**MARTIAL BOX LIGHT – RULES IN BRIEF**

**MARTIAL BOX LC IS A LIGHT SKILL BASED TECHNICAL SPORT.**

**CONTROL OF POWER IS REQUIRED, NO! LOADING UP ON SHOTS, ANY HEAVY BLOWS WILL NOT BE SCORED AND WILL RESULT IN WARNINGS OR DISQUALIFICATION!**

**NO! TKO OR KO ALLOWED 8 COUNT ONLY FOR POOR CONDITIONING (FIGHTER NOT FIT)**

**SCORING CAN BE DONE VIA 10/9 MUST SCORE CARD SYSTEM, OR CLICKER SYSTEM AND JUDGES DECISION.**

**EXTRA ROUND IN RESULT OF A DRAW.**

**SCORING – HANDS = ALL LEGAL BOXING TECHNIQUES TO LEGAL TARGETS, BACKFIST TO HEAD IS ALSO ALLOWED BUT NO! TURNING OR SPINNING BACKFIST IS ALLOWED!**

**NO DELIBERATE AVOIDING OF COMBAT!**

**WARNINGS! POWER/AREA/DISCIPLINE**

**ONE VERBAL**

**TWO VERBAL**

**THREE YELLOW = CARD MINUS POINT**

**FOUR RED CARD = DISQUALIFICATION**

**REFEREE HAS THE RIGHT TO JUMP LEVELS SHOULD HE/SHE DEEM FIT!**

**CLOTHING AND EQUIPMENT CLEAN AND IN GOOD ORDER!**

**HEAD GUARD OPEN FACE SAP, TOP TEN, ADDDAS STYLE.**

**10 OZ BOXING GLOVES IN GOOD ORDER AND NO! SMALL KIDS CONDENSED 10 OZ ALLOWED!!!**

**TRAINERS OR BOXING BOOTS CLEAN NO OUTSIDE FOOTWEAR PLEASE!**

**GUM SHIELD THAT FITS AND DOES NOT KEEP DROPPING OUT!**

**GROIN GUARD**

**CHEST GUARD/OPTIONAL BUT ADVISED FOR FEMALES.**

**SHORTS OR LONG KICK BOXING TROUSERS THAT FIT CORRECTLY.**

**CLUB T-SHIRT/ VEST.**