



**ARBITRATION
REGULATION
LIGHT
CONTACT**

JANUARY 2018 EDITION

OFFICIAL REGULATIONS

GENERAL

INTRODUCTION

This regulation replaces all the previously established rules. It also reflects the official **FIDAM** Amateur Competition Rules.

These current rules are valid for all countries. Local legal requirements and obligations may be taken into account if necessary.

This regulation can be translated into other languages by the national executive. In case of discrepancy, the official version in English will prevail.

This regulation can not be copied, published or distributed without the specific written consent of **FIDAM** or **IRC**. This includes electronic, digital, physical or any other type of copies.

This regulation can be ordered free of charge through the official website of the **FEDERACION INTERNACIONAL DE ARTES MARCIALES (FIDAM)**

www.fidamworld.com

GENERAL REGULATIONS

Know the sports regulations perfectly.

- Obtain the SPORTS PASSPORT.
- Pay the registration fee.
- The athlete must obtain sports medical insurance.
- Be enrolled in the maximum registration period described by **FIDAM**

RULES AMERICAN LIGHT CONTACT (FULL-CONTACT – JAPAN LIGHT KICK (KICK BOXING) – ORIENTAL LIGHT K1 (RULES)

1. COMPETITION AREA

FIDAM tries to ensure that **LIGHT CONTACT** matches take place in the ring. **FIDAM** considers it a ring sport, but it is understood that, sometimes, it is necessary to do it in tatami zones.

The promoters must do everything in their power so that the matches take place in the ring.

The competition area will be smooth surface, preferably tatami in order to cushion the possible falls of competitors, it must have an exact measurement of 6 X 6 meters and it will be perfectly marked in order that the contenders stay within that area.

The combat zone must have a minimum area of 36 square meters, but must not exceed 49 square meters.

2. ROUNDS – DURATION

The number of assaults can be 2 or 3.

Assaults should not last more than 2 minutes each.

3. WEIGHING

The weighing will always be done before the start of the competition and on the same day, during the same will be a delegate per team, the supreme delegate appointed by the Competition Organizer and the Head of Arbitration.

The weights will be official and attached to this Regulation.

4. WEIGHT CATEGORIES

- **CHILD – A: -9 years (-25, -30, -35, -40, +40 Kg)**
- **YOUTH –A: 9 a -12 years (-28, -32, -37, -42, -47, +47 Kg)**
- **YOUTH –B MALE: 12 a -15 years (-42, -47, -52, -57, -62, +62 Kg)**
- **YOUTH –B FEMALE: 12 a -15 years (-40, -45, -50, -55, +55Kg)**
- **JUNIOR –A MALE: 15 a -18 years (-55, -60, -65, -70, -75, -80, +80 Kg)**

- **JUNIOR –B FEMALE: 15 a -18 años (-45, -50, -55, -60, -65, +65 Kg)**
- **SENIOR MALE: +18 años (-57, -63, -70, -76, -84, -92, +92 Kg)**
- **SENIOR FEMALE: +18 años (-50, -55, -60, -65, -70, +70 Kg)**

Any international qualifier must refer to European or world rules (or those that refer to the tournament he will attend).

5. PUNCTUATION

Punch in the head	1 point
Punch in the body	1 point
Indoor / outdoor sweep standing	1 point
Kick to the body	1 point
Floor sweep / Inverted soil sweep	2 points
Kick in the lead	2 points
Kick in the air to the body	2 points
Any kick in the air to the head	3 points
Punch in the head	1 point

SWEEPS

All sweeps should be standing on foot and not above the ankle. To score a sweep, it must cause either a fall or a setback that leads the fighter to touch the ground with any part of his body other than the soles of his feet.

Even the smallest contact with the ground will imply that the sweep is considered valid.

6. TARGET ZONES

- Side of the head
- Expensive
- Under the chin
- Frontal torso
- Lateral torso

7. ANTIREGLAMENTARY ZONES

- Back of the head
- Top of the head
- Neck
- Arm
- Hand
- Kidney area
- From the waist down (except below the ankle when performing a sweep)

Not only offensive movements will be scored. The defense, the ring-craft and the physical form will be scored as much as the first ones.

