



MMA LIGHT CONTACT MIXED MARTIAL ARTS

INTRODUCTION:

QUESTION: What constitutes the majority of students training at Dojo's throughout the country?

ANSWER: Beginners, lower/Intermediate grades, people looking to experience the opportunity to learn a form of Martial Art and through it increase general health and achieve some level of balance in life. These students do not fall under the bracket of professional competitor and definitely not wanting to experience any kind of injury be it mild or serious.

This however does not change the fact that they are more than willing to train like professionals and in some way would like to experience the "look & Feel" of most particular fighting styles within reason. MMA is on top of the list with its global explosion and huge media exposure. With majority of amateur students being children under the age of 18 it becomes relevant to offer this experience to them within a secure and safe environment with regulated rules. Offering such divisions to this, the majority of students ensures their dedication and loyalty towards the Organisation and prepares them for the day they could make a decision to becoming a full contact fighter at any level of competition.

For these reasons MMA/ISKA has developed two forms of SPORT MIXED MARTIAL ARTS.

- **SPORT MMA**

Targets all junior divisions as the only MMA format they can enter but is also available to senior weight groups as an option

- **SPORT FULL CONTACT MMA**

Available only to senior divisions. NO FULL CONTACT IS ALLOWED AT JUNIOR LEVEL.

Mixed Martial Arts, also known as **MMA**, Free Fight or Vale Tudo, are the latest evolution of martial arts and combat sports and many considered MMA the most complete, hard and exciting combat sport.

The original goal of MMA was to create a way to allow a full contact confrontation between the various martial arts or combat sports, between strikers and grapplers, between traditional martial arts and modern hybrid fighting systems; all fighting systems can enter and adapt themselves to MMA event rules to experiment full contact free fight: Kickboxing, Brazilian Jiu Jitsu, Thai Boxe, Judo, Grappling, Ju Jitsu, Kung Fu, Sambo, Karate, Jeet Kune Do, Viet Vo Dao, Wrestling,...

Mixed Martial Arts is a full contact combat sport that allows a wide variety of fighting techniques, from a mixture of martial arts traditions and non-traditions, to be used in competitions. The rules allow the use of striking and grappling techniques: strikes, takedowns, submissions techniques!

Such competitions allow martial artists of different backgrounds to compete against each other.

Today professional fighters train in various systems to improve their knowledge of striking, clinch and grappling; the most important and worldwide known MMA events are the **UFC & STRIKEFORCE** based in USA, **DREAM** from Japan, **M-1** from Russia and **SHOOTO** from Japan. ISKA is the only World Amateur MMA federation organized through events in all continents which also adopt specialised amateurs (light or Semi Contact) rules to promote the sport and increase the practitioners of MMA it has created modified rules for amateurs: less dangerous rules, use of protections and/or light contact fighting, all variations are introduced with the goal of encouraging amateurs fighters in a safe and secure manner, searching for tomorrow champions!

MIXED MARTIAL ARTS LIGHT CONTACT (MMA Light Contact)

In Light Contact MMA it is forbidden to KO (knock out) and so obviously it is forbidden to strike without control.

All strikes, standing and on the ground, has to be precise and to have good technical execution otherwise they will not be judged in the score.

A reasonable manner to describe "strikes without control and with excessive power" would be all strikes and techniques that pass or go beyond the target.

Light Contact MMA is for amateurs and for those fighters who are interested in experiencing a MMA fight without dangerous full contact in a safe and secure environment. Some of the competitors with a mindset towards progression to reach the full contact version of sport, and some not!

Fighters who are not interested in light contact are not welcome if they choose to enter a Light Contact MMA event with intention of fighting full contact or using aggression without control: if you want to go hard and prove yourself in a full contact way, we invite you to participate in our Full Contact MMA events where you will find what you are searching for...

MMA LIGHT CONTACT RULES

Light Contact MMA competitions are open to all recognised practitioners and athletes coming from any grappling/wrestling discipline, martial art, combat ring sport as long as they know and respect the rules/regulation attached and the code of conduct expected from all who wish to compete.

