



**THIS LOGO AND THESE RULES ARE THE PROPERTY OF
THE INTERNATIONAL COMBAT ORGANIZATION**

SUBSTRIKE – FULL CONTACT RULES

BRIEF OUTLINE

THE STAND UP

**FULL - CONTACT KICK-BOXING WITH LOW KICKS AND
KNEE TO BODY ONLY.**

TRANSITION

THROWING, TAKEDOWNS, SWEEPS, LEG TAKES, CLINCH

GROUNDWORK

**SUMISSIONS AND STRIKING TO THE BODY WITH
PUNCHING AND KNEE (ONLY)**

**FIGHTERS MAY BE STOOD UP BY THE REFEREE AT
ANYTIME SHOULD HE FEEL FIGHTERS ARE NOT ACTIVE
(ONLY PROGRESSIVE ATTACKING MOVES WILL BE
SCORED).**

THE WIN

POINTS DECISION OR SUBMISSION TKO OR KO

SCORING CAN BE ON THE 10-9 MUST SYSTEM

DURATION OF ROUNDS

ELIMINATION STYLE COMPETITION

2 X 4 MIN

ILLEGAL TECHNIQUES

SPIKING OR SLAMING OPPONENT

THROWING AGAINST LOCKED JOINTS

MANIPULATION OF SMALL JOINTS

SUPLEX OF ANY KIND

HEEL HOOKS

NECK CRANKS

SPINE LOCKS/TWISTING SPINE LOCKS

STRIKING OF THE THROAT

STRIKING THE BACK AND BACK OF HEAD

SPINNING BACKFIST AND BACKFIST

GOUGING, BITING, PINCHING, CLAWING OF THE FLESH

NO ELBOW OF ANY KIND

ATTACKS WITH STRIKES TO JOINTS IN STAND UP

GRABBING OF SHORTS OR USE OF CLOTHING

CLOTHING

**SHORTS ONLY - MMA STYLE (NO ROUGH OR SHARPE
EDGES)**

BARE TOP/RASH GUARD

NO ZIPS OR LONG CORDS OF ANY KIND ON CLOTHING

ANKLETS MAY BE WORN

**ELBOW AND KNEE PADS MAY BE WORN (ELASTICATED
ONLY NO STRAPS)**

NO JEWELLERY TO BE WORN

NO ABUSIVE OR DISTASTFUL LOGOS TO BE DISPLAYED

CLOTHING MUST BE CLEAN AND PRESENTABLE

TOE AND FINGER NAILS MUST BE CLEAN AND TRIMMED

EQUIPMENT

ONLY SUBSTRIKE 7 oz GLOVES TO BE WORN (PROVIDED)

FLEXIBLE SHIN AND INSTEP MMA OR ELASTICATED

STYLE ONLY (NO THAI SHIN AND INSTEP) (OPTIONAL)

GROIN GUARD

MOUTH GUARD

WARNINGS AND DISQUALIFICATIONS

SEQUENCE

VERBAL WARNING

YELLOW CARD

RED CARD (DISQUALIFICATION)

REFEREE MAY JUMP TO ANY LEVEL DEPENDANT ON

NATURE OF OFFENSE