



FREESTYLE LIGHT CONTACT RULES



FREESTYLE LIGHT CONTACT RULES



Table of contents

Art. 1. Definition

Art. 2. Weigh-in

Article 2.1. Safety Equipment

Article 2.2. Personal Clothes

Art. 3. Fight's rules

Art. 4. Competition commands

Art. 5. Legal impact areas

Art. 6. Illegal impact zones (forbidden techniques and behavior)

Art. 7. Legal techniques

Art. 8. Scoring criteria

Art. 8.1. Scores

Art. 8.2. Scoring system using electronic tables

Art. 8.2.1. Draw

Art. 8.3. Scoring system using clickers and scoring papers

Art. 8.3.1. Draw

Art. 8.3.2. Completing the scoring paper's back

Art. 8.4. Minus points

Art. 8.5. Decisions

Art. 8.6. Changing a decision

Art.8.7. Granting scores

Art. 9. Rules violations

Art. 10. Penalties – Exits (Warnings, Disqualifications, Exits)

Art.10.1. Disqualifications

Art.10.2. Exits

Art.11. Number of kicks per fight

Art.12. Hand signs

Art.13. The match

Art.14. The officials



FREESTYLE LIGHT CONTACT RULES



Art.14.1. The central referee and the judges

Art.14.2. The central referee

Art.14.2.1. The central referee's attributions

Art.14.3. The judges

Art.15. The injuries

Art.16. The procedure followed in case of KO, RSC, RSC-H and injuries

Art16.1. The procedure followed in case of KO, RSC, RSC-H

Art16.2. The procedure followed in case of general injury

Art. 17. Touching gloves

Art. 18. Drugs use

Art. 19 Indications



FREESTYLE LIGHT CONTACT RULES



Art. 1. Definition

The competitions in system Freestyle Light must use, as the name implies, well controlled techniques. The combatants fight continuous, until the command STOP or BREAK is given by the central referee. They will use full contact techniques, but they will be well controlled and they will touch allowed target areas. It will equally focus both on punches and on kicks. Freestyle Light was created as an intermediary step between Freestyle Semi and full contact kickboxing. The match will have a default time length. The central referee does not judge, just makes sure the fighters respect the rules. Three judges will score the fight on FRFK scoring papers.

Art.2. Weigh-in

During the championships and national cups, as well as international competitions the following rules will apply: Every fighter will be officially weighted only once, EXCEPT WHEN THE DIRECTORS' COMMITTEE DECIDE OTHERWISE, IN WHICH CASE THE FRFK OFFICIALS WILL Announce OF THIS CHANGE, WELL IN ADVANCE ALL THE MEMBERS. The weight registered on this occasion is final. It is permissible, however, as a representative of a country where a fighter did not qualify in his category during the official weigh-in to move to the appropriate category, provided that the country has a vacancy in that category, and the weigh-in is not finished. It also allowed for all countries to replace a fighter with one another before the end of the first weighing and medical checks, provided that for each competition where substitutions are allowed, the athlete in question has been registered as a backup or as a participant in any other category. For further details on the weigh-in, check the General Rules.

Article 2.1 Safety equipment

- Head guard
- Mouth guard,
- Breast protection (for female kickboxers only)
- Kickboxing gloves,
- Hand wraps (mandatory)
- Groin protection (mandatory for male and female)
- Shin guards
- Foot protection

Article 2.2. Personal Clothes

- T-shirt (Round Neck)
- Long pants.
- No belts indicating grade are allowed.

Art. 3 Fight's rules

Fighters will enter the tatami and will touch gloves. Then they will withdraw a few steps, they will take the fighting position and wait for the central referee's command "FIGHT" .

The time will stop only on central referee's command, when he says „TIME” and looks at the time keeper of the tatami. Time will not be stopped when penalties are given, but only when the central referee considers it necessary. The central referee is not allowed to address to the fighters during the match, except the situation when the time is stopped.

A fighter can have a coach and an assistant in his corner during the fight. Both must remain seated throughout the fight. No coach is allowed on the tatami during the fight and is not also allowed to interact with the central referee or the side judges.



