



LOW 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 NOT BE CONTROL of impact force.

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 three points to the opponent athlete.
- At THIRD foul, the Central Referee will award the three points to the opponent athlete.
- 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

- JUNIOR – age 16 to 17;
- SENIORS – over 18;



WEIGHT AND CLASS DIVISION

● JUNIOR and SENIOR

Male: -51kg; -54kg; -57kg; -60kg; -63,5kg; -67kg; -71kg; -75kg; -81kg; -86kg; -91kg; +91kg.

Female: -48kg; -52kg; -56kg; -60kg; -65kg; -70kg; +70kg.

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.

Protection helmet/Head guards

- Protection open helmet is COMPULSORY. It should 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.

Uniform:

- Male athletes must wear bear chest and shorts. Female athletes must wear vest top with racer back/ Tank top and shorts.
- Any other kind of uniform must be previously approved by the Arbitrage Committee.

CHAPTER 4 LENGHT

The match will be divided in:

- Eliminations – 3 round of 2 minutes each, with a 1 minute pause between them.
- Final – 3 rounds of 2 minutes each, with a 1 minute pause between them.



AWARDING OF THE FIGHTING

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/PERMITTED 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 – 1 Points
- Well executed sweeps – 1 points
- Punch's to the head in jump – 1 Points
- Kick's to the head in jump – 1 Points



- One foul – 3 Points to the opponent athlete.

At the end, to declare a winner, there will be the sum of the points accumulated in the 3 rounds.

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.