

MAT LIGHT – CONTACT RULES IN BRIEF

MAT 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!

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

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.