

# **Semi Contact Fighting.**

## **Semi Contact Rules.**

### **The Fighting Area**

The fighting area should be matted, without damage and clean. There should be no spillages or debris on the surface.

Minimum dimensions for the fighting area should be six metres by six metres. Where practicable, one metre of safety matting should be placed around each side. The fighting area may be larger than thirty six square metres, but no larger than forty nine square metres. National events may have an area of a minimum of twenty five metres.

### **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 or two (plus any extra time). Rounds must not be longer than two minutes per round. In the event of a draw after the final round, a thirty second break is followed by thirty seconds of extra fighting time. If after this extra time there is still no winner, there should be no break, and sudden death should come in to play. First to score is the winner.

The EXIT Warnings must relate to the number of rounds. (see Warnings)

### **Scoring**

<b>Punch to Head</b>	<b>1 point</b>
<b>Punch to Body</b>	<b>1 point</b>
<b>Inside/Outside Foot Sweep</b>	<b>1 point</b>
<b>Kick to Body</b>	<b>2 points</b>
<b>Drop /Reverse Drop Sweep</b>	<b>2 points</b>
<b>Kick to Head</b>	<b>3 points</b>
<b>Jump Kick to Body</b>	<b>3 points</b>
<b>Any Jump Kick to Head</b>	<b>5 points</b>

Scoring must be for the first technique only and follow-ups are allowed provided the follow-up is deemed to be within a second of the failed sweep attempt. Kicking a downed-opponent's head is not legal.

### **Scoring Areas**

Back of Head  
Side of Head  
Face  
Under Chin  
Front Torso  
Side Torso

### **Illegal Areas**

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

The suggested point margin to be used to determine an automatic victory period are as follows.

**1 round fight : Margin of 10 clear points reached.      2 round fight : Margin of 15 clear points reached**

## **Legal Techniques.**

Jab (landing with knuckle part of the glove)

Reverse Punch (landing with knuckle part of the glove)

Backfist ((but not landing with the side of the fist) to the head only))

Ridgehand (to the head only)

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)

Turning Backfist to the head. (Not Spinning. Rear foot must not move)

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.

Drop Foot Sweep to the outside of the opponent's foot

Drop Reverse Foot Sweep to the outside of the opponent's foot

Uppercut to the body only

## **Illegal Techniques**

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

Spinning Back Fist

Knife Hand (including Spinning/Turning Knife Hand Strike)

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 unless performing Drop Sweep or Drop Reverse Foot Sweep

Forward Rolls

Hand Stands

Cart Wheels

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 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

<b>Head-Guard</b>	Must cover the top of the head. Must be a Martial Arts type Head-Guard 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.
<b>Gum-Shield</b>	Must be a Martial Arts or Boxing type. No Football / Rugby type.
<b>Semi Gloves</b>	Must cover the fingers and thumbs up to the second knuckle. Boxing gloves are prohibited at all times for Semi-Contact.
<b>Kick Boots</b>	Must cover the instep and heel. They must be full boots and not Shin-Guards with instep pads. Boots must cover the whole foot.
<b>Groin Guard</b>	For both Men and Women, including Boys in the Juniors' section. They are recommended for Junior Girls and Kids, but not essential. They must be worn under clothing, and not on top.
<b>Shin Guards</b>	Must be worn under clothing and not on top. Must not be worn higher than the knee
<b>Chest Guard</b>	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 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 may be used on the hand, and taping of the hand is recommended by ICO for safety purposes. The Referee may judge inappropriate if too much is used.

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

The Coach must wear appropriate clean sports clothing, and sporting shoes. A Coach must not display any "Officials" type clothing. Any suits, shirts, blazers etc must be covered up if in the act of 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 Line Judges. Groin guards and chest guards are not to be touched by the Line Judges. 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.

The Referee must deduct a point for a fourth and fifth Exit Warning. (The third and fourth warnings in the case of a single round bout).

The Referee must disqualify a Fighter for the Fifth Exit Warning. (Four in the case of a single round bout)

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 repeatedly called. (This includes not having the correct safety equipment or not turning up at all). One minute should be called, and the Timekeeper should indicate when the minute has expired. The winner will be the Fighter who is ready to fight, and the win shall be recorded as a Walk Over. The Referee shall decide when to request the one minute, and the spirit of Sportsmanship must be shown.

