

## **SEMI CONTACT**

### **(rules for Junior, Cadet, Beginners)**

#### 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. Straight ankle lock (taktarov)
- 6.chokes

**Forbidden techniques:**

- any kicks to the head, body and legs of the grounded opponent,
- any punches/elbow strikes to the head of the grounded opponent,
- heel hooks, kneebar, foot lock,
- calf slicer
- aplying the pressure to the muscle or joint (knee or elbow)
- any elbow and forearms strikes to the head, body and legs,
- knees,
- 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