

LIGHT CONTACT/CONTINUOUS RULES

A. OFFICIALS

The bout will be attended by 1 Referee and 3 side Judges.

B. FIGHTING RULES

- 1 Competitors must present themselves to the Referee / side Judge in order to have their safety equipment checked. Fighters must remove all jewelry.
- 2 After inspection, Competitors will take up their fighting positions and wait for the command "Fight"
- 3 2 Rounds of 2 minutes with 1 minute rest between.
- 4 Time can only be stopped by the Referee on the command, "Break".
- 5 The Referee will then issue the command "Fight" and the contestants may resume their match.
- 6 Should one or both of the competitors leave the fighting area, the Referee will announce "Break" and instruct both fighters to resume their fighting positions - then continue the match upon the instruction, "Fight".
- 7 Should the Referee see a competitor violating the rules, or intending to execute a prohibited action, he / she must stop the contest immediately and issue a Warning to the Competitor.
- 8 Competitors may have one Coach in their corner during the fight.
- 9 No coaching is permitted while the fight is in progress.
- 10 A Competitor may request that the Referee stop the time in order to adjust his / her safety equipment. The Referee is under no obligation to do so should he / she feel that it will in any way disadvantage the other fighter.
- 11 Should a Competitor use "Time Outs" to catch his / her breath or get instruction from their coach, a warning will be given and they may have a point deducted or disqualified for "Match Delaying" or "Refusing to Fight".

C. LEGAL TARGET AREAS - LIGHT CONTACT

- 1 Head: Front, Back & Side
- 2 Torso: Front and Side
- 3 Legs: Below Mid - Calf (Foot Sweep Only).

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D. LEGAL TECHNIQUES

- 1 Kicks: Front, Side, Back, Hook (Sole of Foot only), Crescent, Axe (Sole of Foot only), Roundhouse, and Jumps & Spins.
- 2 Hands: All Boxing Punches, Jumping Punches, and Ridge Hand. No reverse Ridge hand, Chops or spinning back fist).

E. ILLEGAL TARGET AREAS

- 1 Top of the Shoulders.
- 2 Any part of the Neck.
- 3 Throat.
- 4 Legs
- 5 Below the Belt (other than leg sweeps).

F. ILLEGAL TECHNIQUES

- 1 Avoiding or refusing to fight.
- 2 Executing techniques from the floor.
- 3 Turning face or back, running away, falling down, intentional clinching, blind techniques, wrestling and ducking below the opponent's waist.
- 4 Attacking an opponent who is falling to the floor, or is already on the floor - that is, as soon as one hand or knee touches the floor.
- 5 Leaving the fighting area without permission.
- 6 Continue fighting after the command "Stop" or "Break" has been issued.

G. AWARDING POINTS

- 1 A score occurs when a Clean, Legal technique strikes a legal target area.
- 2 The Officials must **see the technique actually strike the target.**
- 3 Should a Fighter execute a jumping technique, he / she must land in the fighting area in order to achieve a score. The Fighter should also be balanced when landing with no part of his body other than his feet touching the floor.
- 4 All Techniques are to be executed with controlled power. Any Technique simply brushing or touching or pushing an opponent will be disallowed.
- 5 Contact is to be well controlled and light.

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H. POINTS EVALUATION

- 1 Hand Technique 1 Point
- 2 Kick to Body 1 Point
- 3 Jumping Kick to Body 2 Points
- 4 Kick to Head 2 Points
- 5 Jumping Kick to Head 3 Points
- 6 Sweep & follow up 2 Points

I. SCORING SYSTEM

Every Round is evaluated by each of the three Judges according to the 10 : 9 system.

- 1 10 : 10 Indicates that the fighters have equal points
- 2 10 : 9 Indicates that one Fighter is slightly better than the other.
- 3 10 : 8 Indicates the one opponent is clearly better than the other.

J. CRITERIA FOR MINUS POINTS

- 1 Unclean Fighting style
- 2 Constant Clinching
- 3 Constant ducking, or turning of the face and or back.
- 4 Too few foot techniques.
- 5 Excessive contact.
- 6 Heavy knock down.
- 7 Any other violation of Rules.

K. AWARDING THE FIGHT

- 1 **Points:** The winner of a Light Contact bout will be the Fighter to whom the majority of Judges have awarded most points. Or should both contestants be injured in the bout and cannot continue.
- 2 **Disqualification:** Winner by Disqualification of opponent.
- 3 **Stoppage:** Winner by Stopping the Fight: Should one fighter be totally superior to the other, should one fighter not be able to defend himself or continue to fight because of injury.... or....
- 4 **Abandonment:** In the event of a contestant voluntarily giving up due to an injury, or refusing to continue the fight after the 1 minute break. The Opponent will be declared Winner.
- 5 **Default:** When the Contestants are called to the Tatami and one does not appear – two minutes will be given for the missing fighter where after the gong will be sounded and the Fighter who is present will declared Winner.
- 6 In the event of there being a draw, the judge will have to nominate the fighter, who, in his opinion showed, Better Fighting Technique
 1. Better Defense
 2. More Kicks
 3. Better Endurance
 4. Coordination when fighting (Skill)

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1. Should the Judge's decision still reflect a Draw - the Judge will nominate the Fighter who was more active and showed better stamina and condition during the match - especially in the Last Round.
2. The Judges must use the "Remarks" section to motivate their decision.
3. No K.O.'s are allowed.

