

P.U.M.A. kickboxing competition rules 2010

All belt and weight divisions will be the same as normal competitions.

All sparring will be continuous (no point stop).

Adult competitors will spar in 2 x 2 minute rounds.

Junior competitors (under 16) middleweight and heavyweight, will spar 2 x 1.5 minute rounds.

Junior Pee wee and light weight divisions will spar 1 x 2 minute round

Scoring system will be as follows;

Kick to head = 1 point

Kick to body = 1 point

Punch to head = 1 point

Punch to body = 1 point

There will be a 2 point deduction each time a competitor moves out of the competition area

All other fouls will be as normal P.U.M.A. competition.

At the end of each bout, two points will be awarded by the officials for good kickboxing technique and ring craft.

This will be a semi-contact tournament. Fighters will need to touch to score a point.

Heavy head contact will be strictly controlled in all divisions.

There will also be destruction categories for Blue belts and above.

Junior high kick, musical patterns and bo-staff are also included in this competition.

The following P.U.M.A. approved safety equipment must be worn.

- ONLY OPEN FACED HEADGUARDS WILL BE allowed.
- Mouth guard
- Elbow guards
- P.U.M.A. Safety hands
- Hand wraps are optional
- Groin protector for males
- Groin protector for females are advisable but are optional
- Chest guard for females are advised but are optional
- Shin Guards
- Foot guards