

Allowed techniques & Style Requirements

All kicks to the upper body are allowed as well as low kicks to the thigh (above the knee) and all punches with the protective side of the glove. Knee and elbow strikes are allowed to the body except the head. *Clinching* is only allowed when the fighter is trying to strike with the knee. No other kind of holding is allowed. Knee strike can be used only once.

All kind of sweeps are accepted as long as they are shoe by shoe and from a close distance. Each successful sweep provides a point. A sweep is successful when any part of the opponents' body touches the ground. All points that access the opponents' Defence, irrelative of strength, give one point, except of kicks to the head which gives 2 points.

Duration

5 Rounds of 60 seconds each, with 60 seconds pause between each round. The fight is over if one of the competitors wins 3 rounds.

Competing Area

Fights A division are taking place in ring and fights B division on tatami 7x7 or 8x8 meters.

Outfit

The athlete wears shorts without T-Shirt and women wear breast protector.

Equipment

Mouth guard, groin protector, shin protector, safety boots, 10oz gloves and breast protector for women. For the A division athletes must wear headgear and for the B division headgear closed with plexiglass or bars. All athletes must wrap their gloves with masking tape to avoid accidents.

Prohibited Strikes Spinning back fist, head butts, punches with the inner part of the glove and strikes the throat, the groin and the backside, the knee area or under it.

Knock down

Knock down counts just as a point and doesn't define the result of the round. 3 knock downs during a fight equal as a technical knock out. The knock down that causes the fall of the athlete (when any of the body parts touch the floor) wins an extra credit .

SWEEPS

All kinds of sweeps are acceptable only if they