



INTERNATIONAL KEMPO FEDERATION

INTERNAL REGULATIONS (BY-LAWS)

Adopted by the General Assembly of the IKF in accordance with Article 27 of the Statutes.

CHAPTER I – GENERAL PRINCIPLES

Article 1 – Purpose

These Internal Regulations complement the Statutes of the International Kempo Federation (IKF) by establishing practical rules for governance, administration, competitions, refereeing, and disciplinary procedures.

Article 2 – Hierarchy

In case of contradiction, the Statutes prevail over these Internal Regulations.

CHAPTER II – MEMBERSHIP AND FEES

Article 3 – Membership Register

1. The Secretary General shall maintain an updated register of all Full and Associate Members.
2. The register shall contain legal details, contact persons, and proof of recognition for each Full Member.

Article 4 – Membership Fees

1. Membership fees are determined by the General Assembly upon proposal of the Executive Committee.
2. Fees must be paid by 31 March each year.
3. Members failing to pay fees may be suspended until payment is made.

CHAPTER III – GOVERNANCE PROCEDURES

Article 5 – Convocation of Assemblies

1. Notices of General Assembly meetings shall be sent at least 60 days in advance, by electronic means (email and publication on the IKF website).
2. The agenda, reports, and proposals shall be distributed no later than 30 days before the meeting.

Article 6 – Voting Procedures

1. Voting may be conducted in person or by secure electronic vote through an online system approved by the Executive Committee.
2. Each Full Member may carry no more than one (1) proxy vote, supported by a written and signed authorization submitted before the roll call.

Article 7 – Conflict of Interest

1. Members of the Executive Committee must disclose conflicts of interest before deliberations.
2. The disclosure shall be recorded in the minutes, and the member concerned must abstain from voting.

CHAPTER IV – COMMITTEES & COMMISSIONS FUNCTIONS AND RESPONSIBILITIES

Article 8 – Committees and Commissions

8.1 TRADITIONAL KEMPO COMMITTEE

- a) Defines and updates the technical rules and curriculum of Traditional Kempo (kata, self-defense, forms, weapon forms, demonstrative disciplines, etc.).
- b) Ensures consistency of techniques, grading criteria, and traditional practices across member federations.
- c) Designs and delivers education programs for coaches and referees specialized in Traditional Kempo.
- d) Oversees certification, grading exams, and technical evaluation of practitioners.
- e) Maintains registers of certified instructors and referees in the Traditional discipline.
- f) Develops and harmonizes the competition rules for Traditional Kempo events.
- g) Supervises refereeing standards and proposes referees for World and Continental Championships, in coordination with the Referees and Judges Commission.
- h) Works closely with the Referees and Judges Commission to ensure fair and consistent judging.
- i) Promotes the heritage, philosophy, and cultural aspects of Kempo while aligning with modern standards of safety, inclusion, and non-discrimination.
- j) Supports member federations in integrating Traditional Kempo into their national programs.
- k) Cooperates with the Vice-President for Traditional Kempo and other IKF commissions (Education, Referees and Judges, Ethics).
- l) Provides reports and proposals to the Executive Committee and General Assembly.

8.2 FIGHTING KEMPO COMMITTEE

- a) Defines and updates technical rules for Fighting Kempo (*Semi Kempo, Light Kempo, Full Kempo, Knockdown, Submission/Grappling, MMA/mixed fighting rules*).
- b) Ensures harmonization of combat regulations across all competitions and alignment with safety and medical standards.
- c) Organizes courses and certifications for coaches and referees; maintains registers of licensed officials.
- d) Develops and updates competition rules for Fighting at World and Continental level.
- e) Proposes referee appointments for official IKF fighting events, in coordination with the Referees and Judges Commission and the Medical & Anti-Doping Commission.
- f) Implements medical protocols, safety measures, and injury-prevention strategies in fighting competitions.
- g) Coordinates with the Medical & Anti-Doping Commission to ensure compliance with WADA standards and athlete safeguarding.
- h) Supports member federations in developing fighting programs and competitions.
- i) Collaborates with the Technical, Referees and Judges, Medical, and Ethics Commissions.
- j) Provides proposals and reports to the Executive Committee and General Assembly.
- k) Members are appointed by the Executive Committee; the Chairperson reports to the IKF President and the Vice-President for Fighting Kempo.

