



# ***RULE BOOK***

Updated December 2025



# INTRODUCTION

With over 20 years in Combat Sports and Sport Karate, we're dedicated to delivering the biggest and best points fighting events in the UK. From world-class organisation to constant investment in our sport, our mission is clear: to set the standard for martial arts promotion nationwide.

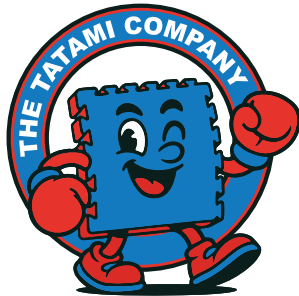
But it's more than just the fights – it's about raising the level of professionalism, creating a friendly and welcoming environment, and building the future of our athletes for the long term.

None of this would be possible without YOU – the fighters, coaches, officials, parents, spectators, and incredible volunteers. Your passion and support drive the Fightwear Store UK Open forward every single time.

Get ready, because we're only just getting started.



Director  
4th Degree Black Belt





***POINTS  
FIGHTING***

***SEMI  
CONTACT***

# POINTS FIGHTING

Punch (to any legal scoring area) - 1 Point  
Body Kick - 1 Point  
Jumping Body Kick - 2 Points  
Head Kick - 2 Points  
Jumping Head Kick - 3 Points

## Illegal Techniques

The following are strictly prohibited:  
Kicks below the waist  
Spinning Punches  
Drop sweeps

(All techniques must be sighted and delivered with appropriate control and respect for safety).

## Warning & Exit System

Exits and official warnings are treated separately.

A verbal warning can be given before the first official warning, however, the centre referee can choose to bypass straight to an official warning (minus 1 point) if they deem necessary.

There is no verbal warning for intentional exits.

1st Offence or Exit - Minus 1 Point  
2nd Offence or Exit - Minus 1 Point  
3rd Offence or Exit - Minus 1 Point  
4th Offence or Exit - Disqualification

## Note:

If a fighter intentionally exits the area within the final 10 seconds of a match, they will receive a minus point and 10 seconds will be added to the round. If this exit is their 4th exit, disqualification will apply as normal.

## Match Stop Rule

If a fighter leads by 10 clear points, the referee will stop the fight and declare the winner.

## Timeouts & Restart Positions

If the fight is paused for equipment adjustment, injury, or another valid reason, the match must restart from the same position it stopped.

For example, if a fighter had their opponent in the corner, the fight must resume with both fighters in that same position to avoid tactical misuse of stoppages.





***JUST  
BLITZ***

***SEMI  
CONTACT***

# JUST BLITZ

We introduced the Just Blitz divisions in order to develop the way fighters utilise their hands and to improve the way they move on the tatami.

This discipline can be extremely fast paced but we have also seen some beautiful displays of Just Blitz being fought at a slower and technical pace.

There is no ten clear rule, the match will continue for the time duration of the fight.

The scoring system is simple in order to keep up with the speed and pace this style can get to. 1 Point for every legal hand technique.

## Warnings & Exits

The same rules apply in regards to warnings and exits as Points Fighting. However there is a specific warning system for kicking offences.

A fighter cannot lift up their leg even as a fake, if they do the first warning will be a verbal, second minus point third minus point fourth disqualification.

If a fighter makes contact with a kick then they will go straight to a minus point. If they make contact a second time they will be disqualified.

If a fighter makes contact and the referees deem it to have been intentional then the fighter can be disqualified straight away with no prior warnings.



The background is a solid blue color. On the left side, there are several dark blue, semi-transparent geometric shapes. These include a small square, a long diagonal bar, and a large, curved, ribbon-like shape that sweeps across the lower-left quadrant. The text is positioned in the lower-left area, partially overlapping the large curved shape.

***LIGHT  
CONTINUOUS***

***LIGHT  
CONTACT***

# LIGHT CONTINUOUS

Punch (to any legal scoring area) - 1 Point

Body Kick - 1 Point

Foot Sweep - 1 point (must be boot to boot, 3 parts of body to touch floor)

Jumping Body Kick - 2 Points

Head Kick - 2 Points

Jumping Head Kick - 3 Points

Winner determined by highest score shown on Tally counter after either one or two rounds.  
The score continues throughout the contest and scores are not reset if the fight is two rounds.

Judges are looking for clean techniques and combinations for scoring and a flurry of inaccurate punches will not score. A well placed controlled combination of two or three punches will score better than charging forward and swinging.

## Illegal Techniques

The following are strictly prohibited:

Kicks below the waist

Elbows/Knees

Spinning Punches

Drop sweeps

(All techniques must be delivered with appropriate control and respect for safety).

