

I.C.O.

Kickboxing and Combat Regulations

LIGHT - CONTACT

First edition dated 1st February 2010.



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Preface to Rules

These rules are valid from the 1st of February, and are valid for all ICO events. Professional Rules may differ from Amateur Rules.

Light – Contact Fighting

The Fighting Area

These rules apply only to Ring Fights, and the section entitled “Light Contact (Mats)” should be applied for matted arenas.

The ICO try to ensure that all Light Contact events are conducted in the ring. ICO consider Light Contact to be a Ringsport, but it is also understood that it may be necessary to hold such contests on matted areas. Every effort should be made by Promoters to hold the discipline within the ring.

The style of fighting shall be Boxing with kicks. The power used should be approximately twenty percent of full power. All fights must be in a Boxing Ring with four ropes supporting the sides. All Ropes should be tight, to ensure the Fighters stay in the Ring. (The ropes should be tighter at the top rope and slacking off slightly towards the bottom rope). The Ring must have a Blue Corner, a Red Corner and two neutral corners. Seating for the Fighters is optional.

No person, other than the Centre Referee and the two Fighters may enter the ring during a round. If either Fighter voluntarily leaves the Ring, or any other person enters the Ring, (including Medics), the fight is over, and cannot continue. One Coach shall be allowed in to the Ring to instruct his Fighter in between rounds, but must leave the ring before the start of the next round. A Fighter may have two people represent him/her, but only one may enter the Ring during rest periods. All Coaches must be at ground level during the fight, and the Ring must be clear of any items. Supporters must not touch the Ring during the fight, or during the rest periods. The Referee must stop time to clear the area of unauthorised personnel. Banging of the Ring by anyone outside the Ring will not be allowed, and could cause a Warning to be given to the Fighter of the representative concerned.

Water spillages must be cleaned up by the Fighters’ representatives. No water may be spat on to the Ring floor, or the surrounding area. It is the responsibility of the Corner Representatives to ensure that any bodily fluids be mopped up hygienically.

Ages of the Fighters

<u>Kid</u>	A kid is less than thirteen years on the FINAL DAY of Competition
<u>Junior</u>	A Junior should have reached thirteen years but be less than eighteen years on the FINAL DAY of Competition
<u>Adult</u>	An Adult Man or Lady should have reached eighteen years but be less than thirty six years on the FINAL DAY of Competition
<u>Veteran</u>	A Veteran Man or Lady should have reached thirty six years but be less than forty years of age on the FINAL DAY of Competition
<u>Master</u>	A Master or a Lady Master should have reached the age of forty years on the FINAL DAY of Competition

Rounds

The number of rounds and length of rounds of any Competition can be determined by the Promoter. The amount of rounds may be one, two or three. Rounds must not be longer than two minutes per round.

Galas, (not tournaments), may have up to five rounds if a title is being contended.

The following criteria must be used for Galas where an ICO Light Contact Title is being contended.

Regional/Area	5 x 1 mins
National	5 x 2 mins
European	5 x 2 mins

KIDS MAY NOT FIGHT MORE THAN 5 X 1 MINUTES.

Official ICO Weight Category Guidelines (Guidance Only)

Name of Weight Category	All Men	All Women	Kids 12 & Under	Junior Girls	Junior Boys
Bantam Weight	<u>-54 kgs</u>	<u>-50 kgs</u>			
Feather Weight	<u>-57 kgs</u>	<u>-54 kgs</u>	<u>-25 kgs</u>		
Light Weight	<u>-60 kgs</u>	<u>-57 kgs</u>	<u>-30 kgs</u>	<u>-40 kgs</u>	<u>-45 kgs</u>
Light Welter Weight	<u>-63.5 kgs</u>	<u>-60 kgs</u>	<u>-35 kgs</u>		<u>-51 kgs</u>
Welter Weight	<u>-67 kgs</u>	<u>-63 kgs</u>	<u>-40 kgs</u>	<u>-45 kgs</u>	<u>-55 kgs</u>
Light Middle Weight	<u>-71 kgs</u>		<u>-45 kgs</u>	<u>-51 kgs</u>	<u>-59 kgs</u>
Middle Weight	<u>-75 kgs</u>	<u>-66 kgs</u>	<u>+45 kgs</u>	<u>-55 kgs</u>	<u>-63 kgs</u>
Light Heavy Weight	<u>-81 kgs</u>			<u>-59 kgs</u>	<u>-67 kgs</u>
Cruiser Weight	<u>-86 kgs</u>			<u>-63 kgs</u>	<u>-71 kgs</u>
Heavy Weight	<u>-91 kgs</u>	<u>+ 66 kgs</u>		<u>+63 kgs</u>	<u>+71 kgs</u>
Super Heavy Weight	<u>+91 kgs</u>				