FREESTYLE LIGHT CONTACT RULES



Only the central referee can stop the time . One fighter can request a time out to arrange his/her equipment or to check an injury. The central referee must not stop the fight if he thinks that this put the other athlete in disadvantage. Stopping time will be done as little as possible.

If the central referee observes that one fighter is using the stops requests to rest or to stop the other fighter from scoring, it will be given a warning and, after consultation with the judges , the fighter at fault may be disqualified for delaying the match or refusing to fight.

Art. 4. Competition commands

- **TIME:** The central referee forms the letter T with the hands to give the command to time keeper to stop the time till he gives the command FIGHT . When the central referee says TIME, he has to say also the reason why time is being stopped.

The central referee will say TIME in the following situations:

- ✧ When he gives a warning to a fighter(the opponent must go to a neutral corner);
 - ✧ When a fighter requests time-out by raising the right hand (the opponent must go to a neutral corner);
 - ✧ When the central referee observes that is necessary for a fighter to adjust its equipment;
 - ✧ When the central referee observes a fighter has an injury(maximum time for medic is 2 minutes for all age categories)
- **STOP**
This command is given by the central referee to the fighters to stop the fight. Time is not to be stopped.
 - **STOP TIME** (The central referee forms letter T with his hands)
When the central referee stops the fight for an important reason (eg: the central referee has to explain to a fighter why he is being warned).
 - **FIGHT**
It is used to start the fight.
 - **BREAK**
It is used when the central referee wants to separate the fighters from a clinch, after which each fighter has to retreat a few steps before continuing the fight.
 - **TOUCH GLOVES**
It is used ONLY at the beginning of the fight.

Art.5. Legal impact areas

Can be attacked the following body parts, using legal techniques

- **Head**
Face and sides of the head
- **Torso**
Face and sides of the body
- **Legs**
The feet for sweeping.

Art. 6. Illegal impact areas (forbidden techniques and behaviour)

- Attacking the neck, inferior abdomen, the kidneys, the back of the torso, the legs, the joints, the groin, and the back of the head.
- Attacking with the knee, the elbow, ridge hand attacks, striking with the head, the thumb or the shoulder.



FREESTYLE LIGHT CONTACT RULES

- Turning the back to the opponent, running away from the opponent, falling or dropping to the floor without cause, intentional clinch, blind techniques, tackling or any other wrestling techniques, going down below the opponents' pelvis.
- Attacking a falling opponent or one that is already on the floor (as soon as he touched the floor with his hand).
- Leaving the fighting area (exit)
- Fighting after the STOP or BREAK commands, or after the end of the round
- Anointing with oil the face and the torso

Rules violations can result, depending on their seriousness, in warnings, minus points or even disqualifications.

Art. 7. Legal techniques

- Kicks
Front kicks, sidekicks, back kicks, roundhouse kicks, hook kicks and crescent kicks (only with the sole of the feet), jumping kicks, spinning kicks
- Punches
Back fist punch (except spinning back fist) and all the boxing punches
- Sweepings
Hitting only on the area covered by foot protection.

To get points when sweeping, the attacker must remain standing. If during the execution of a sweeping, the attacker touches the tatami with any part of the body except the soles the technique will not be scored. The opponent must touch the tatami with any part of the body except the soles of his feet for the points to be awarded.

The punching and kicking techniques must be used equally during the match. The kicks are scored, only when it shows the clear intention of hitting the adversary with force. It is mandatory the use of a minimum 6 kicks per round.

Art. 8. Scoring criteria

Any legal techniques that touch an allowed area will be scored. The allowed areas of the hand and foot must touch clear and controlled the target. The central referee and the judges must see the blow touching the target. Awarding points based on the sound of the shot is not allowed. The fighter must look at the target when hitting.

All the hits must be used with reasonable force. Any hit that just touches, brushes or pushes the target will not be scored.

If a fighter jumps in the air to attack, he must land inside the fighting area to be scored, and must maintain his balance (it is not permitted touching the floor with any other part of the body except the sole).

