

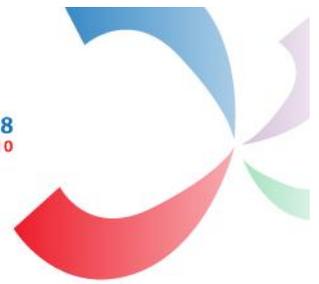


Rules

KICK-BOXING

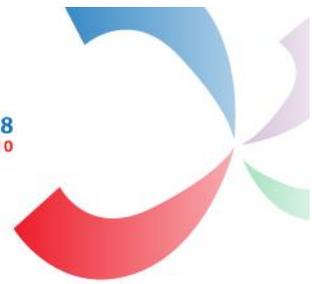
Multi-Style





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ART. 1 PRESENTATION

This multi-style kickboxing is an adapted version of the rules of Savate (French Boxing) and Light Contact Kickboxing. It must allow competitors practicing various styles of boxing foot/fist to participate in this competition. These rules have been established according to the objectives of the International Lesbian and Gay Association of Martial Arts (IAGLMA), those of a sport open to everyone, safely and based on fair play.

The competition will be assault like. The logic is to put face to face two fighters or combatants whose main objective is to score points through the controlled use of authorized techniques with the speed, agility and precision required. The fight and the keys must be performed with power and controlled power. Our boxing is a technical sport that gives equal importance to the techniques of foot and fist. All techniques (punches and kicks) must be strictly controlled.

The meetings take place in 3 rounds of 2 minutes with a 1 minute break in between. The fighters must face continuously until stopped by the referee.

Note: Any reference to individuals applies to all genres.

ART. 2 MEDICAL FITNESS

A medical examination is mandatory for combat sports. Each participant must provide a medical certificate issued by a doctor for the current year. It will be written in French or English. The certificate must explicitly mention the practice of the competition (multi-style kickboxing).

Each participant will undergo a brief medical interview before the event to ensure its overall ability to compete and set its combat class.

To participate in the competition, the combatants should not be under the influence of alcohol or drugs.

The use of drugs is considered contrary to the spirit of competition and therefore prohibited.

The official doctor of the competition will have the right to disqualify a competitor that he does not deem fit to participate in the competition.

In case of gross violation of the rules, the competitor will be immediately disqualified.

ART. 3 INSURANCE / LICENSE

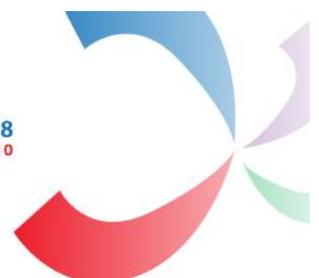
Each participant must also have a license to walk boxing fist issued by an official Federation. Otherwise, participants will have the opportunity to join the French Savate Federation and French Boxing (FFSBF) to have insurance as part of the competition.

ART. 4 THE WEIGHING

Each fighter will be officially weighed only once a day before or the day of the competition. The weight registered on that occasion is final and will be considered to set the fighting category.

ART. 5 CATEGORIES

COMPETITION RULES BOXING
MULTISTYLE FOOT / FIST





ART. 5.1 The establishment categories

The tournament officials establish the actual organization of the competition based on the number of participants registered before a predetermined deadline.

A breakdown by gender declared by each participant will apply to the competition. If there are enough fighters, further distinctions may be established according to weight and number of years of experience.

Upon registration, participants must provide the following personal information: age, weight, number of years of experience, as well as any handicaps or any useful information on their physical condition. All these criteria will be considered, but the final decision on the distribution between categories will be made by the organizers of the tournament according to the official. The organizers will do everything possible to avoid putting face to face unequal categories of combatants. However, if the enrollment is too low, they reserve the right to merge categories.

By entering the competition, a participant implicitly agrees to fight with any opponent assigned to it in its class. Each fighter is free to withdraw at any time, but it will be withdrawn from his fight and in his category.

ART. 5.2 Experience

The combatants will first be distributed by the organizers according to their level of experience.