The weight categories shown above are for guidance to Promoters. Each Promoter may change the categories to suit their own requirements. Any International Qualifier must bear relation to the European/World Rules (or relate to the Tournament to be attended).

Scoring

Punch to Head	1 point
Punch to Body	1 point
Front Foot Sweep	1 point
Kick to Body	2 points
Kick to Head	3 points
Jump Kick to Body	3 points
Any Jump Kick to Head	5 points

Scoring Areas

Side of Head
Face
Under Chin
Front Torso
Side Torso

Illegal Areas

Back of Head
Top of Head
Neck
Arm
Hand
Back
Kidney Area
Below the Belt (other than below the ankle sweeps)

All Sweeps must be boot to boot and no higher than the ankle. For a Sweep to score, the sweep must incur either a complete grounding, or a stumble leading to the fighter touching the ground with any part of the body other than the soles of the feet. Even the slightest of touches to the ground by the fingers for example, will result in the sweep being deemed successful.

Scoring should not be on offensive techniques alone, and defence, ringcraft, fitness etc should be scored just as highly.

THE USE OF CLICKERS IS NOT RECOMMENDED AS THIS ONLY SCORES OFFENCE

Legal Techniques.

Jab (landing with knuckle part of the glove)

Reverse Punch (landing with knuckle part of the glove)

Hook Punch (to the body and head)

Front Kick (to the body and head)

Side Kick (to the body and head)

Curving Front Kick (to the body and head)

Hook Kick ((to body and head) including Spinning Hook Kick)

Jump Spinning Hook Kick (to the body and head)

Back Kick (to the body and head)

Jump Back Kick (to the body and head)

Roundhouse Kick ((to the body and head) including Jump Round Kick)

Spinning Back Kick (to the body and head)

Jump Spinning Back Kick (to the body and head)

Inside & Outside Crescent Kick ((to the body & head) including Jump)

Jump Inside & Outside Crescent Kick ((to the body & head) incl Jump)

Inside & Outside Axe Kick ((to the body & head) including Jump Axe)

**Front Sweep ((performed with inside of foot to below ankle) both legs)
*(Front Sweep can be to the inside and outside of the opponent's boot)***

Uppercut (to the body and head with control)

Illegal Techniques

Any open handed strike with the inside of the hand (slap)

Backfist (including Turning)

Spinning Backfist

Knife Hand (inc Spinning/Turning Knife Hand Strike)

Ridge Hand

Drop Sweep

Reverse Drop Sweep

Palm Heel Strike

Strikes with the elbows

Any Throw

Any Takedown

Pushing with arms

Leg Kicks

Strikes with the knee

Strikes with the Head

Use of the thighs

Touching the ground with any other part of the body than the soles of the feet.

Any Blind Technique

Illegal Actions

Swearing

Verbal attacks to the Opponent or Officials

Accusations of cheating to any Official or Competitor

Uncontrolled Strikes and Kicks

Any strike or kick to a joint

Strike to top or back of head or to the back of the body

Strike or Kick to the groin

Scratching, biting or spitting

Punching or Kicking after the Referee calls stop

Leaving the fighting area

Falling down

Running around the area

Using faulty or ill-fitting safety equipment

Wasting time in an unsporting fashion

Talking

Causing offence by inappropriate apparel, gestures or words

Excess power

Refusing to touch gloves or any other unsporting behaviour

All of the above offences may be punishable by the Referee. The Referee may decide to verbally warn, officially warn, deduct a point or disqualify the competitor depending upon the severity of the offence.