Art. 8.1. Scores

- | | |
|--|----|
| ➤ Punch | 1p |
| ➤ Kick to the torso | 2p |
| ➤ Sweeping the opponent when it touches the floor with any | |
| ➤ other part of the body except the soles | 1p |
| ➤ Kick to the head | 3p |
| ➤ Jumping kick to the torso | 3p |
| ➤ Jumping kick to the head | 5p |

Art. 8.2. Scoring system using electronic tables

For every kick, punch or sweeping touching a target with permissible speed, precision, balance and strength, the judge will press the mouse's button corresponding to the fighter who scored (in the red or blue corner). Points will accumulate from the first round, and will be visible to everyone on a screen.



FREESTYLE LIGHT CONTACT RULES

At the end of the match, winner is the fighter that accumulated the most points (fact that will appear on the screen).

If the central referee gives a warning or penalty, he will indicate this in front of the judges and the chief referee, and the timekeeper will signal this on the electronic table. Then, this will be seen on the screen.

If the central referee grants a minus point, he will indicate this in front of the judges and the chief referee, and the timer will signal this on the electronic table. Then, this will be seen on the screen, decreasing 3 points from every judge.

The electronic table shows the time. In any moment, everybody will know the pointing situation.

Art. 8.2.1. Draw

If at the end of the match, one or more judges granted an equal number of points to the two competitors in order to determine the winner, the electronic system will automatically declare the winner the fighter with the highest score in the last round. In case of a tie, the electronic system will ask judges to make a final assessment. To do this, judges must take into account, in that order, by:

- Last round score: selecting the fighter who has accumulated the most points in the last round. The explanation could be that the fighter showed strength, fitness and superior offensive. Judges will press the right button, indicating the winner to the chief referee. If judges need help, the electronic system will separate the scores of the last round.

If the score is equal in the last round:

- It will be taken into account the warnings and minus points. The explanation will be that this fighter was more correct.

The judges will push the right button, indicating the central referee the winner. If judges need help, the electronic system will separate the scores of the last round.

Art. 8.3. Scoring system using clickers and scoring papers

For every kick, punch or sweeping touching a target with permissible speed, precision, balance and strength, the judge will note points on the back of the scoring paper or on the clickers.

The points will accumulate, starting with the first round, on the clickers.

IT IS MANDATORY THAT EVERY JUDGE USES CLICKERS. The judges must write the number of points on the back of the scoring paper, after every round.

At the end of the match, the judges will read the score from the clickers and will declare winner the fighter with the highest score. The judge must encircle the name of the fighter declared winner.

If the central referee grants a minus point, he will indicate this on the electronic table. The central referee will ensure that every judge granted 3 points on the clicker to the competitor of the warned fighter.

The electronic table shows the time. In any moment, everybody will know the pointing situation.

Art. 8.3.1. Draw

If the match ends with a draw, to determine a winner there will account for (in this order):

- Last round score: if a fighter obtained a point more in the last round, meaning that he won with 10-9, he is declared winner. The explanation could be that the fighter showed strength, fitness and superior offensive.

If the number of points in the last round is equal, there will take into account the following observations to make the tie:

- More active
- More kicks
- Better defense
- Better technics and a better style

Art.8.4. Minus points



FREESTYLE LIGHT CONTACT RULES

The criteria for the minus points, given only by the central referee, after previews warnings are:

- Improper fighting style
- Constant clinch
- Constant and continuous turning of the back and ducking below the belt
- Few kicks
- Excessive contact
- Blistering shots that lead to knock down
- Other violations of the rules

When using clickers to keep the score, the referee will indicate to every judge to add 3 points to the opponent of the fighter that is penalized.

All techniques that are thrown from a very short distance, after clinch, are not taken into account by judges.

Art. 8.5. Decisions

The next decisions can result into a finishing of the match:

- Winner by points
- Winner by disqualifying the opponent

In difficult cases, the referee may request a disqualification without a prior warning, but only after he consulted with the judges.

For example:

- knocking your opponent to the floor with an uncontrolled blow to the head or with specific intent
- excessive and continuous hitting after the stop command
- unsportsmanlike behaviour such as insulting a referee or an opponent, or a particularly aggressive behaviour
- winner by walk over
- winner by RSC (referee stop contest)

A fight may be stopped if a fighter cannot fight or cannot defend himself, or if his opponent is showing superiority. The referee decides who the winner is. If the match was stopped due to injury, then the officials will make a decision based on Article 15 of this Regulation.