Therefore, regardless of their boxing style and the different types of boxing they have practiced in the past, all participants **MUST** declare their level of experience, that is to say the total number of years of practice of boxing in general. If intermittent practice, the participant must declare the largest continuous period of practice in the last decade.

According to this information, the competitors could be divided between:

- Beginners: 1 year of experience and less
- Novices: between two and four years of practice
- Experienced: more than four years of practice

ART. 5.3 weight categories

male weight categories

- <63 kg
- 63 - 75 kg
- 75 - 86
- kg>86 kg

women's weight categories

- <52 kg
- 52 - 60 kg
- 60 - 70
- kg>70

ART. 6 COMBAT EQUIPMENT

All competitors must comply with certain safety requirements in terms of equipment to ensure they



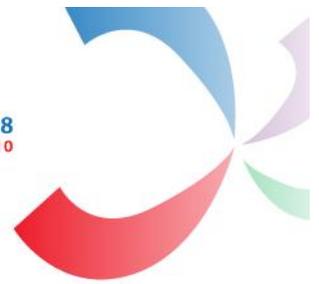
do not harm themselves or their opponent. This also means that some personal items will not be accepted in the combat zone, such as:

- Glasses
- Bracelets
- Rings
- Earring sears
- Piercing

There is no mandatory held for the combatants but competitors must carry at least one top / T-shirt and a pair of shorts (without pockets for the top and bottom) during the fight.

Mandatory safety equipment is listed below:

<p>Helmet - Head protection</p>	
<p>Mouth Guard</p>	
<p>Protects chest (allowed for men and mandatory categories for Women's categories)</p>	
<p>10OZ or 12OZ contact sports gloves</p>	
<p>protective shell</p>	



Shin	
Foot protection or French boxing shoes	

The referee checks the equipment before each fight. In case of improper or incomplete material, the fighter will have two minutes to present with all its complete and compliant equipment. This delay will result in a warning to the fighter.

If the fighter is unable to report with equipment conforming to the end of two minutes, it will be disqualified.

ART. 7 TECHNICAL AND TARGET AREAS AUTHORIZED

The authorized techniques are:

Kicking:

- “fouetté” whipped low (below the belt), medium (between waist and shoulders) or high (above the shoulders);
- “chassé” Driven median or high front piston action kick;
- “chassé” Driven side piston action kick (only the inside of the sole, low, medium or high);
- Front cuff / hooking kick (only with the edge outside of the foot, low, medium or high);
- Rotating piston action kick / hooking kick (low, medium or high).

The jumping kicks and turning are allowed

Punch:

- Jab lead hand / or cross rear hand;
- Hook, bent arm with either hand;
- back (uppercut) in or out;
- balanced (swing);
- setback (if it is not returned).

The key areas of authorized using the authorized techniques are:

- **Head** : Front, side and forehead;
- **Torso** : Front and side (note: the blows to the arms are permitted but no points);
- **Leg** : The upper leg - above the knee only.

ART. 8 TECHNICAL AREAS AND KEY PROHIBITED CONDUCT

The single use or repeated technical, zone key or behavior described below may result according to their severity of penalties upon request of the referee or another official of the competition.

The forbidden techniques are:

- Coup worn with the lower extremities:
 - o shin Kick
 - o Kick knees
 - o Kick worn with heel
 - o Scan
- Coup worn with the upper limbs:
 - o Elbow strike
 - o backPunch
 - o Seizures

banned key areas are the following:

- for kicks:
 - o genital triangle
 - o the neck, neck, back and top of head
 - o The back (kidneys and spine)
 - o the top of the shoulders
 - o to the chest women
- For punches:
 - o All -under belt line
 - o the neck, neck, back and top of head
 - o The back (kidneys and spine)
 - o the top of the shoulders
 - o the chest for women

The following behaviors during the meeting are prohibited:

- **Attacks with malicious or excessive power.**
- **All technical blind and uncontrolled generally**
- continue after the "Stop" command or after the end of the recovery
- Turn his back on his opponent, run away, avoid or refuse battle
- Falling or slipping ground-intentioned.
- Kiss the face head facing the ground (before top boxing)
- Leave the combat area (output)
- Unsportsmanlike Conduct, a fighter can have only one warning before the normal procedure for penalty and disqualification. However, in the case of unsportsmanlike conduct, the sanctions and penalties may be implemented in the first fault, depending on the severity of the offense.
- Seize or hold onto
- Attacking or take orally to an official inside or outside the ring.
- Push, grab without reason, spit or even try one of these actions result in immediate disqualification.
- Spitting his gumshield intentionally.
- Outputs volunteers from the combat zone
- An attacker can not attack an opponent on the ground. The referee is responsible to stop the match immediately when one of the two fighters touches the ground with any part of the body outside of their feet. Trample the head or a fighter in the soil body can lead to penalty points or disqualification (judges decide by majority vote).

- Loss of the glove. A fighter must have at all times fully placed its hands inside the glove. A bad donned gloves to improve his reach is considered unsportsmanlike conduct.
- A fighter can call a time when it is framed and pressurized into a corner by his opponent.
- For Coaches:
 - o Debating inappropriately / comment on a score
 - o Attacking or take orally to an official inside or outside the ring
 - o Any other violent or aggressive behavior towards an official or another competitor can result immediately removing the status of coach during competition.
 - o Shouts and commands during recovery

ART. 9 OFFICIAL DELEGATION

It is designated by the organizers of the competition and will include:

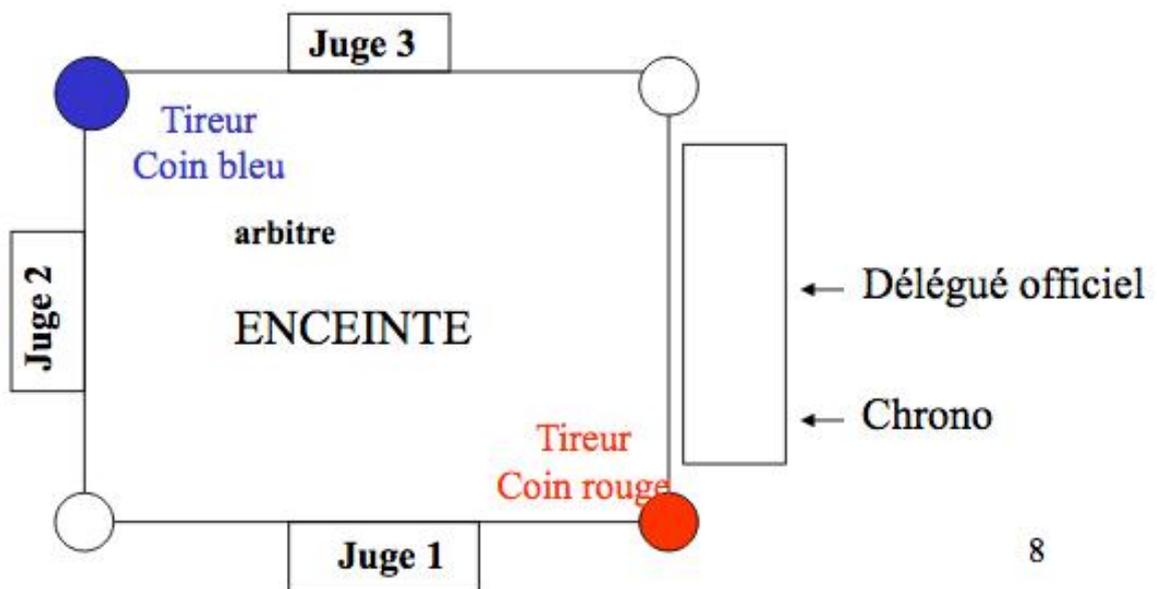
- An official delegate representing the organizers.
- An referee
- A timekeeper
- Three judges
- Medical service

representatives of the official delegation can change during the time of the competition, but remain the same during the time of an encounter or fight.

ART. 10 AVAILABLE TO THE RING

Each fighter is given a random color (blue or red) corresponding to his corner of the ring.

Judges and other officials attending the meeting from outside the ring will be placed in this way.