8.3 COMPETITIONS COMMISSION (under Traditional and Fighting Kempo Committees)

- a) Plans and supervises official IKF events; prepares and coordinates the international competition calendar (World Championships, Continental Championships, World Cups, other official tournaments).
- b) Coordinates with host federations to ensure proper organization and compliance with IKF standards.
- c) Assists in the bidding and selection process for host cities and countries.
- d) Drafts and updates regulations for the organization of IKF competitions (event format, logistics, accreditation, technical standards).
- e) Ensures uniformity and consistency of competition protocols worldwide.
- f) Works with the Traditional and Fighting Kempo Committees to implement rules.
- g) Provides on-site supervision and support to local organizing committees (LOCs).
- h) Submits post-event reports with recommendations to the Executive Committee.
- i) Promotes the use of modern technologies (online registration, digital brackets, electronic scoring, live streaming).
- j) Ensures fair and equal access for all athletes, including safeguarding and anti-discrimination measures.
- k) Coordinates with the Athletes' Commission to improve athlete experience.
- l) Works closely with the Referees and Judges Commission (officials' appointments), the Medical Commission (safety protocols), and the Ethics Commission (integrity monitoring).
- m) Members are appointed by the Executive Committee; the Chairperson liaises with host federations and reports to the IKF President.

8.4 REFEREE AND JUDGES COMMISSION (under Traditional and Fighting Kempo Committees)

- a) Defines and updates the technical rules for competition in Kempo (kata, self-defense, forms, weapon forms, demonstrative disciplines, *Semi Kempo*, *Light Kempo*, *Full Kempo*, *Knockdown*, *Submission/Grappling*, *MMA/mixed fighting*, etc.).
- b) Ensures consistency and compliance across member federations.
- c) Designs and delivers education programs for coaches and referees.
- d) Oversees certification and evaluation of referee and judges.
- e) Maintains registers of certified instructors and referees in the Traditional discipline.
- f) Develops and harmonizes the competition rules for Traditional Kempo events.
- g) Supervises refereeing standards and proposes referees for World and Continental Championships.
- h) Works closely with the Referees and Judges of the national federations to ensure fair and consistent judging.
- i) Promotes the heritage, philosophy, and cultural aspects of Kempo while aligning with modern standards of safety, inclusion, and non-discrimination.
- j) Cooperates with the other commissions (Education, Referees and Judges, Ethics).
- k) Provides reports and proposals to the Executive Committee and General Assembly.

8.5 TECHNICAL COMMISSION

- a) Propose updates in IKF competition rules and divisions to improve the level of the competitions.
- b) Works closely with Competition, Referees and Judges Commissions, inside and under Traditional and Fighting Kempo Committees.

- c) Propose new rules and divisions if is necessary.
- d) Works with the Traditional and Fighting Kempo Committees to implement new rules.
- e) Ensures uniformity and consistency of Kempo worldwide.
- f) Submits post-event reports with recommendations to the Executive Committee.
- g) Members are appointed by the Executive Committee; the Chairperson liaises with host federations and reports to the IKF President.

8.6 MEDICAL & ANTI-DOPING COMMISSION

- a) Establishes medical and safety protocols for all IKF competitions and events; ensures qualified staff and appropriate equipment are present.
- b) Ensures full compliance with the **World Anti-Doping Code (WADA)**; coordinates doping controls and results management with WADA and national anti-doping agencies (NADOs).
- c) Provides medical guidelines; supervises medical services at World and Continental Championships; monitors injuries and recommends risk-reduction measures.
- d) Delivers education on anti-doping and health protection; promotes clean sport; develops campaigns on supplements, prohibited substances, and safe practices.
- e) Cooperates with the Ethics & Integrity structures to protect athletes against abuse, harassment, or medical negligence, ensuring gender equality and safeguarding measures.
- f) Members are appointed by the Executive Committee based on professional expertise; the Chair liaises with WADA and reports to the Executive Committee.