The use of clickers (point marking devices) is recommended

8. REGULATORY TECHNIQUES

JAB- Direct punch (hitting with the part of the glove that covers the knuckles)

REVERSE PUNCH – (CROCHET) Punch rotated (hitting with the part of the glove that covers the knuckles)

HOOK PUNCH – Hook (to the head and body).

UPPERCUT (to the head and to the body in a controlled way).

FRONT KICK – Front kick (to the head and body)

LOW KICK – Circular thigh kick (except in AMERICAN LIGHT CONTACT)

SIDE KICK – Side kick (to the head and body)

CURVING FRONT KICK – Curved front kick (head and body)

HOOK KICK – Kick in hook (to the head and to the body) including the SPINNING HOOK KICK - kick swivel hook.

JUMP SPINNING HOOK KICK - kick swivel hook in jump (head and body)

BACK KICK – Inverse circular kick (to the head and body)

SPINNING BACK KICK – Rotating kick from behind (to the head and body)

JUMP BACK KICK – patada circular inversa en el aire (a la cabeza y al cuerpo)

JUMP SPINNING BACK KICK - Rotating kick from behind in the air (to the head and body)

ROUNDHOUSE KICK – Rotating kick (to the head and body)

JUMP ROUNHOUSE KICK - Revolving kick in the air (head and body)

INSIDE & OUTSIDE CRESCENT KICK - Upward - downward and downward kick (head and body)

JUMP INSIDE & OUTSIDE CRESCENT KICK - Upward kick - inner and outer descending jump (head and body)

INSIDE & OUTSIDE AXE KICK – Descending kick (to the head and body). (Downward kick in the air is included)

SWEEP TO THE INSIDE AND OUTSIDE OF THE OPPONENT'S FOOT – Sweep inside or outside the opponent's foot (executed with the inside of the foot and below the ankles of both legs).

DROP FOOT SWEEP - (Sweep the floor) will run on the outside of the opponent's foot, as well as the DROP REVERSE FOOT SWEEP (inverted floor sweep).

9. NON-REGULATORY TECHNIQUES

Any blow with the palm of the open hand (slaps, slaps, etc.).

KNIFE HAND (*blow with open hand and in tension*). (*SPINNING / TURNING KNIFE HAND STRIKE included*).

RIDGE HAND (*hit in KNIFE HAND position with thumb*)

DROP SWEEP (sweep the floor) or REVERSE DROP SWEEP (sweep of inverted soil).

PALM HEEL STRIKE (hit with the bottom of the palm of the hand) and blows with the elbows.

Any throw or Takedown (push down) and push with the arms.

Kicks to the legs, knees, butts and use of the thighs.

Touch the ground with any part of the body other than the soles of the feet. Any blind movement.

10. NON-REGULATORY ACTIONS

- **Cursing or insulting**
- **Verbally attack the opponent or officials. Accusing the competitor or officer of cheating or cheating.**
- **Execute kicks and uncontrolled blows, as well as throw them against the joints.**
- **Hit the top of the head or the back of the body. Deal blows or kicks to the lower parts.**
- **Scratching, biting or spitting. Punch punches or kicks after the referee has stopped the fight.**
- **Leave the combat zone, throw yourself to the ground or run around the area.**
- **Use defective equipment or that does not adapt properly.**
- **Losing time unsportsmanlike.**

- **Offending for inappropriate dress, gestures or words. Excess of power**
- **Refusing to touch the gloves with the opponent or any other unsportsmanlike behavior.**

All offenses shown above may be punished by the referee. The referee may decide to verbally or officially reprimand, subtract a point or disqualify the competitor depending on the seriousness of the offense.

