



Light contact and Kick light (Low kick) Rules in brief.

Light contact is a technical based on skill and power control. Above waist legal kicks only (Front Kick, Side Kick, Spinning Back Kick, Roundhouse/Turning Kick, Hook Kick, Crescent Kick, Axe Kick, Sweep, Spinning Sweep and all previously listed kicks while jumping or spinning).

kick light is the same as light contact rules with kicks above the waist, the only difference is competitors are allowed to kick to the inner and outer thighs.

Round times

- Eliminations- 1x 1.30-minute rounds
- Finals – 2x1.30-minute rounds

Light contact rules

- Controlled power
- All punches MUST be thrown from guard (No swinging).
- No spinning backfists
- No Knock downs permitted
- No spinning backfists
- All leg techniques as Full Contact & K1
- All permitted kicks above the waist only

Kick light rules

- Controlled power
- All punches MUST be thrown from guard (No swinging)
- No spinning backfists.
- No Knock downs permitted
- All leg techniques as Full Contact
- All permitted kicks above the waist only
- Kicks to the inner and outer thighs permitted.
- Round/Turning kick only to the thigh
- No knockdowns permitted.

Competitor's uniforms

light Contact

- 10oz gloves
- Long trousers
- Headguard
- Groin guard
- Chest protector
- Footpads
- Shin pads (no football shins)
- Gumshield

Kick light

- 10oz gloves
- shorts
- Headguard
- Groin guard
- Chest protector
- Footpads
- Shin pads (no football shins)
- Shin & Instep permitted (instep should cover toes)
- Gumshield