Fighter's Equipment

- Headguard** Must cover the top of the head. Must be a Martial Arts type Headguard in good condition which fits well. A full-face or semi-face visor may be worn if it can be proven that a medical condition requires it. This must be authorised by the Promoter prior to the start of the Tournament.
- Gumshield** Martial Arts or Boxing type. No football / rugby type.
- Boxing Gloves** Must be 10 ounces for everyone.
- Kick Boots** Must cover the Instep and heel. Must be full boots and not shin-guards with instep pads. Must cover the whole foot.
- Groin Guard** For both Men and Women, including Boys in the Juniors section. Recommended for Junior Girls and Kids, but not essential. Must be worn under clothing, and not on top.
- Shin Guards** Must be worn under clothing. No higher than the knee.
- Chest Guard** Must be worn under clothing and not on top. Essential for female Juniors and Adults. Recommended for Female Kids but not essential.

Clothing

Fighters must be clean and dressed in an appropriate outfit. Toe nails should be clean and cut short. Fighters should wear a clean T-Shirt that ensures that the top half of the arm is covered by a sleeve. A traditional Gi or kickboxing suit is permitted. Sponsors names and slogans are allowed providing they are in good taste and do not cause offence.

Martial Arts style trousers must be worn. The trousers should cover the Velcro fastening on the boots and should be full length. There should be no zips, pockets or buttons on the trousers at all. Track suit style trousers are not allowed. Hand bandages are allowed, maximum length 2.5 meters. Tape on the fist or the knuckle area is allowed, but must not be excessive. The Referee can deem any hand-wrapping to be excessive.

Long hair should be tied back. No Metal/Plastic objects to be worn by any competitor, including earrings, eyeglasses, rings, watches, hair grips, chains, piercing jewellery etc. Soft contact lenses are allowed at the Fighter's risk.

The Coach must wear appropriate clean sports clothing, and sporting shoes. Anyone acting as a Coach and an Official must cover their Officials' attire whilst Coaching.

Equipment Check

Each Fighter is subject to an equipment check prior to the start of the fight. The checks are to be done by the Center Referee. Groin guards and chest guards are not to be touched by the Referee. The Fighter should be asked if they have the relevant equipment on, and they should reply in the affirmative. If injury occurs, and the Fighter has lied about the presence of such safety equipment, the Center Referee must disqualify the Fighter for breaching the safety rules. This is a compulsory disqualification regardless of how the accident happened.

What the Referee can do.

The Referee is the only person who can stop the bout. The Medic must signal to the Referee if he/she wants the fight stopped. The Coach can retire the Fighter.

The Referee may change any or all of the officials in his area if he wishes. This must not happen during a fight unless an Official is ill.

A Referee can deduct a point, or disqualify a Fighter, for any unsporting behaviour or dissent.

A Referee can disqualify a Fighter if he/she fails to be ready to fight after being called. (This includes not wearing the correct safety equipment. It also includes not turning up at all). One minute should be called, and the Timekeeper should indicate when the minute has expires. The winner will be the Fighter who is ready to fight, and the win shall be recorded as a Walk Over.

The Referee can disqualify a Fighter, after a majority decision between Judges and Referee, if excess power is used. A warning for excess power can be given without consulting the Judges.

The Referee can issue a warning, or disqualify a Fighter if aggression is shown towards any Official. Physical aggression towards any Official will incur an immediate expulsion from the building, and a report must be submitted to the ICO Rules Director of the venue country by email within seven days. The Fighter must remain suspended until the matter has been dealt with by the Rules Director. A permanent expulsion from ICO is a highly likely outcome.

Start of the fight.

Both Fighters shall be checked for their safety gear whilst in their own corners. The responsibility to check the Fighters lies with the Center Referee. The Referee shall call both Fighters to the center of the Ring where instructions shall be given to the Fighters by the Referee. The Coaches, if they have listened to the Referee's instructions, must then return to their corners, and must leave the Ring leaving their corner clear. Both Fighters must touch gloves to show a sportsmanlike attitude.

The Referee must check that the Medics, Timekeeper and all Judges are ready before raising his arm, and shouting "Fight".

During the fight.

