

FULL CONTACT "SANSYOU" BRIEF RULES

GENERAL RULES:

1. Contestants will fight in a 20 foot square or a regulation boxing ring.
2. Competitors must use headgear (provided), gloves (provided), mouthpiece, shin & instep protection (heel does NOT need to be covered). Males must wear a groin cup. While NOT mandatory, women are advised to wear chest protection.
3. Each round lasts 2 minutes with 1 minute between rounds. The victor will be the first to win two rounds.
4. There must be at least 3 competitors for any given division for it to be run. Any divisions that do not have enough competitors will be combined at the discretion of the Head Referee.

DRESS CODE:

All competitors **MUST** wear shorts. **NO LONG PANTS PERMITTED.** Male competitors have the option of wearing a tank top or being barechested.

LEGAL TECHNIQUES:

BEGINNER'S, JUNIORS, & YOUTH DIVISIONS – NO STRIKES TO ANY PART OF THE HEAD ARE ALLOWED!!!

1. All boxing techniques and spinning backfist. 1 point each
2. All kicks to legal targets. Below the waist – 1 point each, above the waist – 2 points
3. Sweeps to either or both legs.
4. Knee strikes below the collar bone (**NO KNEES TO THE HEAD!!!**). Below the waist – 1 point each, above the waist – 2 points
5. Throws and takedowns that do not violate safety rules. 1, 2, or 3 points, based on the throw
6. Catching kicks.
7. Clinching up to 5 seconds to strike (knee) or throw (not to delay the action).
8. Plowing.

ILLEGAL TECHNIQUES:

1. Striking to the back of the head.
2. Striking the throat.
3. Striking the groin (genitals).
4. Attacking the knee joint.
5. Holding the head and uppercutting.
6. Knees above the collarbone (NO KNEES TO THE HEAD!!!).
7. Any joint attack including neck locks.
8. Throwing an opponent onto head or neck.
9. Throwing in a way that attacks a joint.
10. Trying to force opponent out of the ring.
11. Striking after a break has been called.
12. Striking an opponent who has fallen.
13. Holding the ropes either for offense or defense.
14. Putting Vaseline or grease on body.
15. "Dirty tactics" such as head butting, biting, eye gouging, etc.

PROGRESSIVE PENALTIES:

1. The first violation of the rules receives a "Caution" and results in one point to the opponent.
2. The second violation results in a "Warning" and will result in the opponent receiving 2 points.
3. The third violation will result in disqualification.
4. Serious infractions of the rules will result in immediate disqualification.

COMPETITORS WHO MALICIOUSLY HURT THEIR OPPONENT WILL BE HELD LIABLE FOR ANY DAMAGE OR INJURIES. HEAD REFEREE HAS FULL AUTHORITY TO STOP THE FIGHT AT ANY TIME FOR SAFETY OR ANY OTHER REASON.

AWARDS:

Medals will be awarded to first thru fourth place for all divisions that are run. In addition, First Place winners of adjacent Advanced Level Divisions will have the option to fight for Championship Belts. The breakdown of these fights will also be at the discretion of the Head Referee.