**NSKA Open Rules**

**Points**

1 point any punch to the head or body

1 points body kick

2 points head kick

2 points jumping body kick

3 points jumping head kick

1 point sweep

2 points sweep and follow

* You can touch the ground when sweeping
* Every exit you lose a point – 1 foot out the area = exit
* No 10 points clear
* 2 warnings for illegal techniques or excessive contact
* 3rd warning minus 1 point
* 4th warning disqualified

**Light Con**

* All fights will be judged by 3 corner judges
* All techniques scored must be good solid technique but controlled contact i.e. no swinging
* For every exit there will be a warning on the 3rd exit minus 1 point, 4th exit disqualified
* At the end of the fight the judges will indicate left or right, in the case of a draw 30 seconds additional time.
* As above in points warnings will be give for excessive contact & illegal techniques
* On the 3rd warning a point will be deducted
* 4th warning will result in disqualification

**Round time and awards**

All under junior section (under 17 years) 1 x 1.30 round

All adults’ sections 1 x 2minute round

Open weight section 1 x 3-minute round

In the event of a straight final 2 x 2-minute rounds

There will be **NO** joint 3rd so there will be a fight off for 3rd place before the final takes place.