



BMMA ALTRINCHAM

SEMI CONTACT POINTS FIGHTING RULES

INTERCLUB PRACTICE BOUT RULES

Clean technique. Controlled contact. Competitor safety first.

1. Scope and authority

These rules apply to BMMA Altrincham interclub semi-contact practice bouts, listed as **Points Fighting** on the event entry system. All contests are controlled practice bouts intended to provide experience and development in a safety-led environment; they are not full-contact fights. These are event rules and should not be represented as the national rules of British Military Martial Arts.

The referee's first responsibility is competitor safety. The referee may pause or stop a bout whenever necessary and their decision during the bout is final.

2. Officials

- 1 Each bout will normally be overseen by one referee and three judges.
- 2 A point is awarded only when at least two officials agree. The referee cannot overrule a majority decision.
- 3 If two officials indicate a score for one competitor and two indicate a score for the other, the referee may award one point to each competitor. If no majority supports either score, no point is awarded.

3. Bout procedure

- 1 Competitors must report when called and present themselves for a safety-equipment check. Jewellery, watches and other hard or sharp items must be removed.
- 2 After inspection, competitors take their starting positions and wait for the referee's command to begin.
- 3 **Children's bouts:** two rounds of one minute, with a 30-second rest between rounds.
- 4 **Adult bouts:** two rounds of one minute 30 seconds, with a 30-second rest between rounds.
- 5 **Finals:** three rounds at the relevant children's or adult round length, with a 30-second rest between rounds.
- 6 Only the referee may stop the clock. Competitors must immediately obey the commands **Fight**, **Stop** and **Break**.
- 7 When a score is recognised, the referee stops the bout, returns the competitors to their positions, confirms the officials' decision and announces the points awarded before restarting.
- 8 If a competitor leaves the fighting area, the referee stops the action, returns both competitors to position and restarts the bout. An intentional or repeated exit may result in a warning or penalty.
- 9 Each competitor may have one coach in their corner.
- 10 A competitor may request time to adjust safety equipment. Unnecessary or repeated time-outs may be penalised as match delaying or refusing to fight.

4. Legal target areas

- 1 **Head:** front, side and back. All contact must remain light and controlled.
- 2 **Torso:** front and side.
- 3 **Lower leg:** below mid-calf for a controlled foot sweep only.

5. Legal techniques

- 1 **Kicks:** front, side, back, hook (sole of the foot only), crescent, axe (sole of the foot only), roundhouse, jumping and spinning kicks.
- 2 **Hand techniques:** recognised boxing punches, jumping punches and ridge-hand strikes.
- 3 All techniques must be executed with control and must land cleanly on a legal target area.

6. Illegal target areas

• Top of the shoulders	• Neck and throat
• Below the belt	• Legs, except a legal foot sweep
• Back of the torso / spine	• Any area not expressly listed as legal

7. Prohibited actions

- 1 Reverse ridge-hand strikes, knife-hand chops and spinning backfists.
- 2 Avoiding or refusing to fight, deliberate passivity or repeatedly running away.
- 3 Attacking from the floor, or attacking an opponent who is falling or down. A competitor is down once any part of the body other than the feet touches the floor.
- 4 Turning the face or back, blind or uncontrolled techniques, intentional falling, wrestling, prolonged clinching or ducking below the opponent's waist.
- 5 Leaving the fighting area without permission or deliberately forcing an opponent out in an unsafe manner.
- 6 Continuing after the referee has called Stop or Break, or using excessive or uncontrolled contact.

8. Awarding points

- 1 A scoring technique must be clean, legal, controlled and seen to land on a legal target area.
- 2 An official who sees a valid technique immediately signals. The referee stops the bout and all officials indicate whether they saw a score.
- 3 At least two officials must support the same decision for points to be awarded.
- 4 A technique that merely brushes, pushes or makes unclear contact does not score.
- 5 For a jumping technique to score, the competitor must land inside the fighting area under control, with no part of the body other than the feet touching the floor.

Point values

Legal punch or hand technique	1 point
Legal kick to the body	1 point
Jumping kick to the body	2 points
Legal kick to the head	2 points
Jumping kick to the head	3 points
Controlled sweep followed by an immediate legal technique	1 point

9. Warnings, exits and fouls

Warnings and penalties apply cumulatively to exits and other rule violations:

First warning	Official warning
Second warning	Minus 1 point
Third warning	Minus 1 point
Fourth warning	Disqualification

A serious safety breach or deliberate act may result in an immediate point deduction or disqualification without progressing through every warning stage.

10. Awarding the bout

- 1 The competitor with the most points at the end of the scheduled bout is the winner.
- 2 If the score is level at the end of the bout, a one-minute extension is fought.
- 3 If the score remains level after the extension, sudden death applies: the first competitor to score a valid point wins.
- 4 The opponent is declared the winner if a competitor is disqualified, retires, refuses to continue or is stopped for safety reasons.
- 5 If a competitor fails to appear when called, they will be allowed up to two minutes. If they still do not report, the competitor who is present may be awarded a walkover.

NO KNOCKOUTS

Knockouts are not permitted. Excessive contact may lead to an immediate warning, point deduction, stoppage or disqualification.

Event administration

The organiser may combine, amend or withdraw categories where entries require it. Any event-specific instructions issued at the coaches' meeting or rules briefing form part of these rules.

Competitors, coaches and clubs are responsible for ensuring that entries accurately reflect age, weight and experience, and that competitors are fit to participate.

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