The fighters must fight, using Boxing and kicking techniques until the Referee says "Stop". If the Fighter needs to adjust safety equipment, they should take one step back, and indicate the "T" sign with their hands. Time should be stopped by the Referee in this instance. Repeated adjustments of safety equipment may incur a Warning from the Referee. The Referee should stop time to issue a Warning, call the Fighter to the middle, raise one finger for a first warning, two fingers for a second warning etc, and show each Judge that this Fighter is being issued a warning. The fight should be restarted with the word "Fight". If a Fighter is out of condition, or being overwhelmed, a standing eight count may be issued by the Referee. The Fighter not receiving the count must be sent to the neutral corner. The time does not stop for a count, and a count cannot be saved by the end of the time. The count must be concluded.

In between rounds, the Referee should stand in a neutral corner.

Ending the fight.

Once the Timekeeper indicates the end of Time, the Referee should call "Stop", indicate that the fight is over, and send both Fighters back to their corners. The Referee should collect the Scorecards from the Judges, pass them to the Senior Judge, and call both Fighters back to the center. The winner will be indicated by raised the arm of the Fighter with a majority, split or unanimous decision. The Fighters should thank the Referee for his/her efforts, and must touch gloves with their opponent, and acknowledge the opposing Coach.

Medical Requirements

The minimum standard of qualification for attending Medical Staff is a valid First Aid Certificate. The First Aider must have a full First Aid kit. The Promoter is responsible for supplying adequate First Aid cover. Ambulance personnel and/or a Doctor is a recommendation, but it is not an essential requirement.

If the Medical Staff are otherwise engaged, or leave their post, all fights must be stopped until the medical cover returns. **No Medic = No fight!** Medical Staff must stay until the final fight is over, and they are satisfied that they won't be required any further and that there is no further risk of a delayed problem or condition. Medical examination of Fighters prior to the start of the Tournament is recommended by ICO, but not compulsory. All Fighters compete at their own risk, but it is recommended that if a Fighter looks unwell, a medical examination should be sought by the Center Referee. No local anaesthetics, plasters or bandages may be administered before or during any contest.

The power involved in Light-Contact Fighting must be minimal. Any excess power must be punished by the Center Referee. The choices available to the Center Referee are as follows, depending on the severity.

- 1. to warn the fighter*
- 2. to issue a point reduction (Minus Point)*
- 3. to disqualify the fighter*

The Referee Warning System

1st Warning

2nd Warning

3rd Warning = Equalling a minus point

4th Warning = Disqualification

The Area Warning System (Mat Only)

1st Warning

2nd Warning

3rd Warning = Equalling a Minus Point

4th Warning = Equalling a second Minus Point

5th Warning = Disqualification

REMEMBER: AREA WARNINGS AND REFEREE WARNINGS ARE TO BE KEPT SEPARATE AND NOT ADDED TOGETHER!

To issue a Referee Warning or a Minus Point, the time must be stopped by showing a “T” sign with the hands to the Timekeeper. The Fighter must be called to the center of the fight area to face the Referee. The Referee must inform the Fighter why he/she is being penalized. The Referee indicates what number Warning it is by showing the relevant warning number on his finger before showing the same to each Judge and then pointing to the Fighter. A Minus Point is indicated by the Ref holding his/her own right elbow with their own left hand, showing the single index finger towards the ceiling, and dropping it straight down to point to the floor. **A Warning, Minus Point or Disqualification may be issued by the Referee to any Fighter because of the actions of his/her Coach.** The Coach will form part of the Fighter’s team, and the Fighter is responsible for the Coach.

Injuries

If a fighter gets injured and cannot continue, the Center Referee must ask the Judges if there was a foul. Between the three Judges, there needs to be a majority decision to decide whether it was an accident or not. The Center Referee cannot make the decision.

If a Fighter is injured and the fight is over because of a foul, the innocent injured Fighter is declared the winner.

If a Fighter is injured and the fight is over because of an accident, the Referee will ask the Judges to complete the Scorecard up to the point of the injury. The scorecards will denote a winner.

Any unfinished rounds cannot be scored, and if the injury occurs in the first round, and is an accident, a “no contest” is awarded. If the tournament is a knockout style tournament, the uninjured Fighter is allowed to progress to the next round, or in the case of a final, is declared the winner.

There is a standing 8 count in Light Contact. This incurs a Minus Point penalty to the Fighter concerned. The standing 8 count can only be used for Fighters that are either out of condition, or being blitzed badly so that they cannot cope. Three counts in one round incur a finish to the fight, in favour of the other Fighter.