The Referee can disqualify a Fighter, after a majority decision between Judges and Referee, if excess power is used. A Warning or Minus Point for any other matter 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 via email to the ICO Head Referee ([theico@yahoo.com](mailto:theico@yahoo.com)) within seven days by the Center Referee. The Fighter must remain suspended until the matter has been dealt with by the ICO. A permanent expulsion from ICO is a highly likely outcome.

## Recording The Scores

There should be a table just off the mat which should have a scoreboard. The scoreboard should have Red and Blue sides which should be able to record the points scored and the Area Warnings. Referee Warnings (for excess power etc), must be recorded on paper by the Scorer. Area Warnings and Referee Warnings are to be kept separate.

Area warnings occur when a competitor's "whole" foot is over the line indicating the edge of the fight area. A competitor cannot score when he/she is out of the area but he/she can be scored against. Referees must ensure that the competitor is not pushed out of the area. For a Referee to issue an area warning, the competitor must voluntarily leave the area.

A technique can only score if it is executed with complete balance. Any loss of balance after a technique will render the score invalid and the Referee must indicate "no score".

**A Score must comprise of: a legal technique, to a legal target area, with legal use of power.  
All three things must be present for a score to count.**

There must be two Line Judges and one Center Referee per fight area. The Line Judges must move and not remain static. The Judges and Referee must act as a Team as the Center Referee cannot overrule a Judge's opinion (unless it is a clear breach of the rules).

The Judges and Referee must indicate a score by raising their hand towards the scoring fighter indicating the amount of points scored by extending the relevant amount of fingers. If two or more Officials indicate the same technique, then the fight is stopped by the Center Referee by calling "Stop". The fighters return to their start point, and the Center Referee indicates the number of Officials who have scored the technique by pointing to each scoring Official (including him/herself if he/she has scored the technique). This is to show the Spectators and Coaches, which Officials have given the point, and if it was a majority or not.

He/She then shows the number of points by raising his arm, extending the relevant number of fingers to the table. The Referee must then move his/her arm towards the fighter to indicate which fighter is to have the points awarded to. This enables the Scorer to see the number points easily to reduce scoring errors. The Referee must ensure the Scorer is accurate with the scoring.

A score can only be given if there is a majority of two Officials indicating a score. Of course, it can be all three Officials that indicate the same score. If two Officials indicate the same score to the same fighter, and the third Official differs, the majority wins and the score goes with the majority.

If two Officials indicate two different points to the same fighter, the Referee should award the lower score to the fighter. The only time this doesn't happen is if the two Officials see a different technique. If one indicates a single point to Red, he must have seen a punch or Normal Sweep. If the Other Official indicates two points to Red, he must have seen a kick. Because both techniques are different, it must be "no score".

### **The lower score can only be given if both techniques were the same.**

eg. One Official sees a Kick to the chest and another Official sees the Kick as a Head Kick, both Officials will indicate the points. One will be three points, and one will be two. The score therefore will be two based upon the fact that they both saw a Kick. If one indicated a Punch and the other a Kick to the body, the points shown would be one and two. This would be a "no score" because it is clear that they both saw different techniques rather than different scoring "areas".

Another example would be as follows. One Judge gives two points to Red and one Judge gives two points to Blue. The Referee gives no points. The score is "no score".

Another example is as follows. One Judge gives a point to both Blue and Red and the Other Judge gives a point to Blue. The Referee gives a point to both Blue and Red. The score will be a point to both as the majority score is a point each.

If the hands of the Officials do not indicate the points at the same time, the score cannot stand. The Officials must react immediately and any points indicated after the "stop" cannot score.

If the Center Referee is not sure about what the Judges are scoring, he may stop the time, call both Judges in to the centre to discuss it. The Officials must resume their position, and the Centre Referee must shout "Score". The Officials, including the Centre Referee must give the points that they are finally awarding. This score is now final. (It is not good practice to do this very often).

In all cases, the Center Referee must indicate his opinion. A Center Referee has the same responsibility to indicate, with his raised hand and fingers, the points that he wishes to score. A Center Referee must not "follow" the Line Judges. He must have an opinion of his own, and show it at the same time as the Line Judges.

### **Start of the fight.**

Fighters may be assisted by ONE Coach who must remain seated. The Line Judges must check the safety equipment of each fighter prior to allowing them in to the center of the mat. The Fighters must be parallel to the sides of the mat and one metre apart in the centre, facing each other (not corner to corner). The Referee faces the table, checks both Line Judges are ready and indicates to the Timekeeper that the fight is about to start. The Fighters must touch gloves to indicate good spirit, and the Referee starts the fight by calling "Fight".