The completion is always to be based on sportsmanship and fair play and all the fighters must know and understand:

- The competitor must have serious and upstanding martial arts conduct or behaviour at all times;
- That the Referees decision/judging cannot be overruled, that there is a zero tolerance rule towards in particular but not limited to; threatening physical violence or verbally abusing referees their staff, competitors or their coaches for the duration of the event. The full understanding and knowledge of NMA/ISKA rules is a must for coaches and competitors to avoid any kind of misunderstanding.
- Techniques have always to be applied without violence or excessive aggression.
- Zero tolerance will be applied for any kind of unfair or violent behaviour.

The event is a direct elimination tournament. If the winner of the match decides not to continue, he will be replaced by his losing opponent.

Think of it as the equivalent of light contact version of MMA. A division were competitors can compete against each other utilising most of the regular techniques associated with MMA including strikes, shoots, grappling and submissions. Only semi or light contact is allowed at all times at both stand up and ground positions. The main **unique rule** imposed is that of **“best of three tap out”**. This rule was introduced to allow competitors to gain as much experience as possible’ especially at large tournaments where there is not enough time to include a “loser’s pool” or round robin system.

Basically two competitors start from stand up position as is the case in semi & light contact, utilise their striking (stand up skills) to close the gap and create opportunity for a shoot or take down. Once on the ground the grappling comes into play together with semi/light contact striking. There are strict rules pertaining to Legal and illegal techniques in strikes, grappling/Jiu-jitsu and submissions. **The ultimate will always be to obtain a submission over your opponent.**

INSIGHT: Most Sport MMA fighters fall into one of three general categories- the ground fighter, the wrestler, or the striker. The ground fighter is the closest to a "pure" grappler one finds in MMA nowadays. The ground fighter’s strength is the ability to force a fight to the ground, where they then seek a fight-ending submission (joint locks or choke). While the ability to perform takedowns is integral to ground fighting strategy, a clean, powerful takedown is not as important to the ground fighter as it is to the wrestler.

The wrestler is a stand-up and striking on the ground oriented grappler, whose strength is usually the takedown. A common strategy of the wrestler is known as "ground and pound." This refers to the method of taking an opponent down, achieving a dominant ground position, and finishing the fight with strikes.

The striker is also commonly known as the stand-up fighter, due to their preference to stay on their feet and win with a knockout. The strategy of the striker is called "sprawl and brawl". This refers to their focus on nullifying takedowns (the sprawl is the highest percentage defence to one of the more common entries to a takedown in wrestling, the shoot) in order to stay upright and exchange blows.

These categories should not be taken as exclusionary of other categories - ground fighters learn at least the basics of wrestling to be able to take down people and the basics of striking to keep from getting KO’ed. Strikers learn enough wrestling to neutralize takedown and throw attempts and enough ground fighting to get back to their feet if they are taken down. Wrestlers learn enough ground fighting or striking to protect themselves in one of those areas and to be able to easily finish opponents with another.

On rare occasions, you will see fighters highly skilled (by MMA standards) in all three areas. These types of fighters are becoming increasingly common as the sport becomes more professional.

EXPLAINING THE BEST OF THREE SUBMISSION RULE

If fighter **A** obtains a submission over fighter **B**, **it is recorded on the score sheet** and the fight gets restarted from centre stand up position. Fighter **B** must now obtain a submission over fighter **A** in order to level the field. **Herein begins the chess game of SPORT MMA.** Regardless of how good the rest of the fight is from fighter **B**, even if he is the superior technical competitor, gains more points for striking or outclasses fighter **A** for the duration of the bout, **fighter A** will win the match should fighter **B** not obtain a submission over fighter **A**. Two submissions over any fighter ends the bout immediately!

The final outcome of the fight is decided by **(1)** if there is a leader by submission **(2)** if there is no leader by submission the bout is decided by way of points or decision in one of the following options;

1. By way of being awarded the win of the bout by the Chief Referee (if he is the only official to referee the fight)
2. By show of hands of **all three officials** according to whom they judged to be the superior fighter. (elaborated in rules later. 1 Chief referee and 2 side judges are used at all times)
3. By way of utilizing score cards filled in by each official and handed to Chief referee or senior table official to tally the points and issue winners choice. (this system comes from the SPORT FULL CONTACT MMA SYSTEM DESCRIBED LATER)

NEW CRITERIA FOR 2012 PLEASE READ THOROUGHLY

Effective defence is no longer a criterion for scoring points in a mixed martial arts fight. Rather, it now will only help you not to lose. MMA judges now don't care how well you can defend but how well you can attack. Next time someone says that his friend should have received points for all his technical defence you may NOW tell him that doesn't matter in the eyes of the judges any longer.

