



P.U.M.A. Martial Arts Kickboxing tournament
Saturday 29th October at;
Oasis Leisure Centre, North Star Avenue, Swindon SN2 1EP
Doors Open 10am

This kickboxing event is open to all PUMA students age 11 and above.

Normal PUMA tournament safety equipment should be worn.

Adults will compete in 3 x one and a half minute rounds on matted areas.
Juniors will compete in 2 x one and a quarter minute rounds.

All divisions will be done in weight categories. Competitors will be weighed on the day and put into appropriate divisions.

Competitors £15

Spectators £5

RULES

Light Continuous

The rules for Light Continuous are based on Full Contact Kickboxing, with the emphasis placed on controlled technique. Bouts will be judged by the referee and judges at ringside. The bouts will be scored on a 10 point must system (not clickers)

The following criteria will be taken into account prior to a decision.

1: Effective and controlled technique with a good ratio of punches to kicks
Scoring cleanly to the target area. All kicks above the waist, no spinning back fists.

2: Defence movement and ring craft. Defensive skills will score as much as techniques on the offence.

3. Work rate and Physical condition of the fighters during and after the contest.

4: Any point deductions made by the referee

Light Continuous point deductions

1: Excess power or illegal technique. All techniques must be seen to be controlled. Fighters charging in without care and attention to their opponents and their own safety, will be penalized.

2: Unsportsmanlike conduct from either the fighter or the fighters corner men and coaches.

3: Turning of the back or showing an unwillingness to fight.

4: The referee has the authority to disqualify a fighter at his or her discretion, before, or after any warnings are issued.

5. There will be a 3 stage warning system for stepping off mats. Private warning, public warning, and then deduction.