



## **World martial arts games**

### **Police, Fire & Military World martial arts games**

### **Handisports World martial arts games**

## Light Contact Continuous Kickboxing Rules

With and without low kicks

### **DEFINITION**

Competition in Light Contact kickboxing should be executed as its name implies, with well-controlled techniques. In light contact competitors fight continuously until central referee command STOP or BREAK. They use techniques from full contact and Semi Contact, but these techniques must be well controlled when they land on legal targets. Equal emphasis must be placed on both punching and kicking techniques. Light contact has been created as an intermediate stage between semi and full contact kickboxing. It is carried out with running time. The central referee does not judge the fighters, but only makes sure they respect the rules.

### **FIGHTING RULES**

Fighters will enter the Tatami and touch gloves. They will then step back and assume a fighting stance and wait for the command **FIGHT** from the Referee. The Referee will initiate the fight by commanding fight, when the referee calls **STOP**, the fighters must return to their starting points on the mat. The time will only be stopped on the command of the Referee, by calling **TIME** to the area control table.

### **Duration**

1 round of 2 minutes. In case of draw. Extension of 1 minute round. Judges will then determinate the winner according to :

- Better in the last round
- More active
- More kicks
- Better defence
- Better style and techniques

### **Age Divisions:**

Age Divisions – Events will be divided by age as follows (divisions will be split, merged or subdivided by age groups, weights and heights to offer the fairest competition possible)

Children and teenagers : Under 18 years old (light contact MMA only – no KO)

Adults – 18 to 34 years (light & full contact MMA)

Veterans – 35 years & Over (light & full contact MMA)

## Grade Divisions

Due to the diversification of a mixed martial arts event, the colour of a belt, ranking or any other grouping may not apply to all. The following guide will serve as the basis for determining the appropriate grade division of an individual. Years of experience will be the common factor for determining a competitor's eligibility in an event:

Description Years of Experience or Belt

**Beginner** under 1 year experience or Yellow belt.

**Intermediate** 1 to 3 years of experience/practice or Blue belt

**Advanced** Over 3 years of experience/practice or Brown belt

**Black Belt.**

## Weight Divisions

**Juniors:** – 25kg – 30k – 35kg – 40kg – 45kg – 50kg – 55kg -60kg – 66kg -73 kg - 81kg  
Open.

**Female:** Under - 52 kg - 57 kg - 63 kg -70 kg -78 kg -78kg Open

**Male:** Under – 60kg - 65kg – 71kg – 78kg – 86kg – 96kg – Open Weight.

## LEGAL TARGET AREAS

The following parts of the body may be attacked using the authorized fighting techniques:

**Head** Front, side, forehead

**Torso** Front and side

**Leg** (Ankle and below) Note: Only for sweeping for no low kick rules.

**Inside and outside the leg** for low kick rules.

## ILLEGAL TARGET AREAS - (PROHIBITED TECHNIQUES AND BEHAVIOUR)

- Top of the head
- Back of the torso (Kidneys and spine)
- Top of the shoulders
- Neck: Front, Sides, Back
- Below the belt (Except for Foot Sweeps)
- Continue after the command "Stop" or the end of the round has been sounded
- Turn one's back to the opponent, running away, deliberately falling down.
- All blind, uncontrolled techniques in general

## LEGAL TECHNIQUES

### Kicks

Front, Side, Back, Roundhouse, Hook (Sole of the foot only), Crescent, Axe (Sole of the foot only)  
Jumping, Spinning, Jump Kicks.

### Hands

Punch, Back fist (Not spinning / turning), Ridge hand, and Hook punch.

**Foot sweep** Below Ankle (Foot Sweeps are allowed,) to score with a Foot sweep the attacker must remain on their feet at all times. If in the execution of a Foot sweep the attacker touches the floor with any part of their body other than their feet, no score will be given. A score will be awarded to the attacker if their opponent touches the floor with any part of their body other than their feet.

