

IMAC Fighters Policy – Light Contact Disciplines

This policy applies to all competitors participating in Light Contact disciplines at IMAC sanctioned events including Points Fighting and Light Continuous styles. The safety, fairness, and wellbeing of all participants is our top priority.

1. Light Contact Rules

All bouts are conducted under light contact rules.

Techniques must be controlled at all times—strikes should be delivered with speed and precision but not excessive force.

The aim is to demonstrate skill, timing, and control, not to cause injury.

Fouls and Disqualifications

Any uncontrolled or excessive contact can lead to disqualification. The referee's decision is final.

Light Continuous

Fouls include:

- Spinning punches
- Any use of knees, low kicks, or elbows
- Headbutts
- Groin strikes
- Throws, submissions, or wrestling
- Biting, thumbing, or choking
- Hitting a downed opponent
- Hitting after the referee calls break
- Swearing at the referee
- Punching the back of the head
- Trying to push the opponent out of the area
- Turning your back deliberately to avoid fighting
- Using the forearm or elbow in a backspin motion
- Passive or excessive clinching
- Holding without attacking
- Grabbing the opponent's leg to throw or hold

Referee Discretion & Intent

If a foul is judged to be accidental, the penalty may be less severe.

If a foul is deemed malicious or causes injury, the referee may immediately deduct points or disqualify the fighter.

Fighters who constantly clinch, hold, avoid engagement, or rely solely on countering without attacking may also be penalised.

Points Fighting

Illegal Techniques:

Low kicks (thighs/knees), Strikes to groin, back, or top of head

Spinning backfist, elbows, throws, Pushing, scratching, biting, verbal abuse, Actions after "stop"

Falling intentionally or leaving area to waste time

Allowed Techniques:

Hand: Back fist strike, Reverse punch, Ridge hand, Blitz style combos

Foot: Side, front, roundhouse, hook, axe, crescent kicks, Spinning kicks and sweeps

Banned Techniques:

Spinning backfist, Knife hand, Throws, Low kicks, Elbow, knee, headbutt

Hydration Rules

1. Dehydrating to make weight is banned. Anyone found doing so will be disqualified.
2. After weigh-in, fighters must rehydrate with water or isotonic drinks.
3. On fight day, only water is allowed during bouts.

No Pre-Workout drinks/powders allowed to be consumed before a bout is to be contested

Final Notes:

All rules must be followed.

Disciplinary action will be taken for any breach.

Light contact must remain controlled, clean, and within the spirit of the sport

2. Weight Categories

There will be no more than a 5kg difference between competitors in any match.

All fighters will be weighed prior to the competition.

Any competitor outside their registered weight category will be moved to the correct one or withdrawn from the bout.

3. Age Categories

Competitors will be matched within appropriate age brackets.

No competitor under the age of 18 will compete against an adult.

Where necessary, further divisions may be made to ensure safety and fairness.

4. Skill Categories

Novice: 0–5 fights

Intermediate: 6–10 fights (Black belts automatically compete in this category)

Advanced: 10+ fights

5. Protective Equipment

All fighters must wear the correct and approved protective equipment.

For All Disciplines:

Head guard (mandatory for all under 18, optional for adults depending on style)

Gum shield (mandatory)

Hand wraps where appropriate

Groin guard (mandatory for all male competitors; optional but recommended for females)

For Points Fighting:

Gloves with enclosed thumbs

Kick boots and shin guards

For Light Continuous (Low Kick):

10oz gloves

Shin and instep guards

For Light Continuous (All Other Styles):

10oz gloves

Kick boots and shin guards

6. Conduct & Safety

Competitors must follow the referee's instructions at all times.

Any unsportsmanlike conduct, intentional excessive force, or unsafe behaviour will lead to immediate disciplinary action.

Coaches and fighters must be aware of medical readiness, including having no recent injuries or illnesses that would impair performance.

The event medic's decision on fitness to fight is final.

7. Respect & Sportsmanship

All fighters must show respect to their opponent, referees, and officials.

Handshakes or touched gloves before and after each bout are required.

Poor behaviour in or out of the ring will not be tolerated.

By signing the competitor registration form, each fighter confirms they have read, understood, and agree to abide by this Fighters Policy.