11. EQUIPMENT OF THE FIGHTER

HELMET OF PROTECTION: It must cover the top part of the head. It has to be a martial arts protection helmet, be in good condition and fit well. You can wear a visor that covers the entire face, or half, if it is shown that it requires medical conditions. It must be authorized by the promoter before the start of the tournament.

MOUTH GUARD: Must be martial arts or boxing. Football or rugby are not accepted.

BOXING GLOVES: Must be 10 ounces for everyone.

BOOTS (AMERICAN LIGHT KICK): Should cover the instep and heel. They have to be full booties. The booties should cover the entire foot.

GENITAL PROTECTION: For both men and women, (Senior and Junior). They should **be worn under clothes, and not on the outside.**

SHEARS ANKLE (1-PIECE): Should be worn under clothing, and not over. They should not be worn above the knee.

The chest protector is mandatory for all female categories

12. COMPETITORS CLOTHING

Competitors must wear appropriate and clean equipment. The toenails should be clean and cut. They will have to wear a clean shirt that ensures that the upper half of the arm is covered by the sleeve. The use of a traditional Gi or KICK BOXING trousers is allowed. It is

allowed to carry the names of sponsors and slogans provided they are in good taste and do not offend anyone.

Martial arts pants should be worn. The pants must cover the velcro with which the boots are fastened and have an adequate length.

There can be no zippers, pockets or buttons on the pants. Sweatpants are not allowed.

Bandage is allowed on the hands; 2'5m maximum. The tapes can be used; its use is recommended by FIDAM for security reasons.

The referee may consider it inappropriate if it is used too much.

Long hair should be collected. No competitor may carry metal or plastic objects with him, including earrings, glasses, watches, hairpins, chains, rings, piercings, etc.

The use of contact lenses is allowed under the responsibility of the competitor.

REVIEW OF THE CLOTHING

Every competitor is subject to a dress check before the start of the fight.

Reviews will be conducted by line judges, but only of the same sex. If there is no judge or referee available, an official must review all the competitors.

13. OFFICIAL UNIFORM OF ARBITRATORS AND JUDGES

- ***BLACK POLO (short or long sleeves).***
- ***BLACK PANTS***
- ***BLACK SOCKS***
- ***BLACK SHOES***

14. COACHS CLOTHING

The COACH must carry the proper and clean sports equipment, as well as sports shoes.

The COACH can not wear official clothing.

15. REFEREES, JUDGES AND ORGANIZATION

CENTRAL ARBITRATE

The referee is the only person who can stop the match. The doctor will have to notify the referee by signs if he wants the fight to stop. The coach may withdraw the fighter.

The referee may change all the officials in his area if he so wishes. This can not happen during a fight unless an officer is sick.

The referee may subtract a point, or disqualify the boxer, if unsportsmanlike behavior is shown.

A referee can disqualify a boxer if he or she is not ready to fight after being repeatedly called. (This includes not wearing the correct safety equipment or not showing up). One minute will be given, and the timekeeper will indicate when it has already passed. The winner will be the fighter who is ready to fight, and the match will be saved as Walk Over (easy defeat).

The referee may disqualify one of the fighters, following a majority decision between judges and referees, if excessive force is used. He may be admonished for excessive force without consulting the judges.

The referee may reprimand or disqualify the fighter if aggression is shown towards any of the officials. The physical aggression towards any of the officers will lead to the immediate expulsion from the premises, a report must be submitted to the **FIDAM** Rules Director (amateur) (director of FIDAM regulations) of the state headquarters by means of an email within 7 days . The fighter will remain sanctioned until the Rules Director, in collaboration with the **FIDAM** IRC, deals with the matter. The permanent expulsion of **FIDAM EUROPE** will be the most probable result.

JUDGE CHRONOMETRATOR

END OF THE FIGHT

The timekeeper will indicate the end of the fight with a whistle, a bell or by throwing a Beanbag (sack filled with balls).

The referee will say "STOP" and the fighters will stop fighting. Any point marked between the indication of the timekeeper at the end of time and the "STOP" signal given by the referee must be noted.

