groin guards and breast protectors), the use of zip, lace or stud fasteners is forbidden.
- c. No other protective or safety equipment may be worn, except in special circumstances with the



- approval of the Tournament Committee.
- d. All competitors with injuries which require bandaging or strapping of any kind must satisfy the Tournament doctor of their need, and obtain approval of type before performing i.e. no pins or hard material can be worn.
  - e. No jewellery, watches or other adornments may be worn, hair may be kept in place using a material of a soft elastic nature only, no grips or slides are allowed.

## **T 8. MEDICAL ATTENTION**

All tournaments must have a Doctor(s), qualified First Aid personnel and preferably to have an ambulance in attendance. Doctor's recommendations with regard to competitor's further participation following injury, must be adhered to.

## **T 9. INJURY LIABILITY AND INSURANCE – COMPETITORS**

All competitors must have valid Insurance cover to compete as the IQF Board of Directors, The Tournament Committee, Umpire Committee, and the hosting Organisation will not be held responsible for any injury or eventuality incurred during the event.

The cost of accident insurance, treatment and third – party insurance of the competitors is the responsibility of the National Association. The host of the event has the responsibility of accident insurance and third party insurance for the tournament.

## **T 10. INSURANCE – FOR EVENT**

All hosts must ensure that the event booked has all the necessary public liability insurance, fire certificates and Government licences that are required to host such events.

## **T 11. RING SIZE**

For Fighting, Breaking, Jumping the competition ring size will be 8 by 8 metres competition space. Each ring must have at least one (1) meter extra jig saw – padding floor around the ring.

For Technical Performance and Pre Arranged Free Fighting competition the ring size will be 10 by 10 metres competition space which includes a one (1) meter extra jig saw – padding floor around the ring.

The elevated jig saw – padding floor centre ring must measure 12 x 12 meter with a minimum height of 50 cm and maximum height of one (1) metre.

Lighting must not be lower than five (5) metres above the elevated centre ring.  
The official Jury table is located in front of the ring.

## **T 12. RESULT RECORDING**

The IQF sanctioned electronic system for competition shall be in force at all time and the results shall be shown to enable competitors, officials and spectators to follow the course of the event whilst it is in progress.

## **T 13. DELEGATES**

A delegate of the individual or team may be any person authorised by the National Governing Body. A delegate registers the competitors, submits the documents, lodges complaints and co-operates with the other officials at the competition.



## **T 14. COACHES**

For any individual and/or team competition only one (1) coach must officiate close to the ring at the designated place. Coaches must wear a training suit, gymnastic shoes and carry a towel. Coaches are not allowed to wear bag packs and/or other non Quadrathlon items in the competition area. Coaches must be seated at least one (1) meter away from the competition ring. Coaches must not interfere in the competition with action or words. Coaches are the only ones allowed to present an official protest.

Failure to abide by the above mentioned may render the coach liable to be removed from his advisory position. The removal time shall be decided by the Tournament & Umpire Committee. A removed coach must be replaced by another coach or by a competitor wearing a coach's outfit within a two (2) minute time limit. If another requested coach is not present within the two (2) minute time period the competitor shall be disqualified.

## **T 15. AWARDS (Male and Female)**

### **JUNIOR CHAMPIONSHIPS – INDIVIDUAL**

Male Technical Performance	3 GOLD – 3 SILVER – 6 BRONZE
Female Technical Performance	3 GOLD – 3 SILVER – 6 BRONZE
Male Fighting	6 GOLD – 6 SILVER – 12 BRONZE
Female Fighting	6 GOLD – 6 SILVER – 12 BRONZE
Male Breaking	1 GOLD – 1 SILVER – 2 BRONZE
Female Breaking	1 GOLD – 1 SILVER – 2 BRONZE
Male Jumping	1 GOLD – 1 SILVER – 2 BRONZE
Female Jumping	1 GOLD – 1 SILVER – 2 BRONZE
Male Overall Champion	1 GOLD
Female Overall Champion	1 GOLD

