

LIGHT CONTACT 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.

LIGHT CONTACT RULES

H. POINTS EVALUATION

- | | |
|----------------------|----------|
| 1. Hand Technique | 1 point |
| 2. Kick to Body | 2 points |
| 3. Kick to Head | 3 points |
| 4. Sweep & follow up | 2 points |

I. SCORING SYSTEM

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

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|------------|---|
| 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 Tetami 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 be declared Winner.
6. In the even of there being a draw, the judge will have to nominate the fighter, who, in his opinion showed, Better Fighting Technique
 - i. Better Defence
 - ii. More Kicks
 - iii. Better Endurance
 - iv. Coordination when fighting (Skill)
7. Should the Judges 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.
8. The Judges must use the "Remarks" section to motivate their decision.
9. No K.O.'s are allowed.