

**SPORT FULL CONTACT AND FULL CONTACT MMA / ISKA KICKBOXING-LOW KICK  
ATTENTION ALL CHIEF INSTRUCTORS**



**IMPORTANT - ALL SPORT FULL AND FULL CONTACT FIGHTERS  
MUST BE PRE REGISTERED!  
THERE WILL BE NO ON THE DAY ENTRIES FOR THESE DIVISIONS.**

**Please take the time to study the below information regarding these divisions.  
Please feel free to contact us should anything be unclear.**

**The following categories are available for Full and Sport Full contact:**

**14 – 16 years old**

**SPORT FULL CONTACT- JUNIOR (14y - 16Y) FULL CONTACT TO THE BODY, LIGHT CONTACT ONLY TO THE FACE NO LOW KICKS OR KNEES ALLOWED!**

This division is created for young competitors to start experiencing full contact fighting in preparation for later years should they have an interest in full contact fighting of any kind without the concern of having their face re-arranged in the process. No under 14 year olds will be allowed to participate. As is clear by the heading, it is only full contact to the body. All contact to the face must be at semi or light contact level only (NMA/ISKA Standards). Any full contact to the face will be met with **immediate disqualification!** School YOUR students before the tournament at the Dojo in this regard because we will **NOT give any warnings!** A warning is futile if the opponent already has a busted nose and has himself followed the rules so why should the transgressor receive any benefit from it? Remember it clearly! **NO WARNINGS FOR ANY EXCESSIVE CONTACT TO THE FACE WITH ANY TECHNIQUE WHATSOEVER!**

**17 & 18 years old**

**SPORT FULL CONTACT – JUNIOR (17y & 18y ONLY) – FULL TO BODY, LIGHT TO FACE LOW KICK & KNEES TO BODY ONLY**

This division is for more advanced junior fighters age 17 & 18 years old. It is still governed with ONLY LIGHT CONTACT TO THE FACE but now also includes Low kick to the legs (outside only) and knees to the body only. (NO KNEES to the face). Again as in previous age group, we move forward in letting

the juniors gain more experience before entering the SENIOR divisions once they turn 19 years old. This time with the inclusion of Low kicks and Knees to the body. **Any full contact to the face will be met with immediate disqualification!** School YOUR students before the tournament at the Dojo in this regard because we will **NOT give any warnings!** A warning is futile if the opponent already has a busted nose and has himself followed the rules so why should the transgressor receive any benefit from it? Remember it clearly! **NO WARNINGS FOR ANY EXCESSIVE CONTACT TO THE FACE WITH ANY TECHNIQUE WHATSOEVER!**

**IMPORTANT NOTICE:** even though the age group is 17 & 18 years old, 17 year old students must still be entered in on the JUNIOR Registration document and NOT on the SENIOR registration document. If they are 18 then they enter on the SENIOR registration sheet not the Junior sheet.

### **19 to 35 years old**

#### **SPORT FULL CONTACT – SENIOR (19y to 35y) – FULL TO BODY, LIGHT TO FACE LOW KICK & KNEES TO BODY ONLY**

This division is for more mature fighters age 19 to 35 years old. It is still governed with ONLY LIGHT CONTACT TO THE FACE, but also includes low kick to the legs (outside only) and knees to the body only. (NO KNEES to the face) ). **Any full contact to the face will be met with immediate disqualification!** School YOUR students before the tournament at the Dojo in this regard because we will **NOT give any warnings!** A warning is futile if the opponent already has a busted nose and has himself followed the rules so why should the transgressor receive any benefit from it? Remember it clearly! **NO WARNINGS FOR ANY EXCESSIVE CONTACT TO THE FACE WITH ANY TECHNIQUE WHATSOEVER!**

#### **No competitors older than 35 will be allowed to compete in Sport Full Contact or Full Contact divisions.**

### **19 to 35 years old – FULL CONTACT**

#### **LOW KICK FULL CONTACT – SENIOR (19y – 35y) FULL CONTACT TO THE BODY AND FACE WITH LOW KICKS TO INSIDE / OUTSIDE OF LEGS & KNEES TO BODY ONLY**

This is full contact in all its Glory! Come prepared for a battle and ensure you know what you are getting yourself in to. Can only be entered via the SENIOR Registration sheet.

#### **CRITERIA TO ENTER FULL CONTACT: (SPORT FULL AND FULL CONTACT)**

- A SEPARATE WAIVER TO THE DESTINY WAIVER MUST BE COMPLETED AND SIGNED BY THE COMPETITOR (IF 21 OR OLDER) OR THE PARENT IF UNDER 21 YEARS OLD. WITHOUT THE CORRECT SIGNATURES, YOU WILL NOT BE ALLOWED TO ENTER. YOU ALSO NEED TO BE EXAMINED BY OUR TOURNAMENT PHYSICIAN. HE/SHE WILL HAVE THE FINAL SAY ON YOUR PARTICIPATION.
- YOU MUST HAVE WITH YOU OR PURCHASE ALL SAFETY EQUIPMENT AT THE VENUE INCLUDING MOUTH GUARD, GROIN GUARD, GLOVES, SHIN & FOOT PADS.
- YOU HAVE TO HAVE A COACH AND CORNER MAN WITH ALL YOUR OWN PERSONAL NEED ITEMS SUCH AS SPIT BUCKET, WATER CONTAINER, TOWELS AND ANY NEEDED MEDICAL ITEMS.
- BREACHING OF ANY OF THE ABOVE IN ANY WAY WILL MEAN ZERO CHANCE OF PARTICIPATION AND YOUR ENTRY FORFEITED .