ART. 11 COMMANDMENTS OF THE REFEREE

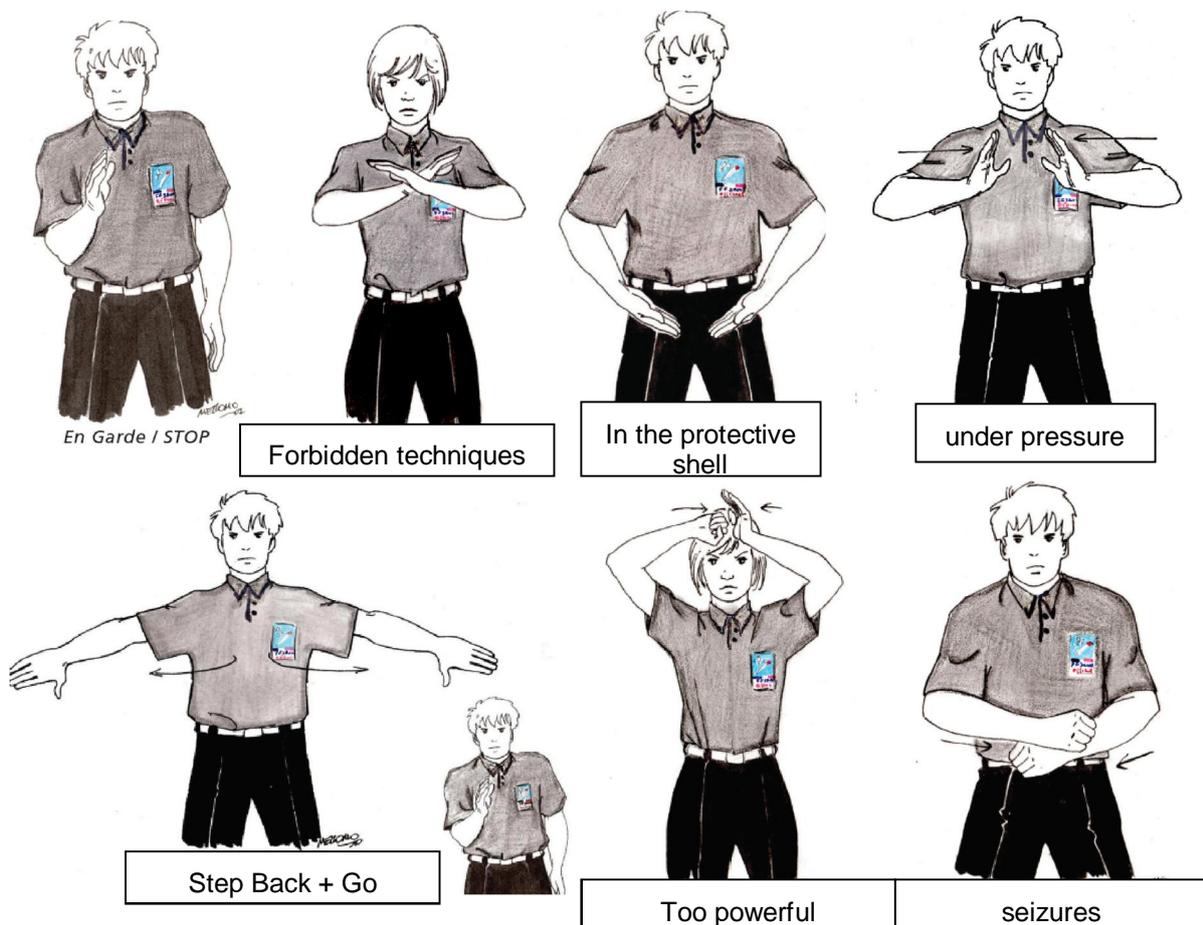
For these interventions, the referee will use the following commands