Striking and grappling are now counted as the same in weight. Before it was striking that was more heavily favoured during a bout. Now the way in which striking and grappling are compared pertains to how much time is spent on the feet or on the mat.

Grappling points are scored when a fighter executes successful takedowns, passing to dominant positions, sweeps, reversals and submissions from both the top and bottom position. The submissions that are close are given more value than those attempted and when an opponent is tired as the result of a submission attempt then it is weighed even more significantly.

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 onto the Sport MMA format even though the full power execution is missing, ultimately the only difference is exactly that, a difference of final contact.

A new definition has been given to "Effective Aggression" as a way to reward fighters who push the pressure during the rounds. It basically interprets into fighters achieving points for moving forward while executing legal techniques. Techniques include striking or submission attempts on the ground.

The new amended changes to the judging criteria also now allocates points for fighters based upon how well a mixed martial artist determines the pace and position of the fight. This is known as cage or ring control" and is probably more commonly recognized as "**Octagon Control**".

GROUND AND POUND TKO RULE

Strictly speaking as it is a MMA Light match and there is zero chance of being knocked out by your opponent being able to ground and pound you with the use of full contact, there should be **little or no reason** for a defensive positioned fighter (bottom person) to not be able to at the most, turn his opponent over and at the least, nullify the opponent through clinching.

Because this is the truth of the matter, and because in reality the ground and pound offence can lead to the finishing of a real MMA fight, should a competitor not show the skill of being able to at the least nullify, tie up or clinch the opponent an unanswered ground and pound (Effective) assault will lead to a TKO being awarded which would count as a valid 1 out of the 2 needed submission points to win the match. Submissions can be awarded multiple times where as ground and pound TKO can only be awarded to any fighter once throughout the duration of the fight.

THE MORAL OF THE STORY IS DO NOT ALLOW YOUR OPPONENT TO GROUND AND POUND YOU WITHOUT ANSWER OR AT THE LEAST NULLIFICATION. AND IF YOU HAVE DIFFICULTY GETTING OUT OF THIS POSITION THEN ENSURE YOU DONT ALLOW YOURSELF TO BE PLACED IN THE POSITION IN THE FIRST PLACE! Refer to new criteria above.

PLEASE SEE SAMPLE OF SCORE CARD BELOW

The utilisation of the score cards implemented mainly for SPORT FULL MMA but is not a pre requisite or judging criteria. Single referee and Single referee with 2 side judges can also be utilised.

The objective of the competition obviously becomes the balance between defending your position to minimise submission, and the timing of your offence in order to create opportunities to submit your opponent. The game changes as the bout continues. If you are submitted, it becomes critical to re gain neutral position by submitting your opponent thereby being able to continue your plan of attack. Likewise if you gain submission first, you can concentrate more on defence, technique and ring craft to keep your opponent at bay utilizing your stand up striking skills but without “spoiling the fight”. This way students have to become skilled at all levels and cannot rely only on one particular strength to win each bout. **Just like the real thing but without the concussion and un-wanted facial alterations.**

As a fight, it has all the requirements of a MMA bout but **without** the risk of serious injury. It does not guarantee no injury! It still remains very tough, challenging and extremely physical. Clashes will still occur by accident and blood might still be drawn without malicious intent. But by far, it becomes a division all sport orientated competitors would want to enter.

NMA/ISKA believes there is a demand for these divisions and as advocates for non full contact with juniors we feel that these divisions give everyone the opportunity to experience the thrill of MMA knowing it’s going to still be tough, that you still have to prepare as if

going into a full contact fight but with the knowledge that your organisation, instructors and officials have your safety and best interest at heart. More importantly, can you imagine the skill and experience obtained throughout your youth competing in these divisions in preparation for one day competing in full contact MMA.