Only the referee can stop the match, not the timekeeper. The referee will indicate the winner by giving the result of the score and raising the arm of the winner.

Fighters should touch their gloves again after the end of the fight.

JUDGE

When giving an initial score, the judge must take into account:

The best defense; the best attack; the best counterattack; the best use of the ring and space; the points scored by the use of regulatory movements, made to regulatory zones and using regulatory force; the physical form; the diversity of movements and scoring zones; the number of successful kicks and the physical state and form of the fighter at the end of the fight.

The number of points scored by the boxer may be irrelevant if he only uses hand movements. Seventy punches and no kick is not a sample of KICK BOXING, and should be judged as such.

Without taking into account other factors, if a boxer does not kick, he can not win the round.

LEG TECHNIQUE RULE

There is not a minimum number of kicks in LIGHT CONTACT under the **FIDAM** regulations. Each fighter must GIVE KICKCHES CONSTANTLY throughout the round. If one of the fighters kicks for 30 seconds, but does not do so within 90 seconds, he will not have kicked constantly. A proportionate amount of punches and kicks must be delivered throughout the round.

If the judge considers that any of the fighters has not complied with the rule of constant kicks, he must inform the referee at the end of each round. The referee must then talk to the boxer before the next round and inform him of the judge's complaint. The continued refusal to kick regularly can result in a reprimand from the Center Referee. This is left to the criteria of the Center Referee, and can reach a reduction of score if the reprimands are repeated.

16. BEGINNING OF THE COMBAT

The equipment of both fighters in their respective corners will be reviewed. The responsibility for examining the boxers lies with the referee. The referee will call both fighters to the center of the ring, where they will be given the pertinent instructions. Coaches, if they

have listened to the instructions, should return to their corners and leave the ring leaving the corners cleared. Fighters should touch gloves to show a good sporting attitude.

The referee should check that the doctors, the timekeeper and all the judges are ready before raising the arm and saying "Fight".

17. DURING THE FIGHT

The fighters must fight, making use of boxing movements and kicks, until the referee says «Stop». If one of the fighters needs to adjust the safety equipment, he must step back and make the letter "T" with his hands. The referee will have to stop the time in this case. The continuous adjustments of the equipment may involve a warning by the referee.

The referee must stop the time to make the reprimand; call the boxer to the center of the ring; lift one finger for the first warning, two for the second, and so on; and show each judge that an admonition has been made to one of the fighters. The fight will resume with the word "Fight". If one of the fighters is not in a position to fight, or feels overwhelmed, the referee can make an 8-second count. The fighter who is not involved in said account will be sent to the neutral corner. Time will not stop for an account, just as it will not stop even after the time is up. The account has to be finalized. Between assault and assault, the referee must remain in one of the neutral corners.

18. END OF THE FIGHT

Once the timekeeper indicates that the time has ended, the referee should say «Stop», indicate that the match has ended, and send the boxers back to their respective corners. The referee should collect the judges' score cards, give them to the Senior Judge, and call the boxers to the center of the ring. The winner shall be indicated by raising the arm of the chosen fighter by majority, divided or unanimous decision.

The fighters should thank the referee for their efforts, and then they will touch the gloves and greet the opponent's coach.

19. POINT ANNOTATION

There will be 1 referee and 3 judges scoring (sitting).

Each round is scored as follows:

WINNER	10 POINTS	
TIE	10 POINTS	10 POINTS
LOSER	9 POINTS	8 POINTS

The winner of each round receives 10 points as initial score.

If there is a tie, both fighters will get 10 points.

The loser of each round gets 9.

It is possible to give 8 points when one of the fighters does not show anything worthwhile (from the point of view of the judges) and is outstanding.

20. BANNS

FORCE

The force involved in LIGHT CONTACT must be minimal. Any excess of force will be punished by the central referee. Depending on the severity, the referee will have the following options:

- Admonish the fighter
- Discount score
- Disqualify the fighter

21. AMONESTATION DEPARTURE OF COMPETITION AREA

1st Warning

2nd Reprimand

3rd Warning: It implies the reduction of a point.

