



BMMA ALTRINCHAM

LIGHT CONTACT RULES

INTERCLUB PRACTICE BOUT RULES

Controlled contact. Fair competition. Competitor safety first.

1. Scope and authority

These rules apply to BMMA Altrincham interclub light contact practice bouts. 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 The event organiser may adjust the officiating team where necessary, provided the bout can still be judged safely and fairly.

3. Before and during the bout

- 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 Hand/wrist wraps are recommended but are not mandatory for light contact ring bouts.
- 3 After inspection, competitors take their starting positions and wait for the referee's command to begin.
- 4 **Children's bouts:** two rounds of one minute, with a 30-second rest between rounds.
- 5 **Adult bouts:** two rounds of one minute 30 seconds, with a 30-second rest between rounds.
- 6 **Finals:** three rounds at the relevant children's or adult round length, with a 30-second rest between rounds.
- 7 Only the referee may stop the clock. Competitors must immediately obey the commands **Fight, Stop** and **Break**.
- 8 If a competitor leaves the fighting area, the referee will stop the action, return both competitors to position and restart the bout.
- 9 A competitor who breaks a rule or attempts a prohibited action may receive a warning, point deduction or disqualification, depending on seriousness and repetition.
- 10 Each competitor may have one coach in their corner.
- 11 A competitor may ask for time to adjust safety equipment. The referee may refuse if the request is unnecessary, repeated or would unfairly disadvantage the opponent.
- 12 Using time-outs to recover, obtain coaching or delay the bout may be treated 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. Reverse ridge-hand strikes, knife-hand chops and spinning backfists are not permitted.
- 3 All techniques must be executed with control and must land 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 Avoiding or refusing to fight, deliberate passivity or repeatedly running away.
- 2 Attacking while on 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.
- 3 Turning the face or back, blind or uncontrolled techniques, intentional falling, wrestling, prolonged clinching or ducking below the opponent's waist.
- 4 Leaving the fighting area without permission or deliberately forcing an opponent out in an unsafe manner.
- 5 Continuing to fight after the referee has called Stop or Break.
- 6 Excessive or uncontrolled contact, including striking with the intention of causing a knockout.

8. Scoring principles

- 1 A scoring technique must be clean, legal, controlled and seen to land on a legal target area.
- 2 A technique that merely brushes, pushes or makes unclear contact should not score.
- 3 For a jumping technique to score, the competitor must land in the fighting area under control, with no part of the body other than the feet touching the floor.
- 4 Contact must remain light and well controlled throughout the bout.

Technique values

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

Round scoring

- 1 Each judge scores each round using the 10-point system.
- 2 **10-10:** the competitors are equal in the round.
- 3 **10-9:** one competitor is slightly better in the round.
- 4 **10-8:** one competitor is clearly superior in the round.

9. Warnings and deductions

Warnings or point deductions may be issued for:

• Unclean or unsafe fighting	• Persistent clinching
• Repeated ducking or turning away	• Insufficient variety / repeated lack of kicks
• Excessive contact	• A heavy knockdown
• Match delaying or refusing to fight	• Any other breach of these rules

10. Awarding the bout

- 1 **Points decision:** the winner is the competitor selected by the majority of judges after all completed rounds.
- 2 **Disqualification:** the opponent is declared the winner when a competitor is disqualified.
- 3 **Referee stoppage:** the referee may stop the bout where one competitor is clearly overmatched, unable to defend safely, injured or otherwise unable to continue.
- 4 **Retirement / abandonment:** the opponent is declared the winner if a competitor voluntarily retires, refuses to continue or is unable to resume after the rest period.
- 5 **Walkover:** 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 declared the winner.

Drawn bouts

If the judges' scores result in a draw, each judge must nominate a winner using the following criteria:

- 1 Better overall technique and skill.
- 2 Better defence and ring awareness.
- 3 Greater use and variety of legal kicks.
- 4 Better endurance, coordination and effective activity, with particular attention to the final round.

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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