### **SENIOR CHAMPIONSHIPS – INDIVIDUAL**

Male Technical Performance	4 GOLD – 4 SILVER – 8 BRONZE
Female Technical Performance	4 GOLD – 4 SILVER – 8 BRONZE
Male Fighting	6 GOLD – 6 SILVER – 12 BRONZE
Female Fighting	6 GOLD – 6 SILVER – 12 BRONZE
Male Breaking	1 GOLD – 1 SILVER – 2 BRONZE
Female Breaking	1 GOLD – 1 SILVER – 2 BRONZE
Male Jumping	1 GOLD – 1 SILVER – 2 BRONZE
Female Jumping	1 GOLD – 1 SILVER – 2 BRONZE
Male Overall Champion	1 GOLD
Female Overall Champion	1 GOLD

Only points gained in individual events shall count for Overall Champion of the Individual Events. However, in the event of two or more competitors having the same number of Gold medals then the Silver and the Bronze medals will count in determining the Overall Champion. In the event that this also results in a tie then the following procedure shall take place. Where there are four (4) competitors in a category/division one (1) point shall be given. Where there are up to eight (8) competitors, 2 points shall be given and over nine (9) competitors, 3 points shall be given in order to declare the Overall Champion.

N.B.: Medals which count towards the OVERALL CHAMPION cannot be won without at least 4 competitors in the event.

### **JUNIOR CHAMPIONSHIPS – TEAM**

Male Technical Performance	6 GOLD – 6 SILVER – 12 BRONZE
Female Technical Performance	6 GOLD – 6 SILVER – 12 BRONZE



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Male Fighting	6 GOLD – 6 SILVER – 12 BRONZE
Female Fighting	6 GOLD – 6 SILVER – 12 BRONZE
Male Breaking	6 GOLD – 6 SILVER – 12 BRONZE
Female Breaking	4 GOLD – 4 SILVER – 8 BRONZE
Male Jumping	6 GOLD – 6 SILVER – 12 BRONZE
Female Jumping	4 GOLD – 4 SILVER – 8 BRONZE
Male Overall Champion	1 TROPHY
Female Overall Champion	1 TROPHY
Pre Arranged Free Fighting	2 GOLD – 2 SILVER – 4 BRONZE

### SENIOR CHAMPIONSHIPS – TEAM

Male Technical Performance	6 GOLD – 6 SILVER – 12 BRONZE
Female Technical Performance	6 GOLD – 6 SILVER – 12 BRONZE
Male Fighting	6 GOLD – 6 SILVER – 12 BRONZE
Female Fighting	6 GOLD – 6 SILVER – 12 BRONZE
Male Breaking	6 GOLD – 6 SILVER – 12 BRONZE
Female Breaking	4 GOLD – 4 SILVER – 8 BRONZE
Male Jumping	6 GOLD – 6 SILVER – 12 BRONZE
Female Jumping	4 GOLD – 4 SILVER – 8 BRONZE
Male Overall Champion	1 TROPHY
Female Overall Champion	1 TROPHY
Pre Arranged Free Fighting	2 GOLD – 2 SILVER – 4 BRONZE

Only Gold medals will count towards the Overall Team Champion. Only points gained in Team events shall count for Overall Team Champion. However, in the event of two or more teams having the same number of Gold medals then the Silver and the Bronze medals will count in determining the Overall Team Champion. In the event that this also results in a tie then there will be no Overall Team Champion.

N.B.: Medals which count toward the OVERALL TEAM CHAMPION cannot be won without at least 4 teams in the event.

### NATION CLASSIFICATION

In order to have the Nations Classification all medals from Individual and Team events (Male and Female) will count except for Individual and Team Overall Champion.

In the case of the Team it will be counted as a single Gold and not multiplied by 6, for example the winning Team for Technical Performance will have only one Gold added to the overall total and not 6 gold.

The first classified Nation will be awarded with one trophy.