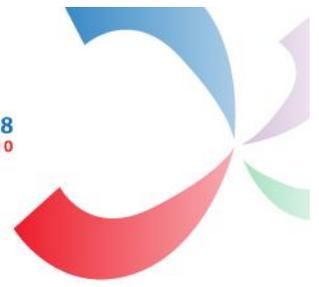


- SALUEZ VOUS (GREET): Opponents greet
- EN GARDE (READY) : Opponents begin guard at the beginning of each round.
- ALLEZ (GO): Allow opponents to begin or resume the confrontation.
- STOP: Command used to stop opponents along the stopwatch. The order may be given on these occasions:
 - o When they give a warning to a fighter (opponent must remain on the starting position)
 - o When a contestant application to stop time by raising his right hand (his opponent must go immediately in the neutral corner)
 - o When the referee sees it necessary to correct the outfit or equip a fighter
 - o When a referee sees that a fighter is injured (maximum time limit for medical intervention is 2 minutes)

ART. 12 GESTURE OF REFEREES

To be understood, in addition to giving commands a strong and intelligible voice referees express command and instruction by a predefined gesture.





Anti-sporting behavior
Non-compliance with referee's orders



Into the chest



Into the shin

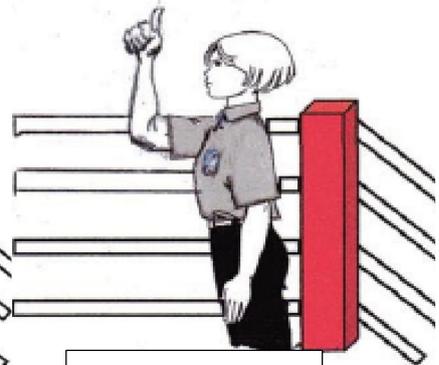
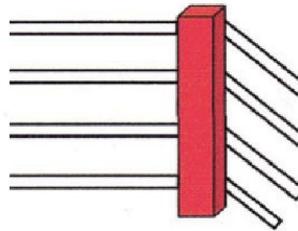


BOXE TÊTE EN AVANT

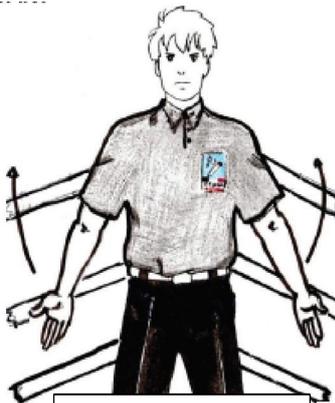
Boxing head forward

Warning request procedure

Juges !!



1st warning request



Judges together



Warning not pronounced



Warning pronounced



ART. 13 THE COURSE OF BATTLE

Fighters enters the ring and greet.

They then take a step back and start fighting position pending the order of the referee.

The referee will initiate the combat commanding EN GARDE (READY), ALLEZ (GO), when the referee said **STOP**, fighters should return to their starting point on the Ring.

Time stops only on the command **STOP** of the referee.

The timekeeper's role is to start the timer at the beginning of each round with the command ALLEZ (**GO**) of the will. From the stop at every command **STOP** and restart when the referee ordered a resumption of the clash following an interruption. He noted, by an audible signal (bell, gong), the end of normal time and each time, and the end of each minute of recovery.

Fighters can have a coach in their corner during the recovery time. Coaches must remain in the area outside of the ring for any fight.

No coach will enter the ring during the course of a struggle and no coach can not interfere with the decision of a referee or judge. No coach can make disparaging remarks about a referee or judge or comment on a particular score or not. A coach can lose the right / access to the corner of his fighter for non-compliance. All official warnings to a coach are considered relevant and will be considered as warnings for his fighter.

Only the referee can ask to stop the timer. A fighter can make a request to adjust his equipment or check an injury. The referee is free to refuse if it considers that this undermines an advantage taken by the opponent. Downtime must be minimized.

If the referee feels that a fighter uses down time to rest or to prevent his opponent from scoring points, it can:

- Give a warning
- Liaise with the judges to disqualify the fighter (reason: fight delay or refusal combat).

Between each round, the fighters back to their corners. They have to stand facing their opponent. A two trainers or corner men can accompany and advise the fighter in his corner. They should not get inside the ropes.



ART. 14 SANCTIONS (WARNING, DISQUALIFICATIONS)

The main role of the referee is to ensure the safety of both fighters. Its task is to identify the offending fighter and sanction. In addition, there is a reference and is the guarantor of the image and the spirit of practice boxing. It can not under any circumstances try and steer at the same time.

