KICK LIGHT RULES

Fighting Equipment –
Head Guard – Padding **MUST FULLY** cover the top, side and back of the head. The face MUST be fully exposed offering best vision for the competitor **NO** cheek padding. **MUST be a Martial Arts type Head Guard in good condition and fits the competitor well.**
Boxing Gloves – The hand must be fully covered including the palm and be of 10oz weight
Shin Guards – You are permitted to wear separate shin guards these should be **HARD and** not elasticated.
Separate Boots - **Foot / Kick Boots – MUST** cover the instep and heel of the foot. They **MUST** be full boots not shin and instep pads. Boots **MUST** cover the whole foot including toes.
Alternatively competitors can choose to wear – Shin and Instep these must be **HARD** and be no higher than the knee.
Gumshield
Groin Guard for male competitors
Chest / Breast Guards for any Female competitors

Clothing -
National Team T-shirt or Vest Top
Kickboxing Style or Muay Thai shorts

Level Of Contact –
The level of contact should be the same as competitive sparring approximately twenty % of full power. The intention should be to score kicks and punches on legal target areas without inflicting damage.

Purposeful Intent – If a fighter attacks with excessive power deliberately leveraging or loading punches and kicks with intent to inflict damage it will be considered purposeful intent and the fighter will be immediately cautioned or disqualified. The fighter can be penalised without actually landing or connecting with the attack if the intent is considered a foul.

The Centre Referee may use his own discretion when penalising a fighter for purposeful intent the choices available depending on the severity.
1. To warn the fighter (Caution)
2. To Issue a minus point
3. To disqualify the fighter (end the match declaring the fouled opponent the winner)

Scoring Areas –
Face
Under Chin
Side and Back of the Head
Body (Front and Side of Torso)
Legs (Only above the knee)
Foot (Sweeps **ONLY** boot to boot inside and outside)

Illegal Areas –
Top of the Head
Neck and Throat
Hand front and back
Kidney Area
Legs below the knee (Calf Kicks)

Sweeps –
Front Sweep (performed with inside of the foot to below the ankle)
Front Sweep (performed with outside of the foot to below the ankle)

All Sweeps must be boot to boot and no higher than the ankle. For a Sweep to score, the sweep must incur either a complete grounding, or a stumble leading to the fighter touching the ground with any part of the body other than the soles of the feet. Even the slightest of touches to the ground by the fingers for example, will result in the sweep being deemed successful.

Scoring should not be on offensive techniques alone, and Defense, Mat-Craft, Fitness etc. should be scored just as highly. The use of clickers is not recommended as the ONLY source of scoring from the judges.

Legal Techniques –
The following techniques are permitted in Kick Light.
Punches - Straight punches, hooks, uppercuts (must land with the knuckle part of the glove)

Kicks – Front kicks, Leg kicks (above the knee), middle kicks, high kicks, sidekicks, back kicks, jumping kicks, spinning kicks.

Illegal Techniques –
Clinching

Calf Kicks

Knees

Catching/holding the leg -

Spinning or turning back fist

Using the head to deliver a blow

Using the elbow to deliver a blow

Attacking the groin or lower abdomen

Wrestling or judo throws

Thumbing the opponent

Choking and punching the throat

Biting the opponent

Attacking the opponent while he is down or in the process of getting up

Attacking the opponent after the referee has called a break

Voluntarily exiting the Tatami during the course of a match

Deliberately falling down to avoid attack

Attacking the opponent who turned around and showed his back

A caution warning, and or a point deduction shall be given to a fighter who repeatedly charges inside the opponent’s guard, with head held low to avoid attack.

A caution, warning, and or a point deduction shall be given to a fighter who repeatedly uses holding and clinches that are not accompanied by attacks, and are judged as being defensive/passive in nature.

A caution, warning, and or a deduction of point may be given when a fighter is only waiting to counter attack and or is considered to be passive.