

POINTFIGHTING

Clothing regulations Ladies/ Gentlemen:

- Head guard, closed top
- Mouth guard (bracing: double mouthguard or mouth guard for braces)
- Uniform **or** t-shirt with logo gym + long pants
- Belt (not required)
- Breast protector compulsory for ladies with (growing) breasts, worn underneath the clothes
- Elbowprotector (optional)
- Groin guard, worn underneath the clothes
- Loose shin guards, may not exceed the knee, worn underneath the clothes
- Foot protector, heel closed, must cover instep and toes
- Semi contact gloves (full contact karate gloves), open palm and thumbs closed. Boxing gloves are forbidden. Handbandages (max. 2.5 meters) and innergloves are allowed
- 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!

Tip: At the event there will be a shop that has all the appropriate protection in stock. Lending or renting is not possible during this tournament!

Regulations:

- All pulled back handtechniques; 1 point
 - Backfist to head and body
 - Jab to head and body
 - Hook punch to head and body
 - Ridge hand to head and body
- All kicks to the body; 1 point
 - With heel and footsole
- All kicks to the head; 2 points

- Sweep in standing position; 1 point
 - Sweep from the ground: front and back; 2 points
 Performed with inside of foot to below ankle both legs
 - Jump kick to the body; 2 points
 Jumped above the knee
 - Jump kick to the head; 3 point
 Jumped above the knee
 - Back of the head does not count towards the score, unless the opponent turns away
- Legitimate targets:** side, front and top of the head
Prohibited area: below the waist, neck, arm, hand and back
Prohibited techniques: grabbing/ holding, spinning backfist, knee, elbow, uppercut and pushing

Poule layout (each poule minimum 4 participants)

beginners

Up to 12 years Cadet	beginners (to 5 tournaments)	1 x 1 minute
13 to 15 years Older Cadet	beginners (to 5 tournaments)	1 x 1 minute
16 to 18 years Junior	beginners (to 5 tournaments)	1 x 1 ½ minute
19 years+ and up Senior	beginners (to 5 tournaments)	1 x 1 ½ minute

***These contests are fought according to the round system. This means that everyone will fight against each other. Per participant 2 coaches**

advanced

Up to 12 years Cadet	advanced (to 15 tournaments)	2 x 1 minute
13 to 15 years Older Cadet	advanced (to 15 tournaments)	2 x 1 minute
16 to 18 years Junior	advanced (to 15 tournaments)	2 x 1 ½ minute
19 years+ Senior	advanced (to 15 tournaments)	2 x 1 ½ minute

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

beyond advanced

Up to 15 years Older Cadet	beyond advanced (15+ tournaments)	2 x 1 ½ minute
16 to 18 years Junior	beyond advanced (15+ tournaments)	2 x 1 ½ minute

19 years+ **Senior**

beyond advanced (15+ tournaments)

2 x 1 ½ minute

***These contests are fought according to a knock out system. This means that if you have lost a contest, you are automatically withdrawn from any further participation in the tournament. Between the 2 rounds, a 1/2 minute break will be entered. Per participant 2 coaches**

The one with most points wins the contest or there must be a difference of 10 points in time.

Exit:

- 2 feet outside the fighting area is an exit
- 1st exit is an official warning
- 2nd exit is 1 point deduction
- 3rd exit is game over, you lose, regardless the score

Warning:

- 1st warning has no consequences yet
- 2nd warning is an official warning
- 3rd warning is 1 point deduction
- 4th warning is game over, you lose, regardless the score

Aggressive and / or unsportsmanlike behavior (for example: walking away) is not tolerated and will be immediately punished by a disqualification for the entire tournament!

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

FIGHT TOUR