8.7 DISCIPLINARY AND ETHICS COMMISSION

- a) Examines violations of the IKF Statutes, Internal Regulations, competition rules, or official decisions; handles misconduct by member federations, clubs, athletes, referees, or officials.
- b) Guarantees due process (notice, right to be heard, reasoned written decisions).
- c) Members with a conflict of interest shall recuse themselves; the standard of proof is the balance of probabilities.
- d) Recommends sanctions proportionate to the gravity of the violation: warning, reprimand, fine, suspension, exclusion from an event, or expulsion from the Federation (expulsion subject to GA ratification).
- e) Monitors compliance with the IKF Ethics & Integrity Policy (anti-corruption, safeguarding, gender equality).
- f) Cooperates with the Medical & Anti-Doping Commission on anti-doping matters.
- g) Reports annually to the Executive Committee and presents a summary to the General Assembly.
- h) Composed of at least three (3) independent members appointed by the Executive Committee.

8.8 YOUTHS' DEVELOPMENT COMMISSION

- a) Organize awareness campaigns in schools, universities, and sports clubs.
- b) Implements educational programs to introduce children and adolescents to Kempo.
- c) Works with national federations to create "youth sections" within their structures.
- d) Develops competition formats adapted to age categories (children, cadets, juniors).
- e) Organizes festivals, training camps, and international youth gatherings.
- f) Coordinates with the Competitions Commission to include youth events in Continental and World Championships.

- g) Promotes Kempo as a tool for education, discipline, respect, and solidarity.
- h) Develops prevention programs (health, anti-doping, fight against violence and discrimination).
- i) Encourages social inclusion of youth through sport (disadvantaged children, refugees, minorities).
- j) Designs specific training modules for coaches and referees working with youth.
- k) Establishes safety and safeguarding standards adapted to minors.
- l) Collaborates with the Medical Commission and the Ethics Commission to ensure the welfare of young athletes.
- m) Promotes gender equality in youth programs.
- n) Develops initiatives to include young athletes with disabilities (in coordination with the Para-Kempo Commission).
- o) Cooperates with educational institutions, NGOs, and international organizations (UNESCO, UNICEF, TAFISA, etc.) to promote sport among youth.
- p) Facilitates cultural and sporting exchanges among young practitioners from different countries.
- q) Submits an annual activity report to the Executive Committee and General Assembly.
- r) Makes recommendations to improve youth participation in all structures of the IKF.

8.9 PARA-KEMPO COMISSION /ADAPTED KEMPO (ADAPTADO)

- a) Ensures that all IKF policies, regulations, and programs promote equality and respect for diversity.
- b) Removes barriers limiting participation of athletes at all levels (athletes, coaches, referees, officials).
- c) Reviews policies, rules, and education programs to guarantee equal opportunities; monitors the balance across bodies and events.
- d) Develop competition rules for athletes with disabilities (such as those with intellectual, visual, or physical impairments).
- e) Cooperates with the Athletes Commission and Ethics & Integrity structures; engages with partners (IOC, WADA, SportAccord, UN Women, and others).
- f) Ensures fair and safe competitions by adapting the ancient disciplines of “*kempo*” and fostering the sport's growth and inclusion in the worldwide kempo community.

8.10 ATHLETES' ENTOURAGE COMMISSION

- a) Represents athletes' interests and ensures their views are considered by the Executive Committee and General Assembly.
- b) Advises on matters affecting athletes (competition formats, rules, welfare); is consulted on major policy changes (eligibility, anti-doping, safeguarding, discipline).
- c) Promotes athletes' rights, health, safety, and dual career opportunities.
- d) The Chair (or delegate) may attend Executive Committee meetings with consultative voice.
- e) May propose motions to the General Assembly on athlete welfare and development.
- f) Members are elected by athletes participating in IKF World Championships, ensuring balance by gender, disciplines, and geography.
- g) The Chair and Vice-Chair are elected from among the members.
- h) Support and protect athletes by improving the quality of services provided by everyone involved in their careers – including parents, coaches, managers, sponsors, and other support staff.

