

## **LIGHT CONTACT**

### **MAIN RULES**

- duration of bouts: 1 round of 4 minutes (plus 2 minute extra time if needed)
- each contestant must wear mixed martial arts shorts/compression shorts/boxing shorts/muay thai shorts/sport shorts
- each male contestant may wear rashguard (not obligatory), each female contestant wears top or rashguard
- Contestants may not wear shoes of any kind during competition
- other traditional wear (gi etc) are forbidden
- contestants can wear the contact lenses (at their own risk) – wearing eyeglasses during the bout is forbidden
- long hair has to be tied up with a soft band, the nails have to be cutting short
- the female contestants can't fight wearing hybrid manicure, gel manicure etc., they can't have their eyelashes lengthened
- contestants may not wear anything dangerous to the opponent
- contestant wears the gloves and helmet provided by organiser
- contestant is required to bring and wear a mouthpiece, groin protector and shin pads during any contest.
- contestant is allowed to wear boxing hand wraps
- taping the contestant's hands is not allowed

### **Allowed point of punches/kicks in standing position:**

- head- face, sides of the head
- body- front and sides
- legs- excluding joints

### **Forbidden points of punches/kicks in standing position:**

- head- top of the head, back of the head,
- back of the body, kidneys, spine, nape of the neck,
- neck, all the joints

### **Allowed techniques in standing position:**

1.kicks: front kick, side kick, roundhouse kick, diagonal kick, hook kick, spinning kick, axe kick, jump

kick

2.punches: straight punch, uppercut, roundhouse punch/hook, spinning hammer fist,

3.knees to the body and the legs

4.any takedowns- excluding the takedowns that places the opponent on their head

**In the grounded position** any punches to the body and legs are allowed.

Grounded competitor can kick and punch the standing opponent to the legs, body, hands and head excluding the forbidden points.

5.any armlock, elbow, wrist. Kneebar, anklelock (taktarov), leglock

6.chokes

**Forbidden techniques:**

-any kicks and punches/elbow strikes to the head of the grounded opponent

-any elbow and forearms strikes to the head, body and legs,

-kicking the grounded opponent,

-knees to the head in the standing position,

-any knees to the grounded opponent

-heel hooks,

-aplying the pressure to the muscle or joint (knee or elbow)

-butting with the head

-eye gouging of any kind

-biting or spitting at an opponent, Hair pulling

-fish hooking

-groin attacks of any kind

-attacking the spine, the collarbone or the back of the head

-throat strikes of any kind and/or grabbing the trachea,

-covering the mouth or nose with an hand

-clawing, pinching, twisting the flesh

-Stomping of a grounded fighter

-treading/jumping on the opponent feet/

-heel kicks to the kidneys

-small joint manipulation (fingers or toes)

-throwing an opponent out of the fighting area

- intentionally placing a finger into any orifice, or into any cut or laceration of the opponent
- holding opponent's gloves, shorts, shin-guards or rash guard
- spitting
- use of abusive language in the fighting area
- attacking an opponent on or during the break
- attacking an opponent who is under the care of the referee
- attacking an opponent after the bell has sounded the end of the period of unarmed combat
- conscious disregard of the referee's instruction and the referee
- avoiding contact, including running away from the opponent in the fighting area
- faking an injury
- intentionally delaying the fight
- falling down with no reason
- palm heel strikes, open hand strikes, edge of the hand strikes
- attacking an opponent after the „stop“ (the opponent has to step back)
- any throw that places the opponent on their head
- strikes and kicks to the joints
- fingers outstretched toward an opponent's face/eyes
- crucifix, full nelson, and other spinal lock and spinal manipulation, lever to the less than 4 fingers
- twister, neck crank, can opener, sit through crucifix and/or any submission deemed as applying pressure to the neck or spine
- slam
- grabbing the fence to avoid being taken down
- intentionally dropping the mouthpiece
- disputing with judge or referee about their decision
- wearing the jewelry during the bout (piercing, rings, chains etc.)
- applying any foreign substance to the head or body in order to gain an advantage