### T 16. OFFICIAL TERMINOLOGY

- (A) ATTENTION
- (B) BOW
- (C) READY
- (D) BEGIN
- (E) STOP
- (F) CONTINUE
- (G) END
- (H) ONE WARNING
- (I) ONE FOUL (deduct one point)
- (J) DISQUALIFICATION



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- (K) RED
- (L) BLUE
- (M) TIME STOP
- (N) DRAW
- (O) FIRST ROUND
- (P) SECOND ROUND
- (Q) THIRD ROUND (First Point Scored)
- (R) WINNER

## **T 17. DIVISION OF COMPETITION**

Competition is divided into INDIVIDUAL and TEAM match.  
Fighting, Technical Performance & Pre Arranged Free Fighting will be ruled by the pyramid tournament system.  
Breaking and Jumping competition will be decided by the highest points obtained.

### **INDIVIDUAL**

JUNIOR – Individual match is divided into:

Technical Performance Male/Female – I, II and III Degree divisions  
Fighting  
Male Micro, Light, Middle, Light Heavy, Heavy and Hyper weight divisions  
Female Micro, Light, Middle, Light Heavy, Heavy and Hyper weight divisions  
Breaking Male/Female  
Jumping Male/Female

SENIOR – Individual match is divided into:

Technical Performance Male/Female – I, II, III, IV to VI Degree divisions  
Fighting  
Male Micro, Light, Middle, Light Heavy, Heavy and Hyper weight divisions  
Female Micro, Light, Middle, Light Heavy, Heavy and Hyper weight divisions  
Breaking Male/Female  
Jumping Male/Female  
N.B.: Individual competitors may enter all items.

### **TEAM**

Junior and Senior Team match is divided into:

Technical Performance Male/Female  
Fighting Male/Female  
Breaking Male/Female  
Jumping Male/Female

Each team may perform in Technical Performance, Fighting, Breaking and Jumping.  
In Team Fighting competitors may be of any weight.

## **T 18. COMPETITORS NUMBERS – INDIVIDUAL AND TEAM**

### **INDIVIDUAL JUNIOR**

The number of individual junior competitors who may enter each item is restricted to three (3) Competitors from each country. These competitors may be individuals and/or team members.

### **INDIVIDUAL SENIOR**





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The number of individual senior competitors who may enter each item is restricted to two (2) competitors from each country.  
These competitors may be individuals and/or team members.

#### TEAM (Male and Female)

Teams may consist of a maximum of ten (10) competitors. (Not necessarily chosen out of the Individual competitors)

#### Male

Out of the ten (10) competitors a minimum of 5 competitors + 1 reserve (optional) may compete in Pattern, Fighting, Jumping and Breaking events.

#### Female

Out of the ten (10) competitors a minimum of 5 competitors + 1 reserve (optional) may compete in Technical Performance and Fighting events.

A minimum of 3 competitors + 1 reserve (optional) may compete in Jumping and Breaking events.

The Coach must present the team competitors ID Cards to the Jury President just before the beginning of any team competition match.

### **T 19. ORDER OF MATCH**

The order of match shall be according to the tournament competition schedule.

### **T 20. DRAW FOR ORDER OF COMPETING**

Computer will make the draw for competitors and teams for the competition. First and second place winners from the previous IQF World Championship will be placed at the top and bottom of the pyramid system. Medals, which count towards the overall trophies, cannot be won without at least 4 competitors or teams in the event. Bye will be decided at the draw. The competition draw will be held 48 hours prior to the event and the draws will be available on the IQF website. One (1) copy of the entire draw shall be given to each country present at the coaches meeting.

### **T 21. WEIGHT CHECK**

The 1<sup>st</sup> weight check will be within 24 hours prior to the beginning of the competition. Competitors not making their weight at the 1<sup>st</sup> weigh in shall have one (1) hour time to present themselves for the 2<sup>nd</sup> and last weigh in. If he/she doesn't make the weight then he/she shall be removed from the Fighting category and shall not be allowed to enter any other weight category.

### **T 22. ANNOUNCEMENTS**

According to the tournament competition schedule it will be set and announced in which ring an event will take place and it is the responsibility of the competitors/teams to be close to the ring so that they may compete without delay when called upon to do so. They will be called to the red or blue side of the ring and must be in possession of any equipment required.

Should the individual/team not come forward to the ring within one (1) minute after the call then they will be disqualified.



