

**ICO RING CONTINUOUS RULES**

**Ring continuous rules and style of fighting are basically the same as Light contact and Full contact.**

**The main difference is that it is fought in the ring and the POWER is NOT light and NOT full.**

**The power level is CONTROLLED SAFE STRIKES to the head ESPECIALLY FOR 15YRS AND UNDER, heavier contact to the body is allowed but NOT! for TKO or KO!.**

**A standing count can ONLY be given to a fighter for poor conditioning, i.e a fighter not fit or in good shape! For the fight and NOT! For a knock down TKO or KO.**

**Warnings are 1 x verbal then YELLOW card Then RED card = disqualification but referee may use discretion and jump to any level he or her see fit.**

**The above warnings are for any foul breaking of rules or excess power.**

**A yellow card may result in a minus point should Referee deem fit!**

**Scoring is based on clean offensive hits to a legal target, but defence, ring craft, fitness, range of technique applied may also be taken into account.**

**The SCORING is on a 10-9 must system and offensive and defensive fighting is scored.**

**Winner of round will get 10 points.**

**Loser of round will get 9 points.**

**A drawn round will see 10 points each.**

**An 8 count for poor condition will result in a 8 point round for that fighter.**

**A minus point will reduce score accordingly.**

**Duration of rounds: Elimination style competitions.**

**Kids 12yrs & under = 2 x 1.5 min**

**Jnr 13-15yrs = 2 x 1.5 min**

**Cadet 16-18yrs = 2 x 1.5 min**

**Adult 19 -35yrs = 2 x 2 min**

**Adult 36yrs + Vets maters = 2 x 1.5 min**

**1 min rest may be used.**

**In event of a draw the 1 x extra round and decision must be made.**

**This may change on the day of competition at promoter’s discretion!**

**Gala event titles will be contested over 5 rounds and time duration is the same as age limit stated above.**

**Equipment required:**

**10 oz boxing gloves in good condition. (NO SMALL COMPRESSED 10 OZ GLOVES ALLOWED)**

**Kick boots that fit well and in good condition.**

**Shin pads.**

**Groin guard – Male and Female is advised.**

**Chest guard – Female advised.**

**Head guard – Open face and in good condition. (TOPTEN/SAP/ADDIDAS STYLE)**

**Gum shield.**

**Clothing:**

**Long kick boxing trousers:**

**Club T-shirt.**

**Club suit.**

**Scoring areas:**

**Front and side of head.**

**Front and side of the body.**

**Inside and outside boot of FRONT leg (sweep)**

**Cont….**

**Illegal technique:**

**Cart wheel kick.**

**Drop sweeps.**

**Grounded kick technique.**

**Knee or elbows.**

**Back Fist or Spinning back fist.**

**Low kick.**

**Bad or abusive behaviour or deliberate excessive power will result in immediate disqualification!**

**Legal technique:**

**All standard and widely recognised boxing and kicking techniques.**

**A continual kicking rule applies which means if a fighter tries to just box you will never win a fight! A good ratio of punch and kick must be maintained.**