

**RING CONTINUOUS RULES IN BRIEF**

**Ring continuous is a controlled ring or mat based discipline.**

**The power level is CONTROLLED STRIKES to the head ESPECIALLY FOR 12YRS AND UNDER, heavier contact to the body is allowed but NOT! for TKO or KO!.**

**A standing count can ONLY be given to a fighter for poor conditioning, i.e a fighter not fit or in good shape! For the fight and NOT! For a knock down TKO or KO.**

**Warnings are 2 x verbal then YELLOW card Then RED card = disqualification but referee may use discretion and jump to any level he or her see fit.**

**The above warnings are for any foul breaking of rules or excess power.**

**A yellow card may result in a minus point should Referee deem fit!**

**Scoring is based on clean offensive hits to a legal target, but defence, ring craft, fitness, range of technique applied may also be taken into account.**

**Scoring techniques = legal tech to legal target, Boxing. Legal kicks above the waist to legal target.**

**No elbows or spinning back fist**

**Scoring targets = front and side of head, front and side of body.**

**The SCORING is on a 10-9 must system and offensive and defensive fighting is scored.**

**Winner of round will get 10 points.**

**Loser of round will get 9 points.**

**A drawn round will see 10 points each.**

**An 8 count for poor condition will result in a 8 point round for that fighter.**

**A minus point will reduce score accordingly.**

**Duration of rounds: Elimination style competitions.**

**Kids 12yrs & under = 2 x 1 min**

**Jnr 13-15yrs = 2 x 1min**

**Cadet 16-18yrs = 2 x 1.5 min**

**Adult 19 -35yrs = 2 x 2 min**

**Adult 36yrs + Vets maters = 2 x 1.5 min**

 **1 min rest may be used.**

**In event of a draw the 1 x extra round and decision must be made.**

**This may change on the day of competition at promoter’s discretion!**

**Gala event titles will be contested over 5 rounds and time duration is the same as age limit stated above.**

**Equipment required:**

**Kids and Jnrs = 10 oz boxing gloves in good condition. (NO SMALL COMPRESSED 10 OZ GLOVES ALLOWED)**

**Adults = 10 oz Boxing gloves**

**Head Guard**

**Shin pads and kick boots**

**Groin guard Male/Female advisable**

**Mouth guard**

 **long pants (kick boxing style)**

**Club T shirt**