### **T 23. EQUIPMENT CHECK**

Competitors' Sportswear and/or equipment check will take place outside of the ring by a Referee to ensure that they are of an officially approved type and that they are not defective. Should any item(s) not be satisfactory then they must be changed. At the time command of the Referee the competitor/team has a maximum of three (3) minutes to change what is requested, following which he/she/they will be disqualified and the match points awarded to the opponent where appropriate.

### **T 24. COURTESY**

Competitors must at all times bow to the Jury and also to each other at the beginning and end of each performance/match.

### **T 25. GROUPS**

Male and Female.

## **SECTION II – TECHNICAL PERFORMANCE**

### **T 26. ELIMINATIONS AND DECISIONS – INDIVIDUAL**

The pyramid system of elimination will be used.

Competitors will compete 1 to 1 and will perform simultaneously two (2) Designated Technical Performances appropriate to their degree (see Article T.27).

The first designated Technical Performance will be one of the last three Technical Performances regarding the level of Degree of the Division.

The second designated Technical Performance is from Technical Performance Chon-Ji to the level of Degree of the Division.

The Jury President shall draw the designated Technical Performances from a basket or electronically. The Judges shall give from 10 to 0 points for each Technical Performance performance based on the technical content, Breaking, balance, breathing and sine wave. The competitor with the highest obtained points shall go forward to the next round.

In the case of a draw another designated Technical Performance, from all the remaining Technical Performances, shall be drawn from a basket or electronically and must be performed until the winner is decided.

### **T 27. PERFORMANCE– INDIVIDUAL**

1<sup>st</sup> degree will compete with 1<sup>st</sup> degree with the designated Technical Performances being any one from number 1 to 12.

2<sup>nd</sup> degree will compete with 2<sup>nd</sup> degree with the designated Technical Performances being any one from number 1 to 15.

3<sup>rd</sup> degree will compete with 3<sup>rd</sup> degree with the designated Technical Performances being any one from number 1 to 18.

4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> degree will compete with 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> degree with the designated Technical Performances being any one from number 1 to 21.

### **T 28. ELIMINATIONS AND DECISIONS – JUNIOR AND SENIOR – TEAM**

The pyramid system of elimination will be used.

Both teams shall perform one (1) optional and one (1) designated technical performance in the following order:

Team 1 – 1st optional technical performance





Team 2 – 1st optional technical performance

Team 1 – 2nd designated technical performance

Team 2 – 2nd designated technical performance

The Judges shall give from 10 to 0 points for each team technical performance based on the choreography, teamwork, technical content, power, breathing and sine wave.

The team with the highest obtained points shall go forward to the next round.

In the case of a draw another designated Technical Performance, from all the remaining Technical Performances, shall be drawn from a basket or electronically and must be performed until the winner is decided.

### T 29. PERFORMANCE– TEAM

Teams (five (5) competitors) must perform one (1) optional and one (1) designated Technical Performance being any from number 1 to 12.

Teams must prepare their entrance and exit to the ring by lining up at the border of the ring, facing the Umpires. The marching in and out the ring is NOT part of the choreography and no points will be given for this.

Team members may perform movements individually or together, as they choose, but it must be seen to be teamwork. For example: one team member may not perform moves of the Technical Performance on his own without the other team members following in unison.

### T 30. OFFICIALS FOR TECHNICAL PERFORMANCE DIVISION

One (1) Jury President, two (2) Jury Members and five (5) Referees.

## SECTION III - FIGHTING

### T 31. DIVISIONS

#### INDIVIDUAL

(A) Male and Female groups.

(B) Weights.

