

MARTIAL BOX LIGHT – RULES IN BRIEF

MARTIAL BOX LC IS A LIGHT SKILL BASED TECHNICAL SPORT.

CONTROL OF POWER IS REQUIRED, NO! LOADING UP ON SHOTS, ANY HEAVY BLOWS WILL NOT BE SCORED AND WILL RESULT IN WARNINGS OR DISQUALIFICATION!

NO! TKO OR KO ALLOWED 8 COUNT ONLY FOR POOR CONDITIONING (FIGHTER NOT FIT)

SCORING CAN BE DONE VIA 10/9 MUST SCORE CARD SYSTEM, OR CLICKER SYSTEM AND JUDGES DECISION.

EXTRA ROUND IN RESULT OF A DRAW.

SCORING – HANDS = ALL LEGAL BOXING TECHNIQUES TO LEGAL TARGETS, BACKFIST TO HEAD IS ALSO ALLOWED BUT NO! TURNING OR SPINNING BACKFIST IS ALLOWED!

NO DELIBERATE AVOIDING OF COMBAT!

WARNINGS! POWER/AREA/DISCIPLINE

ONE VERBAL

TWO VERBAL

THREE YELLOW = CARD MINUS POINT

FOUR RED CARD = DISQUALIFICATION

REFEREE HAS THE RIGHT TO JUMP LEVELS SHOULD HE/SHE DEEM FIT!

CLOTHING AND EQUIPMENT CLEAN AND IN GOOD ORDER!

HEAD GUARD OPEN FACE SAP, TOP TEN, ADDDAS STYLE.

10 OZ BOXING GLOVES IN GOOD ORDER **AND NO! SMALL KIDS CONDENSED 10 OZ ALLOWED!!!**

TRAINERS OR BOXING BOOTS CLEAN NO OUTSIDE FOOTWEAR PLEASE!

GUM SHIELD THAT FITS AND DOES NOT KEEP DROPPING OUT!

GROIN GUARD

CHEST GUARD/OPTIONAL BUT ADVISED FOR FEMALES.

SHORTS OR LONG KICK BOXING TROUSERS THAT FIT CORRECTLY.

CLUB T-SHIRT/ VEST.