

USA-IFKK Semi-Knockdown Rules

The main goal of this rule set is safety first and fairness second.

SEMI-CONTACT

Ages/Divisions	Times
U-8 (Ages 5, 6, 7)	1 min/1min/1min (Enchosen)
U-10 (Ages 8 & 9)	1 min/1min/1min (Enchosen)
U-12 (Ages 10, 11)	1.5 min/1.5min/1 min (Enchosen)
U-15 (Ages 12, 13, 14)	1.5min/1.5 min/1.5 min (Enchosen)
U-18 (15, 16, 17)	2 min/2 min/ (weight >11lbs, 17.5 in HW)/2 min (Enchosen)
Adult (Ages 18-44)	2 min/2 min/ (weight >11lbs, 17.5 in HW)/2 min (Enchosen)
Veterans (Ages 45+)	1.5 min/1.5 min/ (weight >11lbs, 17.5 in HW)/1.5 min (Enchosen)

Head Contact:

Ages 5-14: No Head Kicking

Ages 15-17: Under 4th Kyu - No Head Kicks; 4th Kyu and above Only Circular Kicks to the side of the head allowed

Ages 18+: Under 4th Kyu - No Head Kicks; 4th Kyu and Above - Head Kicks and Face Contact with Kicks allowed

Required Gear:

1. Shin Pads - required for all divisions
2. For male athletes - groin guards must be worn
3. Optional for female athletes - if worn, breast protector must be of approved IFK type (must not cover the upper part of the chest or any part of the abdomen).
4. Body Armor - required for under 14 (13 and under must wear chest protector)
5. Hand protection/gloves - mandatory for all divisions
6. Head Gear - mandatory for all divisions
7. Mouth guard - mandatory for all divisions (even if they have a face shield)

Please note:

Allowed		Not Allowed	
			

Shin pads of approved IFK type:

Allowed		Not Allowed	
			

Hand protectors of the approved IFK type:

Allowed		Not Allowed	
			

Headgear of approved IFK type:

Allowed		Allowed	
			

Body armour of approved IFK type:

Allowed		Not Allowed
		