COMPETITION CLOTHING

Fighters must wear MMA, Submission or Muay Thai shorts, T shirt or rash guard. No vests or sleeveless tops.

It is not allowed to wear metal objects of any nature (ring, ear ring, piercing, ...) which could hurt the fighter himself or his opponent.

No shoes are allowed.

PROTECTIONS

Following are **mandatory**:

- Combined foot & shin protectors only. (must cover entire foot incl heel and toes)
- Equipment should have only elastic bands for support. Velcro must be limited to the boot.
- Gloves must be NMA/ISKA approved open finger gloves (NOT MMA GLOVES) see photo below.
- Slim design head guards (scrum guard) must be worn at all times by juniors and seniors. regular open headgear without steel cage or face shield (amateur Boxing or Kickboxing type);
- Mouth Guard is compulsory as well as groin guard.
- Knee & elbow pads are not permitted. Neither is strapping of any kind which can cause grip advantage.
- Shorts with draw string must be worn, (no pockets) no kickboxing pants. Competitors must wear a T-Shirt or rash guards when competing.
- No “grease” (Vaseline) is allowed to be applied to any part of the fighter.
- No Jiu-Jitsu Gi, fighting/wrestling shoes are allowed.
- **HYGIENE RULE:** All competitors must wear a clean competition uniform (shorts, shirt, etc.). If a referee feels this criteria has not been met, he will not allow the competitor to compete. Please wear clean clothing

Protections will be controlled and approved by judges before the beginning of the event.

Protections with steel or rigid parts which could hurt athletes are not accepted.

All athletes have to reach the competition area wearing all required protections and putting tape on gloves and shin guards.

WAYS TO WIN

- **SUBMISSION:** if one competitor gives up by tapping three times or more on the leg, the arm or verbally;
- **POINTS:** by scored points at the end of the fighting time;
- **REFEREE DECISION:**
Referees' decisions/judging cannot be overruled, athletes and coaches are invited to accept with fair play.

For the final score judges will evaluate fighters striking and grappling skills considering:

- striking ability and precision;
- standing fight game control ability;
- grappling game control ability (top positions control);
- clear takedown attempts;
- clear submission attempts.

Advantage will be noted by fighters for each of the following technique or positions:

- Clear takedown (ending in consolidated top control position or remaining in a standing position);
- Sweeps and reversals (escaping from bottom position ending in a consolidated top control position);
- Passing the guard;
- Mount position;
- Knee on the belly;
- Back mount or rear back mount with hooks in.

Each position must be established for three seconds (3) in order for advantage to be noted. In case of a draw, the most active competitor in the attack phase instead of a defensive competitor, even if the defensive tactic is effectively applied by the fighter will be rewarded.

PENALTIES:

- **Walking back avoiding to engage the fight, passivity in standing or ground fighting :**
 - The passive fighter will be warned twice after which a disqualification is eminent.
- **Striking without control:**
 - The athlete will be warned ONCE! At the second warning the athlete will be disqualified;
 - The fighter can and will be immediately disqualified when striking without control and with violent intent to voluntarily hurts his opponent. The competitor and his entire team could be disqualified from competition.

If any coach or competitor disrespects, threatens or abuses the referee, his staff and/or other competitors or coaches, in any shape or form, they will be immediately disqualified from the competition together with their whole team.

BASIC RULES

SAFETY EQUIPMENT ALLOWED:

- Combined foot & shin protectors only. (must cover entire foot incl heel and toes)
- Equipment should have only elastic bands for support. Velcro must be limited to the boot.
- Gloves must be NMA/ISKA approved open finger gloves (NOT MMA GLOVES) see photo below.
- Slim design head guards (scrum guard) must be worn at all times by juniors and seniors.
- Mouth Guard is compulsory as well as groin guard.
- Knee & elbow pads are not permitted. Neither is strapping of any kind which can cause grip advantage.
- Shorts with draw string must be worn, (no pockets) no kickboxing pants. Competitors must wear a T-Shirt, vest or rash guards when competing.
- No "grease" (Vaseline) is allowed to be applied to any part of the fighter.
- No Jiu-Jitsu Gi, fighting/wrestling shoes are allowed.
- **HYGIENE RULE:** All competitors must wear a clean competition uniform (shorts, shirt, etc.). If a referee feels this criteria has not been met, he will not allow the competitor to compete. Please wear clean clothing