In the event that a strike dazes an opponent, the Referee must stop the time and then speak with his Judges. If the MAJORITY decide “foul”, the Referee must penalize the offender. If the MAJORITY decide that there was an accident, there will be no penalty. The penalty can be a warning or a Minus Point.

The Doctor or First Aider can decide that the Fighter cannot continue.
A Referee or Judge cannot decide how badly a Fighter is injured and must take
advice from the Medical Team.

No protest can be made about a Medical Decision.

The Referee cannot change any of the ICO rules, and cannot overrule the
Medical decision.

The Paperwork

Paperwork is only used when fights are in the ring. Separate rules are used for mat fights.

Judging can comprise of the following:

1 Non Scoring Center Referee and 3 x Scoring Judges (Seated)

1 Scoring Center Referee and 2 x Scoring Judges (Seated)

In the case of using a Scoring Center Referee, the scoresheet should be completed by the Center Referee in the Neutral Corner in between each round, and totalled at the end of the final round.

The Scoring each round is as follows.

The winner of each round gets 10 as a starting SCORE.

If the round is a draw, Both Fighters get 10 as a starting SCORE.

The loser of a round gets a starting SCORE of 9.

It is possible to give a starting SCORE of 8 when a Fighter has not shown anything of any worth (in the Judge's opinion), and was outclassed.

Minus Points

Any Minus Points or Counts are to be deducted and the round TOTAL indicated.

All warnings are to be indicated in the WARNINGS area on the scoresheet, and three Warnings will equal a MINUS. This should still be indicated as a 3rd Warning, but the Minus Point is to be deducted from the round TOTAL.

A Judge may issue a JUDGES MINUS for severe infringements of the rules. If the Center Referee does not see the offence, the Judge may issue a Judge's Minus Point by indicating "J" in the MINUS POINTS area of the form.

The reason MUST be stated on the reverse side of the Scoresheet, and signed by the Judge.

A Judge **cannot** issue a Judge's Warning if the Referee saw the offence and chose to do nothing about it. The Judge's Warning is purely a tool for Judges to punish an offence that the Center Referee doesn't see.

Judging

A Judge must consider the following before issuing a starting SCORE...

Best defence

Best attack

Best counter-attacking

Best use of ring and space

Points scored by using legal techniques, to a legal area, using legal power

Fitness

Variation of techniques and scoring areas

Number of kicks landed

Fitness and condition of the Fighter at the end of the round

The number of points scored by a Fighter can be irrelevant, if the Fighter only uses his/her hand techniques. Seventy punches and no kicks is not a display of Kickboxing, and should be judged as such.

Regardless of other factors, if a Fighter does not Kick, they cannot win the round.

Light Contact is a Kickboxing discipline.

Scoring Paper

Light Contact - **Full Contact** - **K.B. Low Kick**
Oriental - **Thaiboxing** - **Mixed Contact**

Tournament _____ Place _____ Date _____

Weight Category _____ Fight Number _____

RED CORNER

BLUE CORNER

Name _____

Name _____

Club / Nationality _____

Club / Nationality _____

Round Score Warning Minus Pt RESULT

Round Score Warning Minus Pt RESULT

1 _____

1 _____

2 _____

2 _____

3 _____

3 _____

Red – Total _____

Blue – Total _____

Decision - Red or Blue (Circle Winner)

Decision based upon...

P Points	KD Knock Down	DISQ Disqualification	RSC Referee Stops Contest	WO Walk Over	NC No Contest	SUR Fighter Gives Up	DOD Doctors Decision

Judge's Signature.....

Continual Kicking Rule

There is no Minimum Kick Count under ICO rules. Each Fighter must **CONTINUALLY KICK throughout** the round. If a Fighter kicks ten times in the first thirty seconds, and does not kick for the next ninety seconds, they haven't continually kicked. A fair ratio of Kicks to Punches must be used throughout the whole round.

If a Judge feels that one, or both, of the Fighters have not adhered to the Continual Kicking Rule, they must inform the Referee at the end of each round. The Referee should then speak to the Fighter before the next round to indicate the Judge's concern. Continual refusal to regularly kick may result in a Warning from the Center Referee. This is at the discretion of the Center Referee, and may escalate to a Minus Point for repeated Warnings.