In case of violation of the rules, the referee can ask for sanctions. Such penalties may also apply to the fighter for negligence on the part of the trainer.

ART. 14.1 Remarks

For mild faults, the referee may make comments to the shooters will not affect judgments.

ART. 14.2 Warnings

In case of more serious or repeated misconduct, the referee may require a warning.

Warnings are given by the referee after request for an opinion to the judges (agreement given by a majority of judges) for breaches characterized the technical and sporting rules.

All judges must mention the warning on the grid scoring and take them into account to define the winner.

Three warnings worth disqualification and automatically drive the defeat of the competitor and the victory of his opponent.

ART. 14.3 Disqualification

It is pronounced by the referee after request for an opinion to the judges (agreement given by a majority of judges) for breaches characterized the technical and sporting rules:

- After a third warning
- Directly in case of serious breach of the rules or the spirit of competition and in particular any unsporting conduct towards an opponent, officials and the public.

In the latter case, the request for disqualification may be a disciplinary board and result in disqualification at the entire competition.

The disqualification of a fighter immediately leads to the end of the game and defeat.

ART. 14.4 Ad or sanction request by the referee

Sanctions must be requested or announced clearly and loudly and with appropriate gestures.

When the referee judges that a fault deserving punishment has been committed:

- It will stop the fighters and the stopwatch by the command "STOP"
- It calls on fighters to join the neutral corners
- It will appoint the arm or the relevant fighters
- he will announce in a loud voice and gesture requested sanction
- judges simultaneously give their opinion by gestures
- if agreed the penalty is pronounced
- Except in case of disqualification, the combatants are placed in the center, are placed "WARNING" and assume meets the command "GO"





ART. 15 INTERRUPTION OF GAME (END TIME DEAD TIME)

Only the referee has the power to stop the match. When the referee commands STOP, the timer is stopped.

A fighter may request a time by raising his right arm to check an injury or adjust his equipment. The referee is free to refuse if it considers that this undermines an advantage taken by the opponent, and if it is not justified unless the application is linked to a health and safety issue.

Downtime must be minimized. If the referee feels that a fighter uses down time to rest or to prevent the other fighter to score, he can give a warning to the reason for delaying the match.

Another official may interrupt the meeting being out of the ring. It is to attract the referee's attention so that it delivers a timeout. There it is possible to disagree without interrupting the fight.

ART. 15.1 The reasons timeout

- End of recovery
- Injury
- Application penalty
- Maintenance / consultation between the referee and judges
- Conversation between the referee and a fighter or his coach
- Ensuring security and fair play

Dead time are not marked when a point is awarded. The referee should reduce as much as possible to ensure that each fighter has all the time allotted during a fight.

ART. 16 THE JUDGMENT OF PAYMENT

ART. 16.1 Referee and Judges

The referee does not judge the fighters. Its role is to ensure the combat rules are followed. Three judges are responsible to count all the points on the scoring sheets provided for this purpose.

The judges only decide based on their opinions based on what they saw. Officials and organizers can not change the referee's decisions or the majority of the judges. If a technical error occurred the official delegate can take a time out and visit officials to seek clarification.

ART. 16.2 The decision criteria

A technique that allowed an authorized key target relates points in a scoring system. The authorized area of the hand (part of the glove covering the back of the hand) or foot must touch clean and controlled manner. The referee and judge must actually see the technique strike the target. It will not be awarded points based only on the sound of a sudden. The fighter must be in search of the key during the execution of a technique.

All techniques must be used by touching the opponent without power. Any technique that simply touches, brushes or brush the opponent will not be counted.

If a fighter jumps to attack or defend, it is imperative to land inside (standing) of the ring and balance (feet only to come into contact with the ground) to validate the technique and score points. If the fighter falls out of the area after the technique he does not score points.

After a key to score points, if the attacker loses his balance and touches the ground with any other part of his body and his feet, he will not score points. Unless he loses his balance for a reason he could not control (because his opponent pushed him or has tripped).