#### JUNIOR WEIGHT DIVISIONS

##### Male:

(a) MICRO	Up to 50 kg
(b) LIGHT	Over 50 to 56 kg
(c) MIDDLE	Over 56 to 62 kg
(d) LIGHT HEAVY	Over 62 to 68 kg
(e) HEAVY	Over 68 to 75 kg
(f) HYPER	Over 75 kg

##### Female:

(a) MICRO	Up to 45 kg
(b) LIGHT	Over 45 to 50 kg
(c) MIDDLE	Over 50 to 55 kg
(d) LIGHT HEAVY	Over 55 to 60 kg
(e) HEAVY	Over 60 to 65 kg
(f) HYPER	Over 65 kg

#### SENIOR WEIGHT DIVISIONS

##### Male:

(a) MICRO	Up to 57 kg
(b) LIGHT	Over 57 to 63 kg
(c) MIDDLE	Over 63 to 70 kg
(d) LIGHT HEAVY	Over 70 to 78 kg
(e) HEAVY	Over 78 to 85 kg
(f) HYPER	Over 85 kg

##### Female:

(a) MICRO	Up to 50 kg
(b) LIGHT	Over 50 to 56 kg
(c) MIDDLE	Over 56 to 62 kg
(d) LIGHT HEAVY	Over 62 to 68 kg
(e) HEAVY	Over 68 to 75 kg
(f) HYPER	Over 75 kg



N.B.: In individual fighting matches competitors shall participate in the category according to their weight. It is not allowed to participate in any other weight class.

## **TEAM**

### **JUNIOR AND OR SENIOR – TEAM**

Each Team (Male and/or Female of any degree and weight) must consist of five (5) competitors and one (1) reserve (optional).

## **T 32. DURATION OF BOUTS AND DECISIONS**

### **Individual**

Individual elimination and final 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.

### **Team**

Each team bout will be one (1) round of two (2) minutes.

In team matches all of the judges decisions from the five (5) bouts shall be counted. However when all five (5) bouts are finished and the result is a draw then each coach will select one (1) competitor to spar an extra bout of two (2) minutes. The team whose competitor wins this bout will be the winner.

If at this time it results in a further draw then the first scored point assigned by at least two (2) Referees at the same split of a second will decide who the winner is.

N.B.: All five (5) bouts must take place and be completed. If one of the competitors withdraws in the event of an injury or to gain an advantage the opponent will be declared the winner. They will then be awarded 15 points to their total team score.

## **T 33. 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).

## **T 34. 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.

## **T 35. 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.



### **T 36. 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 art. T33.

### **T 37. WARNINGS**

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).
- e. Faking a blow, pretending to be injured to gain an advantage.
- f. Intentionally avoiding fighting.
- g. Adjusting equipment during the bout without the consent of the Centre Referee.
- h. Unintentional attack to a target other than mentioned in art. T33.
- i. Pushing with the hands, shoulders or body.

The sum of three (3) warnings automatically means deducting one (1) point.

N.B. 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.

### **T 38. 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. (see T.39)

N.B.: A competitor that insults an opponent, coach or official will be disqualified from the rest of the competition.

### **T 39. 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.
- c. An injured competitor that is unfit to fight cannot continue for the time/day(s) set according to the Doctor's decision.



- d. A competitor that refuses to accept the Doctor's and/or the Ring Council decision will be disqualified and taken out of the competition.
- e. If two competitors injure themselves at the same time and both are unfit to fight according to the Doctor's decision, the winner is the contender that has more scored points at that moment. If the competitors are even, the Ring Council will decide about the bout.

N.B.: A competitor that causes a KO (meaning to be unconscious) or causes a concussion in fighting competition will be disqualified. The opponent that receives a KO or concussion shall not be able to compete again during the whole event.

#### **T 40. BOUT PROCEDURE – INDIVIDUAL AND TEAM**

##### **INDIVIDUAL**

Fighting competitors will commence the bout on the start positions, each with a red or blue pair of hands, feet and head equipment to differentiate between them. Mouth protection gear of a transparent colour must be worn at all times. At the command of the Centre Referee the competitors bow in turn to the Jury table, Centre Referee and then to each other. The Centre Referee will then start the Light.

Contact fighting with the command "START" and the competitors will continue to spar until the Referee issues the command "STOP".

At this point the competitors cease to spar and remain where they are until restarted.

An audible signal of time will end the round and/or bout. The reverse for bowing will ensure and the result will be declared.

In a draw situation, warnings and/or minus points are not carried forward. If a competitor leaves the ring they must re-start one (1) metre inside the ring.