## ILLEGAL TECHNIQUES AND ACTIONS

- Attack's with any technique other than those mentioned in section 6.
- Spinning Back Fist
- Avoiding or refusing to fight
- Falling or dropping to the floor without due cause.
- Leaving the Fighting Area (Exit)
- Attacks with malicious or excessive contact.
- Unsportsman-like conduct, A Fighter can have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsman -like conduct, the Fighter may be disqualified or deducted one point on the first offence, depending on the severity of the infringement.
- Grabbing / Holding is not allowed

□ Attacking or verbally abusing an Official either inside or outside the Tatami, Pushing, Grabbing without any other purpose, Spitting or even attempting any of these actions shall result in immediate disqualification. In the event that any of these actions are made by a penalized fighter or their coaches, the person involved may be removed from the Hall or tournament site and the matter turned over to the Referee Committee.

□ Ground Attacks

□ Spitting out their mouth-guard voluntarily.

□ A fighter cannot attack an opponent on the ground. The central referee is responsible for stopping the match immediately

when one of the two fighters touches the floor with any part of the body apart from their feet. Stomps to the head or body of a

downed Fighter can lead to minus points or disqualification (judges decide by majority decision).

□ Slipping of Glove. A fighter must at all times have their hand fully placed inside the glove, he / she should at no stage

enhance their range by slipping the glove forward to gain distance on their opponent.

This may be deemed unsportsman like conduct

□ A fighter cannot indicate time when he / she is in a corner under pressure from their opponent.

Safety equipment for Kickboxing (light, semi, low-kick, K-1 & Muay Thai)

### **Head protection**

Head protection is mandatory in all kickboxing fights. Head protection must be made from foam rubber or soft plastics or from compact sponge covered by leather. In fights, head protection which covers the face and head protection which reduces the field of vision is not allowed. Head protection must cover the top of forehead, top of head, temples, the upper part of jawbone, ears and back of head. Head protection must not obstruct the athletes hearing. Parts for fixing the head protection cannot be metal or plastic buckle. Velcro for adjusting is allowed under chin and on back of head.

Face protection is allowed in semi and light contact events.

### **Gloves**

Two types of protective gloves are used at kickboxing competitions: gloves for semi-contact and gloves for ring disciplines (light contact, full contact, low-kick, Muay Thai and K1 Rules). In every fighting discipline, gloves are mandatory. See

#### **Gloves for Semi-Contact Point-Fighting**

In semi-contact it is mandatory to use gloves with an open palm or open hand and with full cover of the first half of fingers, including the thumb. The gloves make it possible to open and close the hand. Gloves must cover hitting area on front and upper side of fist and edge of palm and must cover a minimum of 5 cm above wrist. Gloves must be made from soft and compact synthetic foam rubber material covered with original or artificial leather. Gloves must be fixed on fighter's hand by self adhesive and adjustable strip over the wrist. Metal or plastic buckles or ropes are not allowed for fixing gloves. Also, any kind of self-adhesive tape is not allowed, except self adhesive tape made with a cotton base, and this tape can be used only to fix gloves at the wrist.

#### **Gloves for Light-Contact Continuous (with or without low kicks)**

Gloves for light contact 10 Oz (283 grams) and the weight must be clearly marked. Gloves for light contact must be in good repair, without any cracks. Fastening must be with a self-adhesive strip and gloves must be secured at the wrist. Gloves are produced from special foam rubber, synthetic, compact and soft material which is covered with genuine or artificial leather. Gloves must make it possible for the fighter to completely clench his fist and keep his thumb in contact with other fingers. Gloves completely cover the fighter's fist with separate parts for fingers and thumb. The thumb is connected by a small strong strip to the rest of the glove. This strip keeps the thumb together with the fist to avoid separation of the thumb during punching and injuries to the fighter's thumb or to the other fighter. Inner foam rubber material must cover the front and upper part of the fist, edge of palm and upper and front part of thumb

#### **Gloves for Boxing, Full contact kickboxing, K-1 and Muay-Thai**

Same rules as above. Weigh of the gloves : 10 oz. for 70 kg and under. 12 oz for heavier divisions.

