



KICK PUNCH FU Light Contact Fighting RULES

Equipment:

- Required Equipment – Headgear with full face cage, mouthpiece, groin cup, footgear which offers full coverage from heel to toe, and safety gloves
- Optional Equipment – Chest protector, Shin Pads

Acceptance of required equipment is at the sole discretion of the Center Referee and tournament staff.

Time: Running two minutes. Time stopped only at the request of Center Referee.

Scoring:

- All Divisions: first competitor to score 3 points wins.
- Score areas: Side of head, forehead, chest, stomach, back, outside of thigh and side areas.
- One point awarded for effective hand, foot, or sweep technique. The parts of the hand eligible for scoring are the palm, knife hand, back hand, and fist. The kicks eligible for scoring are front kick, heel kick, round kick, side kick, back kick, crescent kick, controlled kick to upper thigh, spinning kick, and hook kick.
- Clear sweeps below the knees allowed. If the sweep fails, the competitor is allowed two seconds to follow up with a technique.
- Technique must have power, speed, focus and control to be scored
- If both feet are out of bounds, the point is given to the competitor remaining in-bounds.

Penalties:

- First personal foul: 1 point awarded to opponent.
- Second personal foul: disqualification.
- No contact allowed to head or back (technique must score without contact).
- No head butts.
- No kicks to the inside of thigh or knee areas.
- No techniques allowed to the eyes or groin.
- No excessive contact or repeated blows once point has been called.
- No use of elbows or knees.
- No joint locks.
- No delayed counter strikes or kicks.
- No throws over the hip or shoulder (only sweeps).
- No trapping of the foot and sweeping.
- No thigh reaping takedowns.
- No choking.



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- No abusive language.
- No coaching from sidelines.

Judging Commands:

- Face me: Bow
- Face each other: Bow (shake hands).
- Ready position.
- Kai-Si. (Begin.)
- Ready judge.
- Score.

Judging Signals:

- Open extended hand towards competitor — Point called.
- Cross extended arms — Did not see or no point called.
- Pointing to boundary — Out of bounds.
- Fist hitting open hand — Excessive contact observed.
- Fist to ear and point to competitor — Foul called (deduct point).

ANY SERIOUS VIOLATION WILL RESULT IN IMMEDIATE DISQUALIFICATION. THE CENTER REFEREE POSSESSES FULL AND FINAL AUTHORITY.