



POINT FIGHTING RULES

- No spinning backfists
- Open and closed handed punches permitted
- All kicks above the waist permitted
- Standing sweeps permitted (boot to boot)
- No power restriction
- If a competitor has one foot off the mat, said competitor can still be scored on
- If a competitor is not engaged in the fight in the last 30 seconds e.g. purposely steps off the mat an addition 10 seconds will be added at the end of the round
- The entire head is a scoring zone

Competitors equipment

- Points fighting gloves
- Headguard
- Footpads
- Shin pads (no football shins).
- Groin guard
- Chest guard
- Gumshield