4th Warning: Disqualification.

IMPORTANT NOTE: Referee and area warnings will be kept separate and can not be mixed.

To make a referee's warning or subtract a point must stop the time showing the letter "T", made with hands, to the timekeeper. The fighter must be brought to the center of the combat zone to face the referee. He must inform the fighter why he has been penalized. The referee will indicate the number of the warning by showing the relevant number with the fingers before teaching them to the scorekeeper and pointing to the boxer. The referee will indicate the

decrease of points by holding the elbow with the left hand, pointing the index finger towards the ceiling and lowering it until it points to the ground.

The referee may make a reprimand, decrease points or disqualification to any of the fighters for the behavior of their coach. The coaches' manners are part of the boxer's team, and he is responsible for the behavior of his coach.

A fighter may not receive a warning and a point at the same time

22. MINUS POINTS

All Minus Points and Counts must be deducted, and the TOTAL assault score must be indicated.

All reprimands must be indicated in the Warnings section of the results sheet. Receiving 3 warnings implies a Minus (reduction of score). Even so, it will have to be indicated as 3rd warning, but the reduction of points will be made on the TOTAL assault score.

A judge may conduct a judge's Minus for violating the rules several times. If the Center Referee does not see the infraction, the judge may reduce the score by indicating a letter "J" in the Minus Points section of the document.

The reason for the reprimand MUST be indicated on the results sheet.

A judge can not make a reprimand if the referee saw the infraction but decided to do nothing. The judge's admonition is purely a tool for the judge to punish an infraction that the referee has not seen.

23. INJURIES

REGULATIONS OF INJURIES

If one of the fighters is injured and the fighter can not continue, the referee should ask the judges if there has been a fault. A majority decision is necessary between the two judges and the referee to determine if it was an accident or not. The referee can not make the decision alone.

If one of the fighters is wounded and the fight is ended due to a fault, the innocent fighter who has suffered it will be declared the winner.

If one of the fighters is injured and the fight is ended due to an accident, the referee will ask the judges to fill in a scorecard until the moment before the injury. Score cards will indicate the winner.

Unfinished assaults will not be scored, and if one of the fighters suffers an injury in the first round, and it has been an accident, it will be considered "no contest". If the tournament is a knockout type, the injured fighter may move on to the next round or, in the case of the final, be declared the winner.

In Light Contact an 8-second account is made. This supposes a penalty of reduction of points for the involved pugilist. The account can only be used when the fighter is not able to fight or is receiving very intense blows that prevent him from facing combat. If 3 accounts are made in the same round, or 4 in a match, the fight ends in favor of the other fighter.

In the event that a blow stuns one of the fighters, the referee must stop the time and speak with the judges. If by MAJORITY it is determined that it has been a fault, the referee shall penalize the person who committed it. If by MAJORITY it is determined that it was an accident, there will be no penalty. The penalty may be a reprimand or a score reduction.

Before one of the fighters resumes the fight after slipping or falling to the canvas, the referee will clean any dirt or moisture from the fighter's gloves.

The doctor or first aid administrator can decide if one of the fighters can not continue. A referee or a judge can not determine how seriously a fighter can be injured and should receive advice from the medical team.

No protest will be accepted before a medical decision

An arbitrator can not modify any of the rules of FIDAM EUROPE and can not annul any medical decision.

24. LIGHT CONTACT MODALITIES

AMERICAN LIGHT CONTACT (FULL-CONTACT)

Same rules of the LIGHT CONTACT regulation

JAPAN LIGHT KICK (KICK BOXING)

Identical to the AMERICAN LIGHT CONTACT (FULL-CONTACT) plus
Kicks in the thighs.

ORIENTAL LIGHT K-1 (RULES)

Identical to JAPAN LIGHT KICK (KICK BOXING) with Kicks in the
thighs and knee blows.

In children you can not hit the knees in the face.