ALLOWED TECHNIQUES:

STRIKES - HANDS:

- All punching techniques applicable to semi / light including back fist and ridge hand strikes, all controlled sport karate/kickboxing techniques, except those listed as illegal.
- Fighters can “push off” opponents as they move forward.
- No elbow strikes are allowed at any time of the bout to any part of the body or face.
- Contact to the face is equivalent to semi contact fighting and to the body, light to moderate contact.
- Ground and Pound is still an option as long as contact remains semi/light. **Even moderate contact to face will be met with penalty points and/or DQ.** Ground and Pound must be met with clinch or counter by defender. If neither is attempted, a TKO can be awarded. Ground and pound strikes to the head must be directed on the headguard. In other words no striking straight onto the front of the face. Striking is allowed to the front of the face in stand up fighting.
- Striking to the kidney area, behind the head or neck is not permitted.
- All punching and kicking techniques having as target head, body or legs are legal;

STRIKES – LEGS & FEET:

- All kicking techniques applicable to semi / light contact fighting including jumping spinning kicks, all controlled sport karate/kickboxing techniques, except those listed as illegal is permitted.
- Thrust kicks are permitted to keep opponent at length but not on a continuous basis or in a way to cause injury.
- Contact remains at all times semi to face and semi or light to the body. A well executed light contact technique to the opponent’s body causing him/her to drop will be met with a standing count rather than penalty.
- **Low kicks to the legs and knees to the body or face are not permitted in any junior divisions** but fully incorporated into all senior divisions. All Low kicks must land with the foot or bridge of the foot and not be “Thai Shin kicks”. Any knee kick executed in senior divisions can only be executed to the body area and not Head/Face. **No Thai pulling down of the opponents head is allowed at any time of the bout.**
- All low kicks must be minimum 6 inches above the knee and all other kicks, above the waist.
- No kicking to opponents is allowed once the fight goes to ground by either of the competitors.
- Knee techniques are legal only when striking body while stand up fighting. No knees or elbows are allowed when on the ground;

SHOOT & TAKE DOWNS:

- Any attempt at executing a takedown or Shoot must be done so with the primary motive to go to ground as quick as possible. Any attempt to walk with the lifted opponent or raise the opponent higher off the ground than is deemed necessary to execute a safe take down will be considered a serious foul with a high probability of immediate disqualification. No exception to this rule will be allowed under any circumstance.
- No “spearing” or dive tackling is permitted.
- All shoots must be premeditated and followed up with at least a guard mount or attempt to pass the guard. Shooting or taking down of opponent without an attempt to follow up will be met with one and only one caution.
- No slamming of the opponent into / on the floor is permitted.
- No going to ground with the intent of landing on top of the opponent is allowed.
- Hip throws are permitted.
- All prevention necessary must be taken to not attempt to have you opponent fall on his/head or attempt to drop the opponent that their back of neck or head falls to the ground.
- You are allowed to pull opponent towards you when going to ground.
- it is forbidden to intentionally takedown opponent landing him on his head or neck;
- it is also forbidden to takedown the opponent grabbing only his head or neck.

GRAPPLING – SUBMISSIONS & LOCKS:

