



ICO POINT FIGHTING RULES IN BRIEF.

SCORING

HAND TECHNIQUE TO HEAD OR BODY = 1 POINT

SWEEP BOOT TO BOOT (front leg only no drop sweeps) = 1 POINT

KICK TO BODY = 1 POINT

KICK TO HEAD = 2 POINTS

A JUMP VERSION OF THE ABOVE WILL ADD 1 FURTHER POINT.

If fighters score together this will be 1 point each.

A CLEAR 15 POINTS OVER 2 ROUNDS ENDS THE FIGHT!

LEGAL HAND TECHNIQUES

HEAD = JAB, REVERSE PUNCH, BACKFIST, RIDGEHAND.

BODY = JAB, REVERSE PUNCH, BACKFIST.

ALL LEGAL KICKS TO LEGAL TARGETS.

AVOIDING COMBAT TO WAIST TIME WILL RESULT IN TIME ADDED ON AND OR WARNINGS!

EQUIPMENT

POINT FIGHTING GLOVES ONLY NO! BOXING GLOVES! FINGERS COVERS AND THUMB GUARD.

KICK BOOTS AND SHIN PADS

HEAD GUARD (TOP TEN/SAP TYPE) NO OPEN TOP HEAD GUARDS!

MOUTH GUARD

GROIN GUARD/ FEMALE IS ADVISED!

CHEST GUARD FEMALE ADVISED!

ELBOW PADS OPTIONAL

ALL EQUIPMENT/ CLOTHING MUST BE CLEAN AND IN GOOD ORDER AND MUST FIT CORRECTLY!

WARNINGS OR DQ MAY BE GIVEN FOR POOR QUALITY OR POOR FITTING EQUIPMENT!

EXCESSIVE POWER WILL LEAD TO WARNINGS OR DQ.