



World martial arts games

Police, Fire & Military World martial arts games

Handisports World martial arts games

BOXING rules

Definition

Boxing rules will be approximately the same as the official AIBA Olympic rules. See details below. There will be a light contact boxing event too. This 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.

Duration and scoring system

3 rounds of 2 minutes. In case of draw. Extension of 2 minutes round. Judges will then determine the winner according to :

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

Winner of a round gets 10 points. Loser gets 9 points. Draw = 10/10.

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 only – no KO)

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

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

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.

Intermediate 1 to 3 years of experience/practice

Advanced Over 3 years of experience/practice

Black Belt. (best level - experts)

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.

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.

Gloves for Boxing

Weight 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.

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.

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.