### **Hand wraps (Bandage)**

Hand wraps are used for wrapping the fist to avoid injuries. Using hand wraps are mandatory in Light Contact and Light Kick light ( Optional in Semi). Hand wraps are 250 cm long and 5 cm wide cotton strips without sharp edges. Hand wraps will be fastened on the upper part of fighter's wrists with self-adhesive cotton-base strips; maximum length 15 cm and width 2 cm.

### **Tooth protection (Mouth-guard)**

Mouth-guards must be made from soft and pliable rubber-plastic material. Protection on only the upper teeth or on both upper and lower teeth is allowed. Mouth-guard must enable free breathing and must be adapted to the competitor's mouth configuration. It is not allowed to use a mouth-guard over tooth correction apparatus (braces, retainers). Using tooth protection is mandatory for all fighting disciplines, in all age categories. In the case of orthodontics, a fighter may fight with mouth protection if he is has a valid letter from his doctor permitting this.

### **Breast / chest protection**

Breast or chest protection is optional for all competitors.

### **Groin protection**

Groin protector is mandatory for all male competitors. Groin protector is made of hard plastic material and fully covers genital organs to protect this part of competitor's body from any injury. The groin protector can be made as a cup for covering genitals, or for covering the entire abdomen. Competitors must wear the groin protection under their pants. Groin protection for women is recommended.

### **Shin guard**

Shin guards are made from hard foam-rubber material. A shin guard must cover the shinbone from under the knee to the top of the feet. Up to the end of 2011 Shin guards can be fastened to the leg by a minimum of two self-adhesive elastic strips. No other kind of plastic tape is allowed for fixing the guard to the shin. Shin guards with metal, wooden or hard plastic elements are not allowed. From 2012 Shinguards must be of the sock type with no fastenings or straps.

### **Foot protection (semi contact point-fighting, light contact continuous and full contact kickboxing only. Optional for Muay Thai, K-1 and low kick kickboxing)**

Foot protection is made from special synthetic foam rubber, a compact and soft material which is covered with genuine or artificial leather. Foot protection covers the upper part of the foot (instep), lateral and medial malleolus and heel - all in one piece - with open sole of the foot. They must be long enough (adequate size) to completely cover the competitor's feet and toes. The front part of the foot protection is fastened by elastic strips for the big and second toes. Foot protection is fastened to feet with elastic self adhesive strips on the back of feet, above the heel.

### **Elbow Pads (optional but Mandatory for Muay Thai )**

Elbow guards are made from soft foam-rubber material. An elbow guard must partly cover the forearm and upper arm with a protective non abrasive material. Elbow pads are optional in all Semi and Light Contact disciplines.

### **Uniforms**

**Semi Contact** T-shirt and long pants (or gi – kimono). Belt is optional.

**Light Contact** T-shirt and long pants (or gi – kimono). Belt is optional.

**Full Contact (with and without low kicks)** long pants. Belt is optional.

**K-1 & Muay Thai** boxing short.

### **Coaches / Assistant Coach :**

- Inappropriately Arguing / **Commenting** on a score given (or not given)
- Attacking or verbally abusing an Official either inside or outside the Tatami
- Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in the immediate removal from Coaching Area at Tatami and possible permanent removal from Arena / Event following a Technical Committee review

Inappropriate behaviour of a coach may result the disqualification of his competitor/student.

## **8. SCORING CRITERIA**

A legal technique strikes a legal target. The authorized striking area of the hand (Not the inner hand) or foot must make "Clean, Controlled" contact. The referee and judge must actually see the technique strike the target. Awarding points based on the sound of the strike is not allowed. The Fighter must be looking at the point of contact when executing the technique. All techniques must be used with "Reasonable" Power. Any technique that simply touches, brushes or pushes an opponent will not be scored. If a Fighter jumps in the air to attack or defend, they must land inside (Standing Up) the Fighting Area to score following the execution of the technique, and they must keep their balance (They are not allowed to touch the floor with any part of their body except feet). If the fighter lands outside the area after the technique they do not score. If a fighter loses his / her balance due to their own instability following a score and touches the ground with any part of their body other than their feet, the score will not count. If a fighter loses his / her balance following a score outside his / her control (Pushed or tripped) then the score will stand.

