

Kwon Sport Martial arts
Points Fighting (semi contact)
The rules at a glance



Field of Play

Sport Martial art contests are fought on a Matted area measuring 6 metres x 6 metres.

Basics

Each contest is made up of one 1-minute and 30 seconds rounds.

Each competitor must wear full club /association uniform, tee shirts are permitted if it is part of thier club uniform.

Protection:

The following protection must be worn at all times through out the Match....

Head Guard, Gloves, Boots, Shin Guard, Groin Protector, gum shield, Chest Guard (females over 12 years old)

The object of Point Fighting is to land kicks and punches on the opponent's scoring Areas;

The competitor with the most points at the end

of the match is declared the winner.

If scores are level at the end of the match 30 seconds will be added if its still a draw then it will go to first to score whereby the first competitor to score wins the contest.

Scoring

ONE POINT: Awarded for kick or punch to the body.

TWO POINTS: is awarded for kick to the head and jump kick to the body.

THREE POINTS: is awarded for jumping kick to the head.

Officials

Each match will have one centre Referee and two corner judges. The centre referee controls the match.

Only Majority decision will score.

Breaking the rules

Infringing the rules can lead to minus points and disqualification.

Warnings will be given for:

Area exits, attacking illegal areas, abusive language and behaviour towards official, competitors, coach etc, not have the correct equipment, and not being ready when called to compete.

Warnings for minus points and disqualification are as follow:

1st Warning - Verbal

2nd Warning - Official

3rd Warning - Official

4th Warning - Minus piont

5th warning - Disqualification

In server cases a referee can go straight to minus point or disqualification.

For more info....www.kwonengland.com



Saturday 2nd May 2015 THAI BOXING - TRADITIONAL KARATE

Sunday 3rd May 2015 POINTS FIGHTING - LIGHT CONTACT- FORMS K1 - MMA - RING KICKBOXING - GBE X

ENTRY FEES
ONLINE PRE ENTRY 1st CATEGORY £20 ADDITIONAL CATEGORY £15

> ON THE DOOR COMPETITORS £25 SPECTATOR £10

DOORS OPEN 9:AM STARTS 10:AM

SPORT CENTRE CONWAY ROAD, CHEMSLEY WOOD, SOLIHULL BIRMINGHAM. WORLD QUALIFIER 2015 **B37 5LA**

OPEN TO ALL STYLES AND ASSO ATIONS REGISTER NOW@ ww w.kwonengland.com

an

NORTH SOLIHULL

ORENTO AL

Kwon Sport Martial arts Light Contact (Continuous) The rules at a glance

Field of phay rules at a glance

Sport Martial art contests are fought on a Matted area measuring 6 metres x 6 metres.

Each contest is made up of one 1-minute and 30 seconds rounds.

Each competitor must wear full club /association uniform, tee shirts are permitted if it is part of thier club uniform.

The following protection must be worn at all times through out the

Head Guard, Boxing Gloves 10 oz, Boots, Shin Guard, Groin Protector male and female, gum shield, Chest Guard (females over 13 vears old)

The object of Light Contact is to land kicks and punches on the opponent's scoring Areas; The competitor with the most points at the end of the match is declared the winner.

ONE POINT: Awarded for kick

or punch to the body.
TWO POINTS: is awarded for kick to the head and jump kick to the

THREE POINTS: is awarded for jumping kick to the head.
Judges should be looking for equal amount of kicks and punches, and the condition and ability of the competitors at the end of the match if both fighters are equally matched to help make there decision.

Each match will have one centre Referee and two corner judges. The centre referee controls the match.

When the match is over the Centre Referee will take one hand of each Competitor and raise the hand of the winner

Breaking the rules....
Infringing the rules can lead to minus points and disqualification.

Warnings will be given for:

Area exits, attacking illegal areas, abusive language and behaviour towards official, competitors, coach etc, not have the correct equipment, and not being ready when called to compete.

Warnings for minus points and disqualification are as follow:

1st Warning - Verbal

2nd Warning - Official

3rd Warning - Official

4th Warning - Minus piont

5th warning - Disqualification

In server cases a referee can go straight to minus point or disqualification.

For more info....www.kwonengland.com



Kwon Sport Martial arts K1 Thai Kickboxing MMA The rules at a glance



All Modes Will Take Place in a Boxing Ring

Each Contest will be over 3 Rounds 6-8 3 x1 min 9-17 3 x1.5 min Adults 3 x1.5 min

MMA will be over:

Adults 1 x 5 min Cadets 1 x 4 min 15-17 Juniors 1 x 3min 12-14 If its a draw extra 1 min

Compulsory Equipment

Head Guard/Body Shield(Juniors)/ Shin Instep 10oz Gloves (6-8 8oz) Gum shield /Groin Guard male/female/ Chest Guard/ Foot pads /Shin Pads

Shorts for K1 Thai Boxing MMA / Trousers Kick Boxing T-shirts or Vest for all

MMA Rash Guard or T-shirt Bumper Gloves/6oz Shin Instep.

You will have 3 Min to enter the Ring once your name is called out then we will minus 1 point 2nd minus point you will be disqualified

Scoring

10-9 System all techniques score the same judges will be looking for clean techniques. WKA Rules apply.

1 referee 3 judges 1 Time keeper 1 Head Table official

Are the website for each mode www.wkacombatsports.co.uk

Warnings

Infringing the rules will lead to minus points 1st Verbal warning 2nd official warning 3rd Minus 1 point

Everyone who enters the Ring should follow the rules and show good sportsmanship



Kwon Sport Martial arts
Traditional Karate
The rules at a glance



Field of Play

Sport Martial art contests are fought on a Matted area measuring 6 metres x 6 metres.

Basics:

In principle the competition will be run using the WUKF rules with modifications made by the Organiser and Chief Referee. A summary of which is below.

Kata

Will be judged using the points system. Where there are more than six competitors in a category it will be held over two rounds with the top six competitors going through to the final. The final result will be decided by adding the scores from the two rounds together.

 4^{th} Kyu and below can repeat the same kata in all rounds. 3^{rd} Kyu and above must perform a different kata in all rounds.

Kumite

All kumite categories will be judged using the mirror system. Childrens categories (Under 13) will fight Shobu Nihon rules, the competitors trying to score 4 Wazari or 2 Ippons. Over 13's will fight Shobu Sanbon rules, the competitors trying score 6 Wazari or 3 Ippons.

Protection:

In all categories the following equipment is compulsory:

- · Mitts (Red & White/Blue)
- · Gum Shields
- · Chest Guards (Girls over 13)
- · Groin Guards (Boys over 13)
- · Red and White/Blue belts to match mitts

The following equipment is optional:

- Shin Protectors
- · Body Armour (Children)
- · Helmets (Children)

All categories will be 1st, 2nd and joint 3rd place. The Chief Referees decision is final For a full copy of the rules please see:

http://www.wukf-karate.org/?pg=rules