### **During the fight.**

The Fighters continue to try to score against each other until the Judges or Referee sees a score. The Referee calls stop, the Fighters return to their mark, and the Referee indicates which Judges are scoring, shows the number of points to the table, and then indicates to which Fighter the points are awarded. The Referee restarts the fight again by calling "Fight". A Fighter or Coach can request time by making the letter "T" with their hands and taking a step back. Any apparent time wasting or misuse of this will incur a Warning from the Center Referee. Time does not stop until the Referee indicates the Timekeeper to stop. The time is not stopped to award points but it is stopped to allow adjustments to safety equipment. If a Referee Warning is given, the time must be stopped. Only the Referee can start and stop the fight, or the time.

### **Ending the fight.**

The Timekeeper indicates the end of the fight by a whistle, bell or by throwing a beanbag. The Referee calls "Stop" and the Fighters cease fighting. Any points scored in between the Timekeeper indicating the end of time and the Referee calling "Stop" must be scored. Only the Referee can stop the fight, not the Timekeeper. The Referee indicates the winner by calling the scores and raising the arm of the winner. The fighters should touch gloves after the fight.

## 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. No local anaesthetics, plasters or bandages may be administered before or during any contest.

## Hand Signals

The following are for use by Judges & Center Referee

	<b>OPINION</b>	<b>HAND SIGNAL</b>
1	Yes I saw the points	Raise the hand and show the score
2	No I saw nothing	Both hands crossed in front of face
3	I saw the attempt but there was no score	Both hands crossed in front of legs
4	Competitor stepped out of the area border	Run open hand along in the direction of the fight area
5	Both fighters clashed and each scored at same time	Raising both hands and awarding the points to both sides
6	Illegal Technique	Point to the sky and circle the hand
7.	Contact too strong	punch fist in to open flat hand
8.	Legal technique but to an illegal scoring area	indicate the forbidden area
9.	Blind score (not looking at target)	turn the body and punch away without looking
10.	Holding or grappling	holding own arm and pull to indicate a holding technique
11.	Turning the body or running away	mimic the action or rotate hand at head height pointing down

## **Power**

The power involved in Semi-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
3. To disqualify the Fighter

## The Referee Warning System

### FOR A TWO ROUND FIGHT

1<sup>st</sup> Warning  
2<sup>nd</sup> Warning  
3<sup>rd</sup> Warning = Equalling a minus point  
4<sup>th</sup> Warning = Equalling a second minus point  
5<sup>th</sup> Warning = Disqualification

### FOR A ONE ROUND FIGHT

1<sup>st</sup> Warning  
2<sup>nd</sup> Warning  
3<sup>rd</sup> Warning = Minus Point  
4<sup>th</sup> Warning = Disqualification

## The Area Warning System

### FOR A TWO ROUND FIGHT

1<sup>st</sup> Warning  
2<sup>nd</sup> Warning  
3<sup>rd</sup> Warning = Equalling a minus point  
4<sup>th</sup> Warning = Equalling a second minus point  
5<sup>th</sup> Warning = Disqualification

### FOR A ONE ROUND FIGHT

1<sup>st</sup> Warning  
2<sup>nd</sup> Warning  
3<sup>rd</sup> Warning = Minus Point  
4<sup>th</sup> 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, show the sign, wag his/her finger in an authoritative way and shout "NO!" The Referee indicates what number Warning it is by showing the relevant warning number on his finger before showing the same to the Scorer 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 forms part of the Fighter's Team, and the Fighter is responsible for the Coach.

**A Warning and a Point cannot be given to the same Fighter at the same time.**

## 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. The Center Referee cannot call a foul if both Judges 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. (If the points are drawn, the uninjured Fighter is 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. In the case of a Team Fight, both Reserve Fighters are to be used.

The Referee, after discussion with the Judges, can stop the contest if one of the fighters is out of condition and struggling. There is no standing 8 count in Semi Contact. This fight gets recorded as an RSC.

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 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.**



## **Team Fights**

A Team consists of five Competitors or three Competitors depending on the requirements of the Promoter. One reserve fighter is allowed per team should a Competitor become injured during the competition. There are no weight categories, but competing Kids should not be more than five kilos above or below their opponent. All fights are one round of two minutes.

The score is based upon wins. All warnings and penalties are not to be carried on between bouts. The next bout starts as nil – nil with no warnings.

In the event of a draw, the points are added up and the winner is the Team with the most points. If the points are equal also, the extra time rule and sudden death applies to the last two fighters, and all warnings and points still stand during this time.