## Warning & Exit System

Exits and official warnings are treated separately.

A verbal warning can be given before the first official warning, however, the centre referee can choose to bypass straight to an official warning if they deem necessary.

There is no verbal warning for intentional exits.

1st Offence or Exit - Warning

2nd Offence or Exit - Warning

3rd Offence or Exit - Warning & Minus 1 Point

4th Offence or Exit - Disqualification

Timeouts & Restart Positions - If the fight is paused for equipment adjustment, injury or another valid reason, the match must restart from the same position it stopped. For example, if a fighter had their opponent in the corner, the fight must resume with both fighters in that same position to avoid tactical misuse of stoppages.





***KICK  
LIGHT***

***LIGHT  
CONTACT***

# KICK LIGHT

Punch (to any legal scoring area) - 1 Point

Body Kick - 1 Point

Thigh Kick - 1 point

Foot Sweep - 1 point (must be boot to boot, 3 parts of body to touch floor)

Jumping Body Kick - 2 Points

Head Kick - 2 Points

Jumping Head Kick - 3 Points

Winner determined by highest score shown on Tally counter after either one or two rounds. The score continues throughout the contest and scores are not reset if the fight is two rounds.

We are looking for clean techniques for scoring and a flurry of inaccurate punches will not score. A well placed controlled combination of two or three punches will score better than charging forward and swinging.

## Illegal Techniques

The following are strictly prohibited:

Kicks below the knee or to the joints

Spinning Punches

Elbows/Knees

Drop sweeps

(All techniques must be delivered with appropriate control and respect for safety).

## Warning & Exit System

Exits and official warnings are treated separately.

A verbal warning can be given before the first official warning, however, the centre referee can choose to bypass straight to an official warning if they deem necessary.

There is no verbal warning for intentional exits.

1st Offence or Exit - Warning

2nd Offence or Exit - Warning

3rd Offence or Exit - Warning & Minus 1 Point

4th Offence or Exit - Disqualification

Timeouts & Restart Positions - If the fight is paused for equipment adjustment, injury or another valid reason, the match must restart from the same position it stopped. For example, if a fighter had their opponent in the corner, the fight must resume with both fighters in that same position to avoid tactical misuse of stoppages.





***MARTIAL  
BOX***

***LIGHT  
CONTACT***

# MARTIAL BOX

Clean Punch to Legal Scoring Area (head or body) – 1 Point. Judges will score based on clean, controlled, and effective punches.

Combinations of 2–3 accurate punches will score more consistently than wild, uncontrolled flurries.

The winner is determined by the highest score shown on the tally counter after either one or two rounds. The score continues throughout the contest and is not reset if the fight goes to a second round.

## Legal Target Areas

Head (front and sides, excluding the back of the head/neck)

Torso (front and sides, above the belt line)

Illegal Techniques

The following are strictly prohibited:

Punches below the belt

Elbows/Knees

Headbutts

Open-hand strikes (slaps, backhands, etc.)

Holding, clinching, or excessive pushing

Strikes to the back of the head or spine

Spinning or uncontrolled punches

(All techniques must be delivered with appropriate control and respect for safety.)

Exits and official warnings are treated separately.

A verbal warning may be given before the first official warning, but the centre referee may bypass straight to an official warning if they deem it necessary.

## Warning & Exit System

Exits and official warnings are treated separately.

A verbal warning can be given before the first official warning, however, the centre referee can choose to bypass straight to an official warning (minus 1 point) if they deem necessary.

Timeouts & Restart Positions - If the fight is paused for equipment adjustment, injury or another valid reason, the match must restart from the same position it stopped. For example, if a fighter had their opponent in the corner, the fight must resume with both fighters in that same position to avoid tactical misuse of stoppages.



The background is a solid medium blue. On the left side, there are several dark blue, almost black, abstract geometric shapes. These include a small square, a long diagonal bar, and a large, curved, sweeping shape that resembles a stylized letter 'C' or a thick brushstroke. The text is positioned in the lower-left and lower-right areas of the image.

***TAG  
TEAMS***

***SEMI  
CONTACT***

# TAG TEAMS

Tag Teams is a fast paced Point Fighting discipline. The same rules apply in regards to Point Fighting.

Time cannot be called for any adjustment, a even if the fighter calls time the referee does not have to call time, and the fighter can still be scored on.

Both fighters must tag within the time limit of the fight, if no tag is made, then the team will be disqualified whether or not they are winning on points.

There is no ten clear rule, the fight will continue for the time duration or if a team decided to withdraw during the fight.

Round Times:

Under 12s - 2 Minutes

Under 15s - 2 Minutes

16 Over - 2 Minutes