#### **NMA/ISKA DOMINANCE OR EFFECTIVE AGGRESSION RULE:**

Effective defence is no longer a criterion for scoring points in Full contact divisions. Rather it now will only help you **not to lose**. Judges in NMA/ISKA will not score on how well you can defend but how well you can attack. This does not mean you do not need to defend, this is a given, a requirement to compete at full contact level in the eyes of NMA/ISKA. If its lacking or non-existent, your fight will be stopped and you will lose!

Points are scored when a fighter executes successful attacking techniques while on his feet. Significant strikes or power punches are valued higher than the total amount of strikes a fighter lands throughout the round. Therefore pitter patter punches don't score as highly as when someone lands a solid body blow that sends his opponents to the ground or have to react due to pain. Cut's, swelling and bruises (full contact) also play into this factor. We have to take these values and implement them into the Full Contact format.

A new definition has been given to "Effective Aggression" as a way to reward fighters who push the pressure during the rounds and prove they have what it takes to dominate through hard training and conditioning done in the Dojo. It basically interprets into fighters achieving points for moving forward while executing EFFECTIVE legal techniques. The new amended changes to the judging criteria also now allocates points for fighters based upon how well a Fighter determines the pace and position of the fight. This is known as ring control. Show it and you will gain from it.

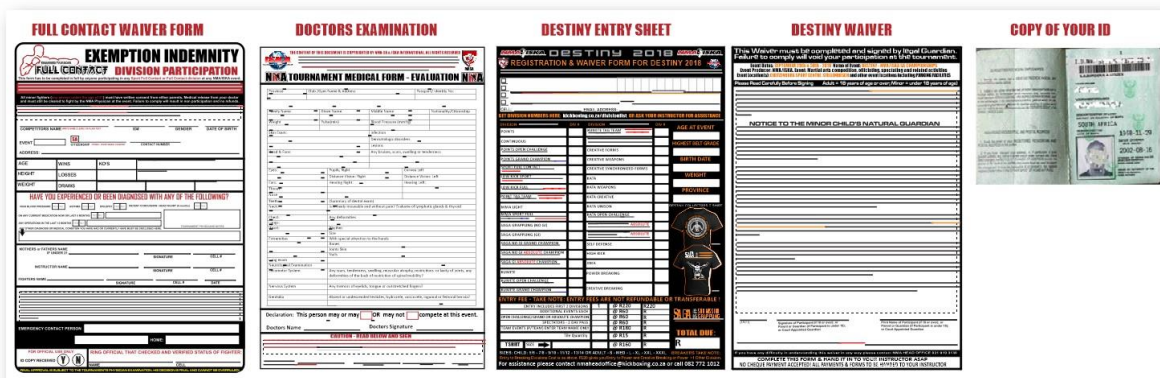
**To compete in Sport Full Contact or Full Contact divisions, you need to complete the following forms and supporting documents.**

Please ensure you give these forms to all competitors junior and senior to complete and bring with to Destiny. Any fighter doing any form of Sport Full contact, Low Kick full contact, MMA Sport Full or MMA Full Contact must have these forms in order to compete.

- **THESE FORMS WILL NOT BE AVAILABLE AT THE VENUE TO COMPLETE**
- **NO INSTRUCTOR OR COACH CAN SIGN ON BEHALF OF THE PARENT BEFORE THE TOURNAMENT OR AT THE VENUE**
- **NO PHONE CALLS FROM PARENTS WILL BE ACCEPTED AS CONSENT FOR THEM TO COMPETE**
- **NO COMPETITOR WILL BE ABLE TO ENTER SPORT FULL OR FULL CONTACT ON THE DAY OF THE TOURNAMENT – DO NOT ASK!**

Please find attached the Indemnity form which must be completed by each competitor who wish to partake in any Sport full Contact or Full Contact Division.

**WHAT FORMS MUST BE COMPLETED AND BROUGHT WITH?**



**IF YOU ARE UNDER 21 YEARS OF AGE:**

This document **MUST BE SIGNED BY AT LEAST ONE PARENT** and brought with to the Medical examiner when he does his final check-up. If you do not have this form or it is incomplete we cannot and will not allow you to compete in any Full or sport full Contact division. This document together with the doctor's recommendation will go to the ring with you. If either is missing or incomplete you will not be allowed to participate.

**Your coach or Instructor may not sign on behalf of your parent!**

FOR ALL RULES PLEASE GO HERE NOW! <http://kickboxing.co.za/events/division-rules>

Please Contact the following people for assistance:

FOR TOURNAMENT AND TECHNICAL ASSISTANCE PLEASE CONTACT THE FOLLOWING MEMBERS				
AFFILIATION & GENERAL ENQUIRIES	REGISTRATION & ORDERS	REFEREE JUDGES, BREAKING AND TOURNAMENT DIRECTOR	SAGA GI & NO GI GRAPPLING	SYSTEMS DIRECTOR
NMA/ISKA/SAGA Head Office <a href="mailto:nmaheadoffice@kickboxing.co.za">nmaheadoffice@kickboxing.co.za</a> 021 910 3130 / 082 772 1012	SENSEI CHANTEL <a href="mailto:chantel@kickboxing.co.za">chantel@kickboxing.co.za</a> 082 457 9640	SHIHAN KAREL <a href="mailto:shihankarel@kickboxing.co.za">shihankarel@kickboxing.co.za</a> 084 402 3271	SHIHAN MIKE HERBIG <a href="mailto:mike@cja.co.za">mike@cja.co.za</a> 083 658 3132	SENSEI KEITH <a href="mailto:senseikeith@kickboxing.co.za">senseikeith@kickboxing.co.za</a> 082 899 6484