



## **ICO WC 2023 DURATION OF ROUNDS**

### **POINT FIGHTING**

**1 X 1.5 MIN ROUND ELIMINATIONS 2 X 1.5 MIN ROUND FINALS FOR U16**

**1 X 2 MIN ROUND ELIMINATIONS 2 X 2 MIN ROUND FINALS FOR 16 & OVER**

**IN THE EVENT OF A DRAW THERE WILL BE AN EXTRA 30 SEC.**

**AFTER THAT "SUDDEN DEATH" FIRST TO SCORE!**

**TEAM POINT FIGHTING 1 X 1.5 MIN ALL ROUNDS.**

### **ALL CONTINUOUS / LIGHT CONTACT EVENTS.**

**2 X 1.5 MIN ROUNDS INC FINALS U16.**

**2 X 2 MIN ROUNDS INC FINALS 16 & OVER.**

**VETS AND MASTERS 2 X 1.5 MIN ROUNDS INC FINALS.**

**IN THE EVENT IF A DRAW THERE WILL BE ONE EXTRA ROUND.**

**AFTER THAT A DECISION MUST BE MADE!**

### **ALL FULL CONTACT INC K1 FULL/ THAI/ ORIENTAL BOXING FULL.**

**3 X 1.5 MIN ROUNDS INC FINALS U 18.**

**3 X 2 MIN ROUNDS INC FINALS ADULTS.**

**IN THE EVENT OF A DRAW ONE EXTRA ROUND WILL BE FOUGHT.**

**AFTER THAT A DECISION MUST BE MADE!**