- **WAYS TO WIN:** Submission, whether given by tapping or verbally. It is VERY important that all competitors understand how to "Tap Out" when caught in a submission technique. Tapping out can be done either verbally or through a physical tap. Competitors can tap with their hands, feet, or even a nod of the head. This "Tapping" is a conscious admission of loss or surrender to an opponent. Referee Stoppage (TKO, cuts, feels fighter is not capable of defending himself), Doctor Stoppage, Corner throwing in the towel, Referee Decision, Disqualification, Forfeit, No Contest. If the fight does not end by submission or by points, the referee will choose the winner based on the Decision Making Criteria included in this document. If a match is considered a "Draw" by the referee, there will be two-minute overtime (one minute for Kids & Teens). **Referees are encouraged to choose a winner in every match should it not end by submission or points.**
- All submission techniques are legal for adults with the following exception; No neck cranks or knee straight ankle locks where the leg crosses the body (reaping of knee).
- **SPECIAL RULES FOR KIDS & TEENS:** No heel hooks, toeholds, slamming, or neck cranks are allowed. No straight ankle locks where the leg crosses the body (reaping of knee).
- **OTHER FOULS:** Fighters are not allowed to grab and use their opponents' clothing. Attacks to the front of the windpipe (i.e. finger in throat), eyes (elbows, palms, fingers, etc.) or groin. No pushing the palm or elbow directly into the nose. No dropping or slamming an opponent on his head. No slamming from the Guard position. eye gouging, fish hooking, biting, hair pulling, pinching, twisting of skin, sticking a finger into an opponent's cut, small joint manipulation (finger or toe locks), and putting a finger into any orifice are all FOULS and grounds for disqualification. **No interference by a corner with any official or fighter.** No throwing an opponent off the mat. No unsportsmanlike conduct. The **Boston Crab technique** is not allowed. Any intentional use of an illegal technique or act of poor sportsmanship will result in the immediate ejection of those competitors/spectators.
- **SCISSOR TAKEDOWN** – When initiating a scissor takedown, at least one hand must be on the ground when applying the takedown.
- Rear naked chokes are allowed but only with direct frontal pressure. No neck artery restriction is allowed and will be met with immediate disqualification if attempted. The choke must be applied as a squeeze and not as a pull to either side of the opponent's body.
- Guillotine Chokes are permitted.
- The Chief referee reserves the right to stop any attempt at any submission or lock, listed and un listed at any time of the match should he deem any such technique to be considered dangerous in any way but not restricted to the effect it has on an opponent. In other words while the attempt is being made to secure any technique which could be deemed as unsafe.

All submissions are allowed except these situations which are forbidden:

- neck or spine locks or neck cranks of any kind;
- no heel hook. No twisting knee lock (knee twisting motion not allowed);
- not allowed because dangerous: full Nelson, crucifix lock standing or on the ground, cross face figure 4 guillotine head lock. Half Nelson is allowed because the fighter can move one side of the body and defending himself.

LENGTH OF MATCH:

MMA LIGHT

JUNIORS:

ELIMINATIONS: 1 Round 2 min (FINALS 1 Round 2½ min)

SENIORS:

ELIMINATIONS: 1 Round 2½ min FINALS: 1 Round 3min

POINT VALUES AND WINNER DETERMINATION: as described above

MAJORITY VOTE: Points are awarded by a majority vote of all judges. The majority of judges do not have to agree collectively who the winners are. Majority of the judge's decision will ensure the win.

During the match, if there is stalling on the ground, the referee has the right to restart the match standing. If the competitors go off the mat, the match can be stopped by the referee, and the competitors will be moved to the middle of the ring/mat in the same position, if that position can be determined by the referee. The referee has the right to stop time and check the condition of the fighters. If no Takedown occurs, fighters may be restarted from the Guard Position.

LEGAL TARGET AREAS: Head and face, ribs, chest, abdomen & legs.

ILLEGAL TARGET AREAS: Spine, back of neck/Head, throat, sides of the neck, Kidneys, groin, knees and back.

NON-TARGET AREAS: Hips, shoulders, buttocks, arms, and feet.

LEGAL TECHNIQUES: As described above. Legal techniques are all controlled sport karate/kickboxing techniques, except those listed as illegal.

ILLEGAL TECHNIQUES:

- strikes with head, elbow or shoulder;
- striking the head on the ground;
- striking the knee as target;
- striking the throat, the nape or the spine;
- striking kidneys area standing or on the ground (with heel strikes);
- striking with kicks or knees an opponent on the ground (in both situations: two fighters on the ground or one fighter on the ground and one standing);
- striking with kicks from the ground a standing opponent;
- all kind of neck or spine locks or neck cranks (included the can opener technique);
- heel hook or twisting knee lock (knee twisting motion is not allowed);
- any kind of slam action;
- takedown the opponent landing him on his head or neck;
- takedown the opponent grabbing and holding only his head or neck or by twisting his head;
- no eye gouging or fish hooking;
- no grabbing the ears;
- no hair pulling;
- no biting;
- no thumbing, scratching and pinching;
- no finger or toe holds (at least 4 fingers has to be controlled);
- no touching or hitting the groin area;
- no slippery substances allowed on body or clothing;
- **not allowed because dangerous:** full Nelson, crucifix lock standing or on the ground, cross face figure 4 guillotine head lock. Half Nelson is allowed because the fighter can move one side of the body and defending himself.

