



## Combat Points – Quick reference rules

- Scoring areas – all of head, torso, side torso – for under 10's see below
- Illegal techniques – spinning or turning backfist, kicks below the waist
- For round times please refer to Fitofan
- Points – all punches, 1 point, body kick 1 point, head kick 2 points, jump kicks add one point to each type of kick. No drop sweeps – other sweeps must be boot to boot
- 3 second follow up, if the opponent falls to the floor the attacker has 3 seconds to follow up with a hand technique only. (No kicking the opponent on the floor) This could result in a Warning, minus point or DQ dependant the severity of the offence. Competitor on the floor can defend techniques with hands only (No kicking up from the floor) resulting in the same punishment above. Fighter must halt advances if ref call stop, regardless of position!
- Warnings and exits are separate – not cumulative.
- Warnings – usual reasons, power, illegal technique etc
- Warnings are 1) warning, 2) minus point, 3) Minus Point, 4) DQ
- Exits 1) minus point 2) Minus point 3) Minus point 4) DQ
- Exits – half a foot in remains in, one foot out is out. If outside area, can be scored upon but cannot score. If the score is given exit warning cannot be issued at the same time
- Kit – Headguard (not boxing, No cheek guards) points gloves (closed finger tips, thumbs attached) kickboots, shin pads, gum shield, groin guard for males compulsory, recommended for female. Chestguard for females 13+ mandatory recommended for any developed female under 13. No handwraps
- Avoidance at end of fight - Different between running and mat craft – if deemed running by majority then centre referee can 1) add 10 seconds, 2) give a warning and minus point even if no warnings are

given at this stage, 3) give a warning or any combination that favours the aggressive fighter.(Referee cannot give both time penalty and point deduction, must be one or the other)

- Injury – medical time 2 minutes cumulative – do not argue with the referee over this. IN the event of an injury due to foul then win goes to injured party, in the event of accidental non malicious injury the win is awarded to non injured party.
- If a Doctor says the fighter is unable to continue then there is no comeback – dependant of injury that fighter may be excluded from other categories. EG head injury results in immediate suspension. Nose bleed could be considered to fight later.

### **UNDER 10's**

- Facemask to be used
- Only controlled ridgehand and backfist to the head – no headkicks
- Body kick is worth 2 points

### **Mat Light Continuous Combat – Quick reference rules**

- Scoring areas – all of head, torso, side torso – for under 10's see below
- Illegal Techniques – Backfist, Spinning backfist, turning backfist
- For round times please refer to Fitofan
- Scoring is on a 10 / 9 must system – winner of the round receives 10, loser 9. Standing 8 count only for lack of conditioning / fitness. This results in a minus point.
- Scoring is on a majority basis – If two people score a draw and one scores either red or blue – the result is a draw and an extra round is needed.
- Warnings and exits are separate – not cumulative.
- Warnings – usual reasons, power, illegal technique etc
- Warnings are 1) warning, 2) warning 3) Minus Point, 4) DQ
- Exits 1) warning 2) warning 3) Minus point 4) DQ
- Exits – half a foot in remains in, one foot out is out. However please use common sense that if a single foot steps out and straight back in then do not stop the fight allow it to flow.

- Kit – Headguard (not boxing) 10 oz gloves (not compacted smaller gloves), kickboots, shin pads, gum shield, groin guard for males compulsory, recommended for female. Chestguard for females 13+ mandatory recommended for any developed female under 13. Hand wraps / gels are recommended but not compulsory.
- Injury – medical time 2 minutes cumulative – do not argue with the referee over this. IN the event of an injury due to foul then win goes to injured party, in the event of accidental non malicious injury the win is awarded to non injured party.
- If a Doctor says the fighter is unable to continue then there is no comeback – dependant of injury that fighter may be excluded from other categories. EG head injury results in immediate suspension. Nose bleed could be considered to fight later.

### **UNDER 10's**

- No head contact at all
- Facemasks must not be used for Mat Combat

### **Novice Rules**

Will be encouraged to break and reset after a 4 technique exchange, this to help with fight craft and keep competitors save

### **Mat Kick Low Continuous Combat – Quick reference rules**

#### **Rules in addition to those for Mat Combat.**

Scoring areas

- Inside and outside of the thigh

Illegal Techniques

- Kicks to the joints (Knee) or lower legs

Clothing

- Fighters should wear a clean T-Shirt that ensures that the top half of the arm is covered by a sleeve.
- Martial Arts style shorts. There should be no zips, pockets, or buttons on the shorts

### **Novice Rules**

Will be encouraged to break and reset after a 4 technique exchange, this to help with fight craft and keep competitors save

## **Martial Box Combat – Quick reference rules**

- Scoring areas – Front side and back of head, torso, side torso (top of the head does not score)
- Illegal Techniques – Backfist, spinning backfist . turning backfist
- For round times please refer to Fitofan
- Scoring is on a 10 / 9 must system – winner of the round receives 10, loser 9. Standing 8 count only for lack of conditioning / fitness. This results in a minus point.
- Scoring is on a majority basis – If two people score a draw and one scores either red or blue – the result is a draw and an extra round is needed.
- Warnings and exits are separate – not cumulative.
- Warnings – usual reasons, power, illegal technique, kicking or faking with the leg is not allowed
- Warnings are 1) warning, 2) warning 3) Minus Point, 4) DQ
- Exits 1) warning 2) warning 3) Minus point 4) DQ
- Exits – half a foot in remains in, one foot out is out. However please use common sense that if a single foot steps out and straight back in then do not stop the fight allow it to flow.
- Kit – Headguard, 10 oz gloves (not compacted smaller gloves), Boxing boots or clean trainers, gum shield, groin guard for males compulsory, recommended for female. Chestguard for females 13+ mandatory recommended for any developed female under 13. Hand wraps / gels are recommended but not compulsory.
- Injury – medical time 2 minutes cumulative – do not argue with the referee over this. IN the event of an injury due to foul then win goes to injured party, in the event of accidental non malicious injury the win is awarded to non injured party.
- If a Doctor says the fighter is unable to continue then there is no comeback – dependant of injury that fighter may be excluded from other categories. EG head injury results in immediate suspension. Nose bleed could be considered to fight later.
- Clothing - Fighters should wear a clean T-Shirt that ensures that the top half of the arm is covered by a sleeve.
- Martial Arts style shorts. There should be no zips, pockets, or buttons on the shorts

## **Combat Blitz – Quick Reference Rules**

### **Rules in addition to or replacing those of Combat Points**

- Illegal Techniques – no kicks or faking of kicks is allowed
- All punches / Blitzes – 1 point
- Fake leg - 1<sup>st</sup> time Verbal warning, 2<sup>nd</sup> time Minus point, 3<sup>rd</sup> time minus point, 4<sup>th</sup> time DQ
- No sweeps
- Actual Kick – Makes contact - minus point 2<sup>nd</sup> time DQ – In the event of 1<sup>st</sup> actual kick being deemed intentional – done to stop someone blitzing – then Referee can DQ immediately.