

Light continuous

Clothing regulations Ladies/ Gentlemen:

- Head guard, closed top (head guard with facial mask is forbidden)
- Mouth guard (braces; double mouth guard of mouth guard for braces)
- T-Shirt with logo of the gym + long pants
- Breast protector compulsory for ladies with (growing) breasts, worn underneath the clothes
- Groin guard, worn underneath the clothes
- Shin insteps, may not exceed the knee, must cover instep and toes, must worn underneath the clothes
- 10 oz boxinggloves, must be visible,
- Handbandages with a max. length of 2.5 meters
- Nails (fingers and toes) should be clean and cut short
- It is forbidden to wear any kind of jewelry

Notice: the above protection must be in excellent condition and must not be damaged. This will be done by checking.

If it appears that one or more rules are not held, then you have 2 minutes to fix this. If you do not succeed in time, you've lost the game by 5-0!

Poule layout (each poule minimum 4 participants)

Up to 15 years	weight and age	2 x 1 minute
16 jaar +	weight and age	2 x 1,5 minute

****These contests are fought with a recapture. Between the 2 rounds, a 1/2 minute break will be entered. Per participant 2 coaches. There will be 1 referee and 3 judges present.***

Definition

In light contact competitors fight continuously until central referee command STOP or BREAK. They use techniques from fullcontact, but these techniques must be well controlled when they land on legal targets. Light contact has been created as an intermediate stage between semi and full contact kickboxing. It is carried out with running time.

Fighters may have one coach and one second in their corner during the match. Both must remain in the coaches box throughout the match in their seats. No coach will be allowed to enter the fighting area while a match is in progress, and no coach will be allowed to make derogatory remarks about a referee or judge or comment. A coach can be removed from his coaching position during the match if he continues to abuse officials or referees.

A fighter may request the clock to be stopped to adjust safety equipment or check an injury. If for any reason the fight is stopped during the match, wherever the fight is stopped, it must restart with both competitors approximately in the same positions. If the referee feels a fighter is using time-stops to rest or to prevent his opponent from gaining advantage, a warning will be given and the fighter may be following discussion with judges, disqualified for delaying the match or refusing to fight.

Legal target areas

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

Head

- Front
- Side

Torso

- Front
- Side

Legs

- Above waist
- Below ankle/ mid- calf (foot sweeps are allowed)

Legal techniques

Kicks

- Front kick
- Side kick
- Roundhouse kick
- Heel kick (sole of the foot only)
- Crescent kick
- Axe kick (sole of the foot only)
- Jump kicks

Hands

- **All kind of boxing punches**

Leg, foot sweep

- To score with a foot sweep the attacker must remain on his feet at all times. If in the execution of a foot sweep the attacker touches the floor any part of his body other than his feet, no score will be given. A score will be awarded to the attacker if his opponent touches the floor with any part of his body other than his feet

Hand and foot

- Hand and foot techniques should be used equally during the entire fighting period. It is extremely dangerous to strike with the back of the heel, it must be strictly emphasized that attacking fighter must extend his foot in such a manner that the sole (bottom) of the foot is used as the striking area when executing the following kicks: axe, hook, an spinning hook kick, all jumping spinning kicks

It is prohibited to:

- Attacks with malicious or excessive contact
- Falling or dropping to the floor without due cause
- Back of the torso (kidneys and spine)
- Top of the shoulders
- Neck; front, side and back
- Below the belt (except for foot sweeps)
- Continue after the command STOP or BREAK or the end of the round has been sounded

- Turn one's back to the opponent , running away and deliberately falling down
 - All blind, uncontrolled techniques in general
 - Back of the head
 - Groin
 - Attack with the knee, elbow, knife hand, head butts, thumb and shoulder
 - Wrestling and ducking below opponent's waist
 - Throwing
 - Attacking an opponent who is falling on the floor or is already on the floor, that is as soon as one hand or knee touches the floor
 - Leaving the fighting area
 - Oil on the face or the body
 - A fighters spits out his mouth guard voluntarily
 - Ground attacks; attacking 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 his feet. Stomps to the head or body of a downed fighter can lead to minus points or disqualification (judges decide by majority decision)
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- Unsportsmanslike like conduct. A fighter shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsmanslike like conduct, the fighter may be disqualified or deducted one point on the first offence, depending on the severity of the infringement
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- Coaches/ Coach second;
 - Inappropriately arguing/ commenting on a referees/ judges decision or on a score 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 Technical Committee review

Note; violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification

Scoring

- Punch 1 point/ click
- Kick to the body 1 point/ click
- Foot sweep 1 point/ click
- Kick to the head 2 points/ clicks
- Jumping kick to to body 2 points/clicks
- Jumping kick to head 3 points/ clicks

In case of a draw

If the match ends in a draw (equal points after 3 rounds), to determine a winner, a judge has to take into consideration the remarks

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

Minus points

Criteria for minus points, given only by the referee after previous warnings

- Unclean fighting style
- Constant clinching
- Constant and continuous ducking, turning of the back
- Too few foot techniques
- Excessive contact
- Heavy knock down
- Any serious violation of the rules

Please indicate the correct age and weight at the time of the tournament! For changing poules € 5,- will be charged. The participant is able to identify him/ herself with an ID card or sports passport.

At the event, all supplies are available, preferably pre-ordered at: www.sherafightstore.com