##### **TEAM**

Bout procedure will be as individual. A coin will be tossed between the two (2) coaches. The winning coach of the toss decides which team sends its first competitor into the ring. The teams must then alternate.

#### **T 41. TIMING**

On the first "START" command from the Centre Referee the timekeeper starts the clock until full time, unless the Centre Referee calls for a "time out" by saying "TIME STOP". At this time the timekeeper stops the clock until the next "CONTINUE" command is given.

#### **T 42. OFFICIALS FOR FIGHTING COMPETITION**

One (1) Jury President, two (2) Jury Members, one (1) Centre Referee and four (4) Corner Referees.

### **SECTION IV – BREAKING**

#### **T 43. DIVISIONS**

Male and Female Groups.

It is compulsory for each competitor to attempt, according to the mentioned order, all the items listed for his/her group.

##### **JUNIOR AND SENIOR**

###### **MALE**

a. Forefist Front Punch

###### **FEMALE**

a. Knifehand Strike



- b. Knifehand Strike
- c. Side Kick
- d. Turning Kick
- e. Reverse Turning Kick
- b. Side Kick
- c. Turning Kick

#### **T 44. PROCEDURE – INDIVIDUAL AND TEAM**

##### **INDIVIDUAL**

Machines designed for the specific test will be used. The number of plastic boards for each item will be indicated in the Championships Official Invitation. Machines shall have a range of a minimum and maximum initial height that shall be written in the official championships invitation.

In breaking it is permitted to step forward, to slide, skip and or jump. However, a forearm guarding block must be adopted before and after each attempt to break the board(s).

For Knifehand Strike the strike may be either inward or outward.

A total time of two (2) minutes for Male and one (1) minute for female is allowed to set the correct heights for the breaking items listed.

The following procedure shall take place:

- a. After a red flag signal of the referee, each Male Individual competitor or Male Team has five (5) minutes to attempt to bend or separate the board(s) of the five (5) listed breaking items which must include one (1) pre-judgement of distance with touching allowed, followed by the attempt to break the board(s).
- b. After a red flag signal of the referee, each Female Individual competitor or Female Team has three (3) minutes to attempt to bend or separate the three (3) listed breaking items which must include one (1) pre-judgement of distance (one touch allowed) – followed by the attempt to break the board(s).
- c. Competitors and/or Teams that exceed the settled time shall receive 0 points
- d. Referees may disallow an attempt for failure to maintain the following.
  - i.) Correct balance and posture throughout the attempt.
  - ii.) Correct attacking tool in the correct manner.
- e. Referees must examine each board before each attempt.
- f. Each separated board will count as three (3) points and each bent board will count as one (1) point.
- g. The four highest scores will set 1<sup>st</sup>, 2<sup>nd</sup> and two (2) 3<sup>rd</sup> place winners. Only in the event that two (2) or more competitors tie for third place with the same total score, in the same round of breaking, will there be two 3<sup>rd</sup> place winners.
- h. In the event of a tie the Jury President will select one item from the list by drawing to be the tiebreaker. He/She will decide how many boards are to be used. The coaches shall indicate the competitors to perform and in the case of another tie they will then indicate the next two competitors and this order will proceed until a winner is found.

N.B.: Competitors and/or Teams that did not score any points at their first attempt during the match will not be allowed to continue the breaking competition to determine any place and will not receive any medal.

##### **JUNIOR AND OR SENIOR – TEAM**

###### Male

Teams (5 competitors + 1 reserve) will perform items as indicated in Article 43 and the procedures in a.-c.-d.-e.-f.-g.-h. (Article 44) will be carried out.



### Female

Teams (3 competitors + 1 reserve) will perform items as indicated in Article 43 and the procedures in b.-c.-d.-e.-f.-g.-h. (Article 44) will be carried out.

### **T 45. OFFICIALS FOR BREAKING**

One (1) Jury President, one (1) Jury Member and three (3) Referees.

## **SECTION V – JUMPING**

### **T 46. DIVISIONS**

Male and Female Groups.

