



## LIGHT KICK

### CHAPTER 1 COMPETITION ORGANIZATION

- This type of match is a continuous fight, that will only be interrupted by the Central Referee when the score of a fault or warning is justified;
- During the match, the athletes must execute quality techniques where there WILL BE CONTROL of impact force.
- All strikes must have a clear trajectory (going and returning). Blows with full extension are considered foul.

#### *WARNINGS*

- At FIRST foul, the Central Referee will give a WARNING to the athlete that broke the rules.
- At SECOND foul, the Central Referee will award the first penalty point to the athlete that committed the foul.
- At THIRD foul, the Central Referee will award the second penalty point to the athlete that committed the foul.
- At FORTH foul, the Central Referee will IMMEDIATELY DISQUALIFY the athlete that committed the fouls.

#### *FOULS AND STRIKES THAT LEAD TO IMMEDIATELY DISQUALIFICATION*

- Grabbing or Projecting.
- Intentional strikes with the head.
- Any kind of strike with the purpose to blind the opponent.
- Biting.
- Deliberately striking the groin area.
- Knee strikes or elbow strikes to any part of the body.
- (including Coach) Disrespectful behaviour towards the Central Referee, Judges/Juries and /or the side referees.
- (including Coach) Swearing or the use of abusive language during the match.
- (including Coach) Address himself to the opponent to insult and provoke him.
- Knocking out or injuring his opponent after the referee has ordered the match to stop for any reason.
- Attack an opponent who is falling to the floor or is already on the floor.
- Any technique, legal or illegal, that might question the integrity of the athlete.

An athlete can be immediately disqualified, if he persists in avoiding contact, spits out the gum-shield intentionally or simulates a foul.

### CHAPTER 2 CATEGORIES

Athletes will be divided by age, graduation and weight.  
Male and female athletes compete in different categories.



### *AGE DIVISION*

- CADETE – age 13 to 15;
- JUNIOR – age 16 to 17;
- SENIORS – age 18 to 29;
- MASTERS – age 30 to 39.
- SENIOR MASTER – over 40.

### *WEIGHT AND CLASS DIVISION*

#### ● **CADETE and JUNIOR**

##### **Male and Female**

-26kg; -34kg; -42kg; -50kg; -58kg; -66kg; -74kg; +74kg.

#### ● **SENIOR, MASTER AND SENIOR MASTER**

##### **Male**

-55kg; -63kg; -71kg; -79kg; -87kg; -95kg; +95kg.

##### **Female**

-50kg; -58kg; -66kg; -74kg; +74kg.

## **CHAPTER 3 SAFETY EQUIPMENT**

### *COMBAT PROTECTIONS*

#### **Gum shield/ mouthguard**

- Gum shields are **COMPULSORY** and must be previously approved by the Arbitrage Committee.
- A round won't begin unless the athletes have their gum shields placed.
- If during a round the gum shield gets out involuntary, the Central Referee will stop the fight long enough so that the protection is cleaned and placed.

#### **Groin and chest/brest protection**

- Both groin and brest protectors are **COMPULSORY** and must be previously approved by the Arbitrage Committee.

#### **Gloves**

- Boxing Gloves of 10oz are **COMPULSORY** and must be previously approved by the Arbitrage Committee.

#### **Shin guards with foot protection**

- Shin guards with foot and heel protection are **COMPULSORY** and must be previously approved by the Arbitrage Committee.

#### **Protection helmet/Head guards**

- Protection (OPEN) helmet is **COMPULSORY** in CADETES and JUNIORES. They should be previously approved by the Arbitrage Committee.

#### **Uniform:**

- Athletes must wear T-shirt and kickboxing shorts. Any other kind of uniform must be previously approved by the Arbitrage Committee.



## CHAPTER 4 LENGHT

The match will be divided in:

- Eliminations – 1 round of 2 minutes.
- Final – 2 rounds of 2 minutes each, with a 1 minute pause between them.

### AWARDING OF THE FIGHTINHG

The match will end by athletic superiority, by points, by medical decision or when:

- one of the fighters is unable to fight or defend himself;
- if its not possible to stop a bleeding in a fighters cut;
- if there's a Knock Out;
- if there is a technical KO;
- one of the fighters pass out;
- one of the coaches troughs the towel;
- a fighter breaks the rules that lead to an immediately disqualification
- a fighter commits more than 3 fouls.

## CHAPTER 5 PONTUATION/LEGAL AND ILEGAL TECHNIQUES

### FORBIDDEN TECHNIQUES/FOULS

- Any kind of strike to the groin area;
- Any kind of strike with the purpose to blind the opponent;
- Intentional strikes to the head, throat or spine;
- Blows with one's elbows, head or knees to any part of the body;
- Biting;
- Grabbing or Projecting;
- Attack an opponent while he's still on the floor;
- Spinning back fist;
- Leg techniques made with the heel.

### LEGAL/PERMITED TECHNIQUES

#### Head:

- Fist and arm techniques: Direct; Hook; *Uppercuts*; Reverse;
- Leg techniques: Circular; Semi-hook; Descendent; Exterior; Spinning back hook kick;

#### Chest:

- Fist and arm techniques: Direct; Hook; *Uppercuts*; Reverse;
- Leg techniques: Circular; Frontal, Lateral, Back; Semi-hook; Descendent; Exterior; Spinning back hook kick

#### Legs:

- Leg techniques: Low-kick's (interior and exterior) and sweeps;



### *POINTS*

- well executed punches to the head and chest – 1 Point
- Kick's to the chest and legs – 1 Point
- Kick's to the head – 2 Points
- Kick's to the head in jump – 3 Points

Each judge will punctuate each round in a scale from 8 to 10. At the end, to declare a winner, there will have to be at least 2 judges with a similar punctuation.

Ex:

**Judge 1** - 10 P. Athlete **A**

**Judge 2** - 8 P. Athlete **B**

**Judge 3** - 9 P. Athlete **A**

Winner: Athlete **A**

**Any situations missing in this Regulation shall be resolved by the proof arbitration responsible.**

**The Arbitration Commission reserves the right to amend this regulation until one day before the competition starts.**