### **AWARDING POINTS**

If the Referee sees an action that they consider to be a valid point, they will command STOP and immediately signal the point, as do the Judges. The Referee counts the decisions and awards the score to the appropriate Fighter. Each Judge must make an immediate decision following the command of the referee. If one of the Judges sees an action they consider to be a valid score, they must signal to the Referee immediately who will command "STOP" and the Referee and Judge must at that time signal their point calls. In all cases, only when you have a clear majority call, can you award a point.

- Punch 1 point
- Kicks to the body 2 points

### **ART. 9 PENALTY - EXITS (WARNING, DISQUALIFICATIONS AND EXITS)**

Warnings should be given in a loud and clear voice so that both the Fighters and Coaches can hear and understand the warning. The Referee should stand facing the offending Fighter and give the warning. To award a penalty point the Referee must first request the time to be stopped. They must face the Score Keeper and state that a penalty point is to be awarded by point to the Fighter who is to be penalized and stating in a loud, clear voice why the Fighter is being penalized. If a fighter is attacking and because of their velocity forward steps off the mat, this is not regarded as an exit. Warnings will be carried over throughout the Match to all rounds. When referees are giving warnings or a penalty (Minus) point, they must stop the clock.

### **Exit Rules**

- 1<sup>st</sup> Exit = Official Warning
- 2<sup>nd</sup> Exit = Official Warning -1 penalty point given verbally communicated to athlete / coach with hand signal
- 3<sup>rd</sup> Exit = Official Warning -1 penalty point given verbally communicated to athlete / coach with hand signal
- 4<sup>th</sup> Exit = Disqualification Verbally communicated to athlete / coach with appropriate hand signal

### **Rule Violations (Other than Exits)**

- 1<sup>st</sup> Verbal Warning = Discretionary Warning (May move to first Official Warning if warranted)
- 1<sup>st</sup> Official Violation = Official Warning
- 2<sup>nd</sup> Official Violation = Official Warning -1 penalty point given verbally communicated to athlete / coach with hand signal
- 3<sup>rd</sup> Official Violation = Official Warning -1 penalty point given verbally communicated to athlete / coach with hand signal
- 4<sup>th</sup> Official Violation = Disqualification Verbally communicated to athlete/coach with appropriate hand signal

### **DISQUALIFICATION**

If disqualification is called for, the Referee shall confer with the Judges and with the Observer of the Area to ensure all the proper procedures are being used

### **Leaving the fighting area:**

If a Fighter leaves the area (EXIT) without being pushed, kicked or knocked out by their opponent it will be seen as a "Voluntary Exit" and will receive a warning from the Referee. On the second exit the Fighter will lose one point. On the third exit – 1 point. At the fourth time the Fighter leaving the area shall be disqualified.

### **Stepping out (EXIT) means**

Stepping outside the line, even with only one foot - The Whole of the foot must be outside the designated area. Stepping on the line should not be considered as stepping out. If the fighter is pushed out by the other fighter, or they went outside the line as a result of a hit or kick, it is not classed as a voluntary exit. The fact of stepping out is stated by the judge every time or decide about is on the basis of majority decision. Warnings for leaving the area will be kept as a separate issue from Warnings for other **offences**. All exits will be indicated to fighter and table official.

### **VIOLATIONS OF RULES**

- Using illegal techniques
- Avoiding fight
- Turning around
- Unnecessary dropping down to waste time
- Commenting on referee's decisions
- Behaving in an un sportsman-like manner
- Loud commands of coach
- Coach entering Tatami in case of injury
- Deliberate Exits