Techniques have always to be applied without violence or un-sportsman like and with control: zero tolerance will be applied for any kind of incorrect and violent behaviour.

- Head butts, hair pulls, bites, scratches, elbows, knees (Juniors), eye attacks of any kind, take downs on a hard surface floor, any stomps or kicks to the head of a downed competitor, slapping, uncontrolled blind techniques, any uncontrolled throws, takedowns or sweeps with the intention of slamming the opponent to the ground or landing with excessive force on top of opponent and any other uncontrolled dangerous techniques that are deemed unsafe in sport Martial Arts.

GRABBING: Is allowed but no pulling on any part of the pants or top worn by any competitor.

SWEEPS, TAKEDOWNS, GRABS AND GROUND FIGHTING: Sweeps to take down an opponent, to obstruct the balance so as to follow up with a technique is allowed. A sweep must be deemed a proper sweep and not a kick, to be legal. Controlled sweeps that are meant to take down an opponent are allowed only on a declared approved padded surface.

LIGHT TOUCH CONTACT: Means there is no penetration or visible movement of the competitor as a result of the contact. Light touch is required to all legal target areas in all sparring divisions. The face and of a head gear is a legal target area whilst stand up fighting is in play but only to head gear when on the ground.

MODERATE TOUCH CONTACT: Means slight penetration or slight target movement. Moderate touch contact may be made to all legal target areas except the headgear, face.

WARNINGS AND PENALTIES: One and only one warning is allowed for breaking the rules before a MINUS POINT is recorded on the draw sheet or score card. After the first warning is given, a Minus point is awarded for each and every rule violation. If a competitor receives 3 warnings (three penalty points) in any one match, he/she will be disqualified. If the severity of the first rules violation is deemed by the referee to be too severe, a minus point can be issued immediately or immediate disqualification can be enforced.

If, in the opinion of the referee and/or the medical personnel, a competitor cannot continue **because of an injury caused by an illegal penalized attack executed by his/her competitor**, the offending competitor shall be automatically disqualified.

Other Cause for Penalization: Attacking illegal and non-target areas, using illegal techniques, running out of the ring to avoid fighting, Preventing your opponent from initiating combat, continuing after being ordered to stop, excessive stalling, blind,

negligent or reckless attacks, uncontrolled techniques, showing unsportsmanlike behaviour by the competitor, his/her coaches, friends, etc., excessive contact, and delay of time are examples of possible penalization.

DISQUALIFICATION: Requires a majority vote by all officials, unless it is an automatic disqualification.

Non-Competing Penalty: If, in the majority opinion of the officials, it is considered that the competitors are not making an obvious attempt to fight in the true spirit of competition, both competitors will be warned and if it continues, will be disqualified.

Wrong Division: If any competitor competes in a division he/she does not qualify to compete in due to age, weight, rank, gender, style, etc., he/she will be disqualified.

COACHING: The luxury of having a coach is something that most competitors do not have access to. Therefore, it sometimes can become an unfair advantage over a competitor who does not have a coach. The rules are made and enforced so no one competitor has an advantage or disadvantage over another competitor. Therefore, coaching is allowed but only under the following guidelines:

Never, at any time, can a coach enter the ring without the referee's permission, 2. No abusive, violent, unsportsmanlike or overzealous coaching; 3. Coaches cannot ask for a time out (only the competitor may ask for a time out), 4. Coaches can never, at any time, interfere with the proper running of the ring or the decisions of the judges. A Coach is defined as anyone who is trying to help one competitor in anyway. A coach could be but is not limited to a friend, parent, team mate or official coach. The centre referee can issue a warning to a competitor for each time his/her coach is interfering with a match or disrupting fair play between contestants.