**MAT CONTINUOUS – CONTACT RULES IN BRIEF**

**MAT CONTINUOUS 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!**

**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.**

**FEET=ALL LEGAL KICKS TO LEGAL TARGETS.**

**SWEEP TO FRONT LEG ONLY! NO DROPPING SWEEPS!**

**NO DELIBERATE AVOIDING OF COMBAT 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!!!**

**KICK BOOTS MUST FIT AND COVER TOES!**

**SHINPADS BUT NO COMBINED SHIN AND INSTEP! HEEL MUST BE COVERED.**

**GUM SHIELD THAT FITS AND DOES NOT KEEP DROPPING OUT!**

**GROIN GUARD**

**CHEST GUARD/OPTIONAL BUT ADVISED FOR FEMALES.**

**LONG KICK BOXING TROUSERS THAT FIT CORRECTLY.**

**CLUB T-SHIRT.**

Rounds

**Kids 12yrs & under = 1 x 1.5 min**

**Jnr 13-15yrs = 1 x 1.5 min**

**Cadet 16-18yrs = 1 x 1.5 min**

**Adult 19 -35yrs = 1 x 2 min**

**Adult 36yrs + Vets maters = 1 x 1.5 min**

**In the event of a draw then there will be an extra 30 seconds rounds. Judges must give a winning score in extra time.**