It is compulsory for each competitor to attempt, according to the mentioned order, all the items listed for his/her group.

### JUNIOR AND SENIOR

#### MALE

- a. Flying High Front Kick
- b. Flying Turning Kick
- c. Flying Reverse Turning Kick
- d. 360 Mid Air Kick
- e. Flying Overhead Side Kick

#### FEMALE

- a. Flying High Front Kick
- b. Flying Turning Kick
- c. Flying Overhead Side Kick

### **T 47. PROCEDURE – INDIVIDUAL AND TEAM**

#### INDIVIDUAL

A machine designed for the specific test will be used. The heights for each item will be indicated in the Championships' Official Invitation.

The following procedure shall take place:

- a. After a red flag signal of the referee, each Male Individual competitor or Male Team has five (5) minutes to attempt to move the board of the five (5) listed jumping items which must include one (1) pre-judgement of distance with no touching allowed, followed by the attempt to move the board.
- b. After a red flag signal of the referee, each Female Individual competitor or Female Team has three (3) minutes to attempt to move the three (3) listed jumping items which must include one (1) pre-judgement of distance with no touching allowed, followed by the attempt to move the board.
- c. Competitors and/or Teams that exceed the time limit shall receive 0 points.
- d. Referees may disallow a break for failure to maintain the following:
  - i.) Correct attacking tool in the correct manner.
  - ii.) Knocking down the obstacle when performing Flying Overhead Side Kick
  - iii.) Falling down (it means any part of the body, other than the feet, touching the ground).
- e. Referees must examine regularly each machine and or board.
- f. Each fully moved board will count as three (3) points and each half moved board will count as one (1) point.
- g. The four highest scores will set 1<sup>st</sup>, 2<sup>nd</sup> and two (2) 3<sup>rd</sup> place winners. Only in the event that two (2) or more competitors tie for third place, with the same total score, in the same round of jumping, there will be two 3<sup>rd</sup> place winners.





h. In the event of a tie the Jury President will select one item from the list by drawing to be the tiebreaker. He/She will decide how high the jump will be. The tied competitors will then carry on until the places are decided.

N.B.: Competitors and/or Teams that did not score any point(s) at their first attempt during the match will not be allowed to continue the jumping competition to determine any place and will not receive any medal.

### **JUNIOR AND OR SENIOR – TEAM**

#### Male

Teams (5 competitors + 1 reserve) will perform items as indicated in Article 46 and the procedures in a.-c.-d.-e.-f.-g.-h. (Article 47) will be carried out.

#### Female

Teams (3 competitors + 1 reserve) will perform items as indicated in Article 46 and the procedures in b.-c.-d.-e.-f.-g.-h. (Article 47) will be carried out.

### **T 48. OFFICIALS FOR JUMPING**

One (1) Jury President, one (1) Jury Member and three (3) Referees.

## **SECTION VI – PRE ARRANGED FREE FIGHTING**

### **T 49. DIVISIONS**

Male, Female and/or Mixed Couples.  
JUNIOR AND SENIOR

### **T 50. PROCEDURE**

Each Team shall consist of two (2) participants that follow a prepared scenario, which enables them to skilfully exhibit a wide variety of techniques without fear of injury.

Each Team shall perform one at a time and the Referees shall assign points from 0-10 according to the performance, taking into consideration the following criteria:

- a. Choreography & Team work.
- b. Technical Content.
- c. Sine-wave.
- d. Breaking.
- e. Breathing.
- f. Execution of only one (1) acrobatic sequence of technique for each of the team competitors.

Competitors shall enter the ring, bow and both must assume an L-Stance guarding block. At the command “SHIJAK” by one of the competitors the bout time will start. The bout ends with a final blow and when one of the competitors shouts “GOMAN” and assumes an L-stance guarding block.

Teams shall compete according to the following rules and regulations:

- a. Pre arranged free fighting shall consist of movements as shown in the IQF Encyclopaedia, Manuals or CD Rom and as taught during the International Instructor Courses.
- b. Attacking techniques must be blocked or avoided and must be performed with realism.
- c. Competitors may be from 1<sup>st</sup> to 6<sup>th</sup> degree and may be Male, Female and/or Mixed Couples.
- d. Bout duration shall consist of one (1) round: minimum 60 seconds – maximum 75 seconds.
- e. Teams that exceed the 75 seconds duration of bout shall receive 0 points.