ART. 16.3 the counting points

During each recovery points is given to each fighter the following scoring scheme.

Every recovery is measured separately by each of the three judges.

A recovery is won if the number of points assigned to the keys of a fighter is higher by at least 1 point than his opponent.

At the end of each round each judge will perform the calculation of the points assigned to keys and will award 1 point to the fighter who delayed recovery. In case of equality each fighter will be awarded one point for this recovery. If a warning issued to a fighter, 1 point will be cut to one.

ART. 16.4 Notation for Keys

Points are awarded depending on the technique used or the level key:

<i>Punch, foot low shot</i>	<i>1 point</i>
<i>Median kick</i>	<i>2 points</i>
<i>Blow high foot / jumped</i>	<i>3 points</i>

Judges use a counter and / or a scoring grid.

ART. 16.5 Consideration of sanctions

A point will be cut off by warning issued to a fighter. These points are subtracted count the times achieved for each fighter.

ART. 16.6 The final verdict

except in cases of early termination of the meeting (disqualification, injury, ...), the number of times that determines won for each judge the winner. Each won recovery wins a point fighter. Each warning lost a point.

The final decision is subject to a vote of the judges and can therefore be: Win one of two opponents (unanimity or majority) or Stalemate (unanimity or majority)

The means to win a fight are:

- to points (the winner will be the contestant with the most points at the end of full time);
- The disqualification of the opponent;
- The abandonment of the opponent (package);
- The stop for no fault injury;
- The decision by a technical inferiority manifest fighters.

In case of draw and since the phase of the competition requires a decision win, it will be given by the official delegate. He will judge according sportsmanship, technical level and the number of sanctions imposed on each other.

ART. 17 INJURIES / OUT FIGHT



ART. 17.1 Injury

In the case of an injury to one of the fighters must stop the match only to allow the doctor to decide whether the injured contestant can continue the meeting. Once the doctor on the Ring, he has only two minutes to decide if the injury requires treatment. All treatments must be carried out within two minutes.

In the case of an open wound the game stops until the doctor decides if the competitor is able to resume the game without risk to himself, his opponent and the referee.

If the injury is serious, it should be treated by medical staff / service physician, Dr. / nurses are the only ones to decide whether the match should end.

If the Match must be stopped due to injury, the fighter is judged out of combat and the referee proceed as provided in this case.

ART. 17.2 The Out Combat

A fighter is considered "non-combat" the referee when it has clear signs of a physiological weakening as it no longer has the physical or psychic possibilities to continue the meeting immediately.

The mode of confrontation described in this regulation seeks to outlaw the risk of "fight-off". The attacks made with malicious or excessive power and techniques brought to the blind and uncontrolled way is strictly prohibited.

When fighting off a fighter, the referee immediately stopped the meeting and the stopwatch by the command "STOP". The opponent joins the neutral corner.

If the fighter can not resume the assault after a gap of 1 minute, the referee declares the decision of the meeting:

- If this fighting off was caused by a fault of the opponent, **the referee will request the disqualification of 'opponent.**
- If refused the fighter loses by neglect.

If the fighter can resume the assault after a gap of 1 minute, the referee:

- Done resume the meeting if the opponent is obviously harmless
- Request a warning sanction or disqualification if any fault of the opponent

ART. 18 RUNNING OF COMPETITION

During the competition, participants compete in pairs in one or more meetings. The passing order and the table setting meetings is distributed by the organizers before the start of the competition. Each meeting includes three times of 2 minutes. Between each round, each fighter has one minute of recovery.

Depending on the number of participants in each category, a first selection will be in the form of chickens.



In this case, in the same hen fighters score points based on the following schedule at the end of each meeting:

- Victory: 3 points
- Match No: 2 points
- Loss: 1 point
- Forfeit: 0 points

The best fighters from each group are then distributed in an array for the preliminary final stages comprising at least one semi-final phase and a final and possibly a small final (depending on the number of participants per categories).

The winner of the final will see awarded the gold medal for its category. The loser of the final sees awarded the silver medal. The bronze medal is awarded to the winner of the small final, or if the two losers of the semi-finals.