- i) Ensure the ethical, social, and competitive development of athletes by addressing issues like doping, harassment, match-fixing, and competition manipulation, and by acting as a central point of knowledge and expertise for all stakeholders.

8.11 EDUCATION & DEVELOPMENT COMMISSION

- a) Develops educational programs (manuals, online learning, seminars) and harmonized certification systems for coaches, referees, and technical officials.
- b) Coordinates youth and grassroots development projects; supports talent identification pathways.
- c) Produces official manuals and e-learning resources; ensures inclusivity, safeguarding, and gender equality in all materials.
- d) Organizes international seminars and workshops; supports regional education events and best-practice exchange.
- e) Works closely with the Vice-President for International Relations & Development and with relevant commissions; members are appointed by the Executive Committee.

8.12 GENDER EQUALITY COMMISSION

- a) Ensures that all IKF policies, regulations, and programs promote gender equality and respect for diversity.
- b) Removes barriers limiting participation of women and girls at all levels (athletes, coaches, referees, officials).
- c) Reviews policies, rules, and education programs to guarantee equal opportunities; monitors gender balance across bodies and events.
- d) Develops training modules and awareness campaigns; establishes procedures for reporting and addressing gender-based misconduct.
- e) Cooperates with the Athletes' Commission and Ethics & Integrity structures; engages with partners (IOC, WADA, SportAccord, UN Women, and others).
- f) Members are appointed by the Executive Committee; the Chair reports to the Executive Committee and may attend its meetings with consultative voice.

8.13 WOMEN IN SPORT COMMISSION

- a) Ensures that all IKF policies, regulations, and programs are in place.
- b) Increasing women's participation and leadership in sports.
- c) Ensure a supportive and inclusive environment for female athletes and sportspersons at all levels.
- d) Create resources, developing targeted programs for women and girls, providing professional development opportunities, advocating for equitable representation, and working to address cultural stereotypes and biases that hinder women's involvement in sports.
- e) Aim to increase the number of women and girls playing sports at grassroots and elite levels.
- f) Offer professional development and leadership programs to help women advance into coaching, administrative, and governance roles within sports organizations.
- g) Develop resources and initiatives to make sports environments safer, more welcoming, and more inclusive for women and girls.
- h) Champion the equitable distribution of resources, including funding, facilities, and support, to advance gender equality.

8.14 MARKETING AND MEDIA COMMISSION

- a) Oversees promotion, branding, and public image of IKF; manages media relations, website, and social media.
- b) Ensures consistent branding and visibility at major IKF events; coordinates media coverage and press activities.
- c) Develops strategies for online engagement, live streaming, and digital storytelling; promotes transparency by timely publication of news, results, and official documents.
- d) Identifies and secures sponsorship opportunities and commercial partnerships; develops marketing packages for sponsors.
- e) Engages fans, athletes, and federations through campaigns; supports outreach in schools, universities, and communities.
- f) Members are appointed by the Executive Committee; the Chair reports directly to the Executive Committee.

8.15 WORLD MANAGEMENT COMMISSION

- a) Ensures that all IKF policies, regulations, and programs are in place.
- b) Fosters motivation, promotes transparency, and streamlines operations, reducing errors and disputes.
- c) Oversee the financial stewardship and administrative policies of IKF.
- d) Monitors spending, approves policies, and directs the efficient operation of the IKF.
- e) Provides reports and proposals to the Executive Committee and General Assembly.

8.16 LEGAL COMMISSION

- a) Ensures that all IKF policies, regulations, and programs are in place.
- b) Handle all legal and disciplinary matters, such as interpreting competition rules, adjudicating disputes between members, and enforcing statutes and regulations.
- c) Ensure compliance with the IKF rules, provide advice on legal issues, and manage disciplinary cases, upholding the integrity and ethical standards of the sport.
- d) Supports other commissions in legal matters.
- e) Reports annually to the Executive Committee and presents a summary to the General Assembly.