- f. Teams that perform less than the required minimum of 60 seconds shall receive 0 points.
- g. Protection gear may be worn as written in art.T.7.a. point ii and T.7. b.
- h. Only one (1) acrobatic sequence of technique, that is not part of the Quadrathlon syllabus, may be performed during the bout for each of the team competitors.
- i. Teams performing more than one acrobatic sequence of technique per competitor during the bout shall receive 0 points.
- j. In the case of a draw an extra bout must be performed until the places are decided.

## **51. OFFICIALS FOR PRE ARRANGED FREE FIGHTING**

One (1) Jury President, two (2) Jury Members and five (5) Referees.

## **SECTION VII – DISPUTE PROCEDURE**

### **T 52. PROTEST**

- a. Only the Coach can present a protest when a decision seems to violate the rules.
- b. Each protest must be written in the English language on the official protest form and presented to the Chairman of the Umpire Committee within five (5) minutes from the end of the match. The protest must be precise and circumstantial and must be accompanied by a tax that will be fixed by the Tournament Committee at the beginning of each tournament in order to limit such protests to cases where decisions are really questionable. Only in cases where the Umpire Committee positively accepts the protest will the settled tax be returned to the coach.
- c. The Umpire Committee will then examine the circumstances of the protest and will decide:
  - i.) to validate the match.
  - ii.) to repeat the match.
  - iii.) to assign the victory of the match to the loser.
  - iv.) to disqualify both competitors.
- d. In the case of a protest the winner cannot compete again before the decision of the Umpire Committee has been made.

### **T 53. DECISIONS**

- a. In order to give a decision the Umpire Committee may call on anyone else they desire to give evidence concerning the protest.
- b. On reaching a decision the Umpire Committee will notify all parties concerned of this decision.
- c. The Umpire Committee will at all times base their decision on the rules laid down in this document and their decision cannot conflict with the rules of this document.

### **T 54. DISQUALIFICATION**

The Tournament Committee from all further events at the championship might remove Team Managers/Representatives or Individuals who persist in arguing against decisions made by the Umpire and/or Tournament Committee.

The Tournament Committee will consider the matter at a later date with a view to further action being taken.

### **T 55. TEAM/COMPETITOR WITHDRAWAL**

In the case of teams or individuals withdrawing from the championship as a protest then the following will result:



**International Quadrathlon Federation**  
Werkstrasse 2e (1. OG), CH-8630 Rüti, Switzerland  
E-mail: [info@iqfed.org](mailto:info@iqfed.org), [www.iqfed.org](http://www.iqfed.org)  
Phone/Fax: +48817431150

- a. automatic disqualification from that event which means no placing for that event and therefore no medals.
- b. automatic disqualification from all further events at the championship.
- c. further disqualification from further events as decided by the IQF Disciplinary Committee and the Directing Board of the IQF.

#### **T 56. IQF ANTI – DOPING CONTROL**

Doping control will be in accordance with IQF Anti Doping Rules and WADA Anti Doping Policy.

#### **T 57. UNEXPECTED EVENTS**

The Tournament Committee shall make a decision in the case of a problem that may appear that is not mentioned in the Tournament rules.

#### **T 58. IQF TOURNAMENT COMMITTEE**

The IQF Tournament Committee consists of the IQF Chairman of Tournament and two (2) to four (4) members.

The Chairmen and members are appointed by the Board of Directors of the IQF.

#### **T 59. IQF UMPIRE COMMITTEE**

The IQF Umpire Committee consists of the IQF Chairman of the Umpire Committee and two (2) to four (4) members.

The Chairmen and members are appointed by the Board of Directors of the IQF.

#### **T 60. COPIES OF RULES**

A copy of the IQF Tournament Rules must be present at all tournaments and be accessible to all competitors and officials.

Rome, January 1<sup>st</sup>, 2013