

Ring Combat Rules



Abbreviated

C1 (abbreviated)

(Equipment)

- top / shorts
- head guard
- gum shield
- 10 oz gloves (lace ups must have cloth tape no horse hair)
- cup
- chest guard (female)
- shine and instep
- chest guard 12 and under
- knee pads 13-15

(Rounds)

- adults 2 x 2 min 1 min rest
- 16/17 2 x 2 min 1 min rest
- 13/15 2 x 1:30 min 45 sec rest
- 12 and under 2 x 1 min 30 sec rest

(legal techniques)

- jab cross hooks and uppercuts to the body and head
- round house to the leg inside and out body and head
- front kick to the body and head
- side kick to the body and head
- turning back kick to the body and head
- crescent kick to the body and head
- one handed clinch (one knee strike and release must be followed by at least one strike before clinch can be reinstated)
- straight knee to the body
- round knee to the body
- jump / scissor knee to the body
- catching kicks must be followed by one counter strike and immediately released

(Illegal techniques)

- any knee to the head
- spinning back fists
- back fist or ridge hand
- open palm strikes
- front kick to the legs
- side kick / stamp to the legs
- axe kick
- hook kick / spinning hook kick
- two handed clinch
- manipulating pulling the head down or of balancing in the clinch
- ploughing or off balancing after catching a kick

(Bouts scoring criteria)

- Ring control by controlling the inner or outer ring with fakes fairs movement and superior footwork

- shot selection / variety
- work rate
- controlled aggression
- landing cleaner controlled strikes
- there is no hierarchy of techniques kicks don't score more than punches

(warnings)

- first warning
- second warning
- minus point
- minus second point
- disqualification

Light combat (abbreviated)

(Equipment)

- top / trousers
- head guard
- gum shield
- 10 oz gloves (lace ups must have cloth tape no horse hair)
- cup
- chest guard (female)
- shine and boots

(Rounds)

- adults 2 x 2 min 1 min rest
- 16/17 2 x 2 min 1 min rest
- 13/15 2 x 1:30 min 45 sec rest
- 12 and under 2 x 1 min 30 sec rest

(legal techniques)

- Jab cross hooks and uppercuts to the body and head
 - round house to the body and head
 - front kick to body and head
- side kick to body and head
- turning back kick to body and head
- crescent kick to body and head
- axe kick to body and head
- hook kick and spinning hook kick to body and head
- foot sweep inside and out

(illegal techniques)

- knee strikes
- elbow strikes
- round house to the legs
- front kick to the legs
- side kick to the legs
- spinning back fist
- back fist / ridge hand
- open palm strikes
- catching kicks

- clinching

(bouts are scored on)

- mat control (controlling the inner or outer mat with fakes fairs and superior movement and foot work)
- shot selection / variety
- work rate
- landing cleaner controlled strikes
- there is no hierarchy of techniques eg kicks don't score more than punches

(warnings)

- first warning
- second warning
- minus point
- minus second point
- disqualification

Kick low combat (abbreviated)

(Equipment)

- top / shorts
- head guard
- gum shield
- 10 oz gloves (lace ups must have cloth tape no horse hair)
- cup
- chest guard (female)
- shine and boots

(Rounds)

- adults 2 x 2 min 1 min rest
- 16/17 2 x 2 min 1 min rest
- 13/15 2 x 1:30 min 45 sec rest
- 12 and under 2 x 1 min 30 sec rest

(legal techniques)

- Jab cross hooks and uppercuts to the body and head
 - round house to the body and head
 - low kick inside and out for adults / outside only for juniors under 16
 - front kick to body and head
- side kick to body and head
- turning back kick to body and head
- crescent kick to body and head
- axe kick to body and head
- hook kick and spinning hook kick to body and head
- foot sweep inside and out

(illegal techniques)

- knee strikes
- elbow strikes
- front kick to the legs
- side kick to the legs

- calf kick
- spinning back fist
- back fist / ridge hand
- open palm strikes
- catching kicks
- clinching

(bouts are scored on)

- mat control (controlling the inner or outer mat with fakes fairs and superior movement and foot work)
- shot selection / variety
- work rate
- landing cleaner controlled strikes
- there is no hierarchy of techniques eg kicks don't score more than punches

(warnings)

- first warning
- second warning
- minus point
- minus second point
- disqualification