8.17 CONTINENTAL AND REGIONAL COMMITTEES

- a) The IKF may establish Continental Committees (e.g., Europe, Asia, Africa, Pan-America, Oceania) and/or Regional Committees to coordinate activities at continental and/or regional level.
- b) The Continental Committees acts under direct supervision of the IKF President.
- c) Each Committee represents the IKF within its geographic area and ensures implementation of IKF policies and decisions.
- d) Ensures that events comply with IKF technical rules, refereeing standards, and safety requirements; promotes Kempo's growth; supports emerging federations toward IKF membership.
- e) Coordinates coaching, refereeing, and athlete education programs at continental and regional levels.
- f) The Chairperson of each Continental/Regional Committee is appointed by the President and confirmed by the Executive Committee.

- g) Maintains communication with Kempo organizations; assists with administrative, technical, and development needs; encourages collaboration among member federations.
- h) Ensures that continental activities respect IKF Statutes, the Ethics & Integrity Policy, and the WADA Code; monitors safeguarding and gender equality measures.
- i) Works under the guidance of the IKF President and coordinates with IKF Commissions (Competitions, Technical, Referees and Judges, Education, Medical, Ethics).
- j) Each Continental Committee must submit an annual report of its activities, competitions, and development projects to the Executive Committee; reports are presented at the General Assembly for approval.

Article 9 – Appointment and Mandate

- 1. Members of Committees and Commissions are appointed by the Executive Committee for five-year terms, renewable.
- 2. Each Committee and Commission reports annually to the Executive Committee and may make proposals to the General Assembly.

CHAPTER V – COMPETITIONS AND REFEREES

Article 10 – IKF Calendar

- 1. The official calendar of international competitions is approved annually by the Executive Committee.
- 2. Member federations may propose to host IKF events by submitting bids in accordance with published guidelines and timelines.

Article 11 – Competition Rules

- 1. All competitions shall follow the rules adopted by the Traditional Kempo Committee and the Fighting Kempo Committee, under the supervision of the Referees and Judges Commission.
- 2. The Referees and Judges Commission shall ensure that referees are appointed from the official IKF list.
- 3. Any modifications to competition formats must be approved by the Executive Committee.

Article 12 – Referees and Coaches

- 1. Referees must be licensed by the IKF and pass periodic evaluations.
- 2. Coaches must be certified under IKF standards or equivalent national qualifications recognized by IKF.

CHAPTER VI – DISCIPLINARY AND ETHICS PROCEDURES

Article 13 – Disciplinary Procedure

- 1. Complaints must be submitted in writing to the Secretary General.
- 2. The Disciplinary and Ethics Commission shall notify the accused, allow written defense, and may hold hearings if needed.
- 3. Decisions shall be issued in writing as soon as reasonably practicable and no later than 60 days from receipt of the complaint; in justified cases, an extension of up to 90 days may be granted with prior written notice.

Article 14 – Sanctions

Sanctions may include:

- a) Warning, reprimand, or fine.
- b) Suspension of membership rights.
- c) Disqualification from competitions.
- d) Revocation of referee or coach licenses.
- e) Expulsion from the Federation (subject to GA ratification).

Article 15 – Appeals

1. Appeals against disciplinary decisions may be lodged with the Executive Committee within 30 days.
2. Final appeals may be submitted to the Court of Arbitration for Sport (CAS).

CHAPTER VII – FINANCE AND TRANSPARENCY

Article 16 – Financial Oversight

1. The Treasurer shall publish an annual financial report on the IKF website after approval by the General Assembly.
2. All sponsorship contracts and major agreements must be approved by the Executive Committee.

Article 17 – Audits

The General Assembly may appoint independent auditors to verify accounts and ensure compliance with French law.

CHAPTER VIII – FINAL PROVISIONS

Article 18 – Amendments

These Internal Regulations may be amended by the General Assembly with a simple majority vote.

Article 19 – Entry into Force

These Regulations enter into force immediately after adoption by the General Assembly.

*Adopted and updated by the General Assembly
of the International Kempo Federation,
held on 26 April 2025, in Caldas da Rainha, Portugal.*