

LIGHT BOXING RULES

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1. STATUS OF THE ATHLETE

All athletes must prove that they have not psycho-physical impediment to kickboxing with the medical certificate of suitability for amateur or competitive activity. All athletes must be in good standing with their martial arts booklet, called Budopass. Competitive athletes, that is, those who participate in competitions, must have the age and technical skills required by the represented discipline. It will be the responsibility of the club to certify its suitability to the Promotion Body.

2. PLACE WHERE COMPETITIONS TAKE PLACE

ORDER SERVICE

QUANTITY: in relation to the number of squares (at least one person per match square, two people per warm-up area, one person per match management area).

ROLE: under the direction of the competition Commissioner, he will ensure the proper conduct of the competition and in particular will control access to the various areas.

LOCATION: at the discretion of the Race Commissioner.

IDENTIFICATION AND CLOTHING: will be dressed in such a way as to be recognized, according to the directives and material provided by the Organization and will be equipped with an identification card.

COMPETITION AREA

The competition area will be the parterre where the squares will be placed.

SQUARES

The competitions will take place in areas called "Squares" which could be made of shockproof material called tatami, or a ring.

Each square will be marked with a number that makes it easily identifiable even from a distance.

The side of the competition square will have dimensions of 6 meters. or 8 mt.

The squares must be at least 2.50 meters apart., as well as from other areas.

For each square there is a Responsible, who usually is identified with the figure of the Central Referee, who will take care, if necessary, of modifying the game boards and making decisions relating to problems that could arise during the matches. For this reason, in the event of protests from third parties, such as athletes or coaches, the only contact person must be the Responsible of the Square.

Please note that the athlete cannot communicate in person with the competition Judges, except through his coach, or if he is expressly invited to do so.

3. WHO CAN PRACTICE LIGHT BOXING

1- Male and Female Subjects, from 12 to 55 years old

2- For subjects over the age of 40, a maximal effort ECG is also required.

3- Active competitive boxers and FPI members are excluded.

4. REGULATION

The matches will last for 3 rounds of 2 '00' 'each with an interval of 1'.

Athletes must wear: protective helmet, mouthguard, shell, and 10 oz gloves. In addition to the aforementioned protections, the female athletes must also wear a rigid bodice under the tank top.

Matches are also allowed between athletes of the same club.

The Jury will proclaim as winner the Boxeur who will have demonstrated:

- a) Greater ability to control power in Techniques.
- b) Greater tactical technical skills (combinations, dodges, etc.)
- c) Ability to manage the actual space of the ring.
- d) Greater fluidity in accusing and taking blows.

FULL CONTACT IS STRICTLY FORBIDDEN

Will therefore be considered a foul any shot loaded excessively or executed with violence, this requires an official warning the first time it occurs. Disqualification the third time.

The comparison must include:

the alternation of defense and counterattack, moreover, aggression will not be an element of evaluation.

The weight categories will be as follows:

-40 kg / -50 kg / -55kg-60 kg / -65 kg / -70 kg-75 kg / -80 kg / -85 kg
-90 kg / + 90 Kg

(the difference in weight between two athletes will always tend not to exceed 5 Kg.)

The meetings will be organized by age groups divided into Junior, Senior, Master

Male / Female Junior: from 12 to 17 years WEIGHTS: - 40 kg -45 kg -50 kg - 55 kg -60 kg -65 kg -70 kg -75 kg;

Male / Female Senior: from 18 to 25 years WEIGHTS: -55kg - 60 kg -65 kg -70 kg -75 kg -80 kg 85 kg;

Male / Female Master: A = from 26 to 40 years WEIGHTS: - 60 kg -65 kg -70 kg -75 kg -80 kg -90 kg;

B = from 40 to 55 years WEIGHTS: 65 kg -70 kg -75 kg -80 kg - 85kg -90 kg -95kg;

1. To participate in the official competitions, each athlete must show the booklet or personal card specifically established and the membership card of the GBI or promotion body
2. For participation in official competitions, the amateur will have to pay a registration fee established by the organizing Company.
3. Participating athletes must wear their club shirt and take the position in the assigned corner (blue or red).
4. Matches will be judged by judges with scoring cards, appropriately trained in technical training courses.

5. After three official recalls, for uncontrolled hit or other misconduct against the opponent, there will be disqualification.

6. The verdicts will be:

- Victory on points
- Vert of parity
- Renounce the race due to loss of rhythm
- Injury
- Disqualification

The category ranking will be given by the evaluation of the matches:

3 Victory; 2 Draw; 1 Defeat; 0 in case of disqualification.

5. SCORE CRITERIA

In a match the points are calculated according to the following four criteria:

1. number of hits scored,
2. defense capacity,
3. effectiveness of the attack and supremacy in the ring.
4. the referee and each judge (usually there are 3) assign, round by round, 10 points to the boxer who, according to their judgment, proved to be superior, while the opponent is awarded points based on the estimated judgment.
5. The match is suspended if the boxer shows an inferiority in terms of technique and / or if the boxer is stunned or shows difficulty, in this case, he is counted from standing in a manner similar to the rules above. It is also possible to deduct points from a contender if he has committed serious fouls (elbows, heads, etc ...) at the end of each round, the cards of the judges with the expressed score are given to the central referee. In turn, the referee will express his opinion and deliver his card to the collective score official. The verdict can be unanimous, not unanimous or equal. The regulation of the rounds varies according to the importance of the mach and the quality of the boxer, major if he is a professional and minor if he is amateur. It starts with 3 rounds from 2 '00''