

GOLDEN DRAGON CUP 2010

RULES FOR BOTH TYPES OF COMPETITION

1. Types of competition

1. SEMI FULL CONTACT: punches to the head are NOT ALLOWED.

2. FULL CONTACT: punches to the head ARE ALLOWED

2. System of competition

- The competition is of individual type.
- System of combat, by direct elimination (K.O., K.D.)

Each match consists of two 2 rounds of 2 minutes of effective combat with 1 minute of rest between the 2 rounds. In case of equality, a 3rd round of 2 minutes will be added after 1 minute of rest.

3. Competition area

The competition will be held on 2 competition mats, each 8 x 8m square.

4. Body weight categories

women

1. less than 60 kg
2. more than 60kg

men

1. less than 65kg
2. 65,1kg - 70kg
3. 70,1kg - 75kg
4. 75,1kg - 80kg
5. 80,1kg - 85kg
6. more than 85kg

5. Protections

The competitor foresees following **own protections**:

- boxing gloves 10 oz (red or black) in all weight categories and both competition types
- shin and foot protections
- a groin protection (men and women)
- a tooth protection

6. Prohibited actions

- **attacking to the head with fists, only in Semi Full Contact**
- head bumps
- elbow punch
- knee kick to the head or repeatedly to the trunk
- all attacks against the joints, to the eyes, throat, neck, vertebral column and private parts
- attacking the downed opponent while he's on the ground
- talking during the game, offend the opponent or the referee

7. Scoring Criteria

Winning 1 point

A contestant will win 1 point if:

- he hits the opponent's head with a punch, **forbidden in the Semi Full Contact !**
- he hits the opponent's trunk with a punch
- he hits the opponent's trunk with a leg technique
- he hits the opponent's trunk with a knee kick (not repeatedly)
- he hits the opponent's thigh with a lowkick (inside and outside of thigh)
- he brings the opponent out of balance (the opponent touches the mat with a part of body, other than the feet)

Winning 2 points

A contestant will win 2 points if:

- he hits the opponent's head with a leg technique (no knee techniques)
 - he makes the opponent fall down (the opponent touches the mat with the whole body), while himself remains standing
 - his opponent gets a public warning
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