Injuries

If a fighter gets injured and cannot continue, the Center Referee must ask the Judges if there was a foul. Between the two Judges and the Referee, there needs to be a majority decision to decide whether it was an accident or not. If three Judges are being used, the Referee does not voice an opinion. The Center Referee cannot call a foul if the majority saw nothing wrong.

If a Fighter is injured and the fight is over because of a foul, the innocent injured Fighter is declared the winner.

If a Fighter is injured and the fight is over because of an **accident**, the contestant with the highest number of points is declared the winner. The scorecards must be totalled, but any incomplete rounds must not be scored. At least one round must have been completed before reverting to the scorecards. If the points are drawn, the result is a DRAW. In knockout tournaments, the uninjured Fighter is declared the winner, as he/she will be able to carry on to the next round. In the case of a knockout tournament Final, the uninjured Fighter is still declared the winner.

If a Fight is over because of an accident to both Fighters, and neither can continue, the Winner is the Fighter with the higher points at the time of the fight stopping. If both scores are the same, the fight becomes a No Contest, and no result will be recorded. If the accident happens before one round is completed, the fight becomes a No Contest. **No incomplete rounds may be scored.**

The Referee can stop the contest if one of the fighters is out of condition and struggling. This fight gets recorded as an RSC. This option, at the Referee's discretion, may be used instead of a standing 8 count.

In the event that a strike dazes an opponent, the Referee must stop the time and then speak with his Judges. If the MAJORITY decide "foul", the Referee must penalize the offender. If the MAJORITY decide that there was an accident, there will be no penalty. During this time, the Fighter in question must go to the Neutral Corner.

The Doctor or First Aider can decide that the Fighter cannot continue. A Referee or Judge cannot decide how badly a Fighter is injured and must take advice from the Medical Team.

No protest can be made about a Medical Decision.

The Referee cannot change any of the ICO rules, and cannot overrule the Medical decision.

Disputes

The progress of any Tournament must not be hindered or delayed by any dispute. Disputes must be made to the Chief Referee only.

Video evidence will not be watched, and therefore all video and photographic media is inadmissible in any dispute.

Any dispute must be made without aggression, and by the Coach of the Fighter or Team Manager. Additional attendance by any other person is by invitation of the Chief Referee only.

An Official Dispute may not be made unless the sum of one hundred Pounds is paid to the Chief Referee. This fee is introduced to try and reduce the amount of unnecessary disputes. The money shall be refunded if the Official Dispute is upheld. If the Official Dispute is rejected, the fee shall be retained by the ICO Rules Director, and used to finance the further training of Officials within ICO.

The Chief Referee must hear both sides of any dispute, and must decide upon a judgement using the Official ICO Rules. The Chief Referee's decision is final, and no further correspondence may be entered in to at the venue.

If a decision is made by the Chief Referee, and is not acceptable to the Applicant, a written Grievance must be made to the ICO Rules Director via email at theico@yahoo.com within seven days of the Tournament ending. The fee shall be retained by the Chief Referee until such a time as the decision is overturned by the ICO Rules Director. If the decision is overturned, a refund of the Official Dispute Fee will occur. If the decision is upheld, the fee must be sent to the ICO Rules Director.

Light Contact Rules (MATS)

The principles of Light Contact on mats is the same as in the Ring. There are a few exceptions.

Only one Coach is allowed per Fighter, and must be seated.

Area Warnings are applicable as mentioned in the main rules.

There will only be two Judges and a Scoring Center Referee. No third Judge required on mats.

At the end of the fight, the Center Referee should stand in the middle with each Fighter next to him on the side of his own Coach. The two Judges should stand at the end of the row to complete the row of five people. The Center Referee should shout “Judges.....Decisions!” and each Judge should hold their arm in the direction of the winning Fighter. The Center Referee must indicate his opinion, by way of slightly raising his/her hand towards his chosen winner. The Referee then lifts the arm of the winner.

A Draw decision by a Judge is indicated by making a cross sign above their head. In the case of a draw, the Referee should raise the arms of the both Fighters.

The reason that the Judges join the row is so that they cannot be influenced by the opposite Judge.