



SEMI CONTACT

CHAPTER 1 COMPETITION ORGANIZATION

- This type of match is a NON continuous fight, that will only be interrupted by the Central Referee when the score of points, faults or warnings 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 (over 4 years old) and weight. Male and female athletes compete in different categories.



AGE DIVISION

- Division I – 4 to 5 years old;
- Division II – 6 to 8 years old;
- Division III – 9 to 10 years old;
- Division IV – 11 to 12 years old;
- CADETE – age 13 to 15;
- JUNIOR – age 16 to 17;
- SENIORS – age 18 to 29;
- MASTERS – age 30 to 39;
- SENIOR MASTERS – over 40.

WEIGHT AND CLASS DIVISION

● **C HILD DIVISIONS**

Male and Female:: -18kg; -26kg; -34kg; -42kg; -50kg; -58kg; +58kg;

● **CADETE and JUNIOR**

Male and Female: -42kg; -50kg; -58kg; -66kg; -74kg; +74kg.

● **SENIOR**

Male and Female: -50kg; -58kg; -66kg; -74kg; +74kg.

● **MASTER and SENIOR MASTER - OPEN**

CHAPTER 3 SAFETY EQUIPMENT

COMBAT PROTECTIONS

Gum shield/ mouthguard

- Gum shields are **COMPULSORY** and must be previously approved by the Arbitrage Committee every time the athlete doesn't wear a closed helmet. 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

- 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 pants (any other kind of uniform must be previously approved by the Arbitrage Committee).

CHAPTER 4 LENGHT

The match will be divided in:

- Eliminations and Final – 1 round of 2 minutes.

AWARDING OF THE FIGHTINHG

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

- One of the athletes scores 7 (seven) or more difference points (7-0; 9-2; 1-8).
- 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 (three) 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: Hook; Reverse.
- Leg techniques: Circular; Semi-hook; Exterior, Spinning back hook kick.

Chest:

- Fist and arm techniques: Direct; Hook; *Uppercuts*; Reverse.

SEMI CONTACT COMPETITION



- Leg techniques: Circular; Frontal, Lateral, Back; Semi-hook; Descendent; Exterior; Spinning back hook kick.

Legs:

- Sweeps to the front leg.

POINTS

- Well executed punches to the head and chest – 1 Point
- Kick's to the chest – 1 Point
- Sweeps to the front leg with fall of the opponent – 1 Point;
- Kick's to the head – 2 Points
- Kick's to the head in jump – 3 Points

At the end of the match the winner will be the athlete with more number of points.
In case of a tie, the fight continues in “sudden death” system and the first athlete to score will be declare the winner.

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.