Art. 8.6. Changing a decision

All the decisions made public are definitive and cannot be changed except:

- Mistakes in points calculation
- One of the judges declares that he made a mistake and changes the points of the fighters between them
- Are obvious violations of the FRFK regulations

The chief referee of the tatami sports, using FRFK's appeal committee, will settle the objections. The chief referee will announce after the final result.

Art. 8.7. Granting points

While granting points there must take into account the following directives:

- First directive on strikes

During each round, the judges will grant the points for every controlled technic that touches a permitted target, for every fighter that does so. **TO BE SCORED, A HIT, BE IT A PUNCH OR A KICK, MUST NOT BE BLOCKED OR DEVIATED, NOT EVEN PARTIALLY.** The number of hits will be counted at the end of every round, and deciding the winner will be done according to them. The attacks will not be scored if:

- o Are against the rules
- o Are hitting the arms (the opponent has the "guard up")
- o Are lacking the force of the whole body.

- Second directive on warnings



FREESTYLE LIGHT CONTACT RULES

During each round, a judge cannot penalize each rule violation he sees, whether the referee saw it or not. He must report it to the central referee. If he gives warnings to the fighters, the judge must record a "W" in the Warnings section of the score sheet, but that does not mean they will drop a point. When the central referee decides to give a minus point to a fighter, then the judge will pass "-1" in the appropriate column fighter penalized, and the other fighter is 3 points on the clicker.

- Third directive: granting points

Points will be granted for each round. No fractions of points will be awarded.

Art. 9. Rules violations

The warnings granted to the people in the fighter's corner will collect to the fighter.

A referee may, without stopping the time to verbally warn a fighter at any time. If he wants to give an official warning, he must stop the match and announce the warning. He will show that to the three judges, pointing to the penalized fighter.

The following can be considered violations of the rules:

- Blows below the belt, hooking, putting obstacles and hitting with knees or elbows.
- Blows to the head, shoulders, forearms and elbows, strangling the opponent, pressing his face with his arms and elbows, pushing the enemy back.
- Blows with open glove, with its interior, or wrist
- Hitting the back of the opponent, especially the neck, back of the head and kidneys,
- Laying down, ground fighting, or refusing to fight
- Attack an opponent who is down or who is about to rise from the ground
- Clinch without a reason
- Grabbing and hitting the opponent at the same time, or pulling him and hitting
- Grabbing and holding the opponent's arm or putting an arm under the opponent's arm
- The sudden descent of the head below the belt of the opponent in a manner that may be dangerous for him
- The use of artificial means for a passive defense and intentionally falling down to avoid a blow
- The use of insults and aggressive language during a round
- Refusal to withdraw after BREAK command
- Attempting to strike opponent immediately after ordering BREAK, before withdrawing
- Attacking or insulting the referee
- When there was already given a warning for a breach of the regulation, for example a clinch, the central referee will warn again the fighter for the same mistake. If the referee believes that the mistake was made unintentionally, he will have to consult with the judges.

Art. 10 Penalties – Exits (Warnings, Disqualifications, Exits)

The warnings will be given clear, and with raised voice so the two fighters and their trainers will hear and understand. The central referee must turn to the fighter that made the mistake when he gives the warning.

To penalize a fighter, the central referee must request first the time to stop. He will turn to the one that keeps the score and will highlight the fighter that was penalized.

The warnings will accumulate on the whole match, from all the rounds. When the central referee gives a warning of a penalize point, he must stop the time.

- First exit from the surface or the first violation of the rules

WARNING OR FIRST EXIT

Decision communicated to the fighter / coach / official table verbally and through gestures.

- The second exit from the surface or the second violation of the rules

MINUS ONE POINT

Decision communicated to the fighter / coach / official table verbally and through gestures

- The third exit from the surface or the third violation of the rules

MINUS ONE POINT

Decision communicated to the fighter / coach / official table verbally and through gestures



FREESTYLE LIGHT CONTACT RULES

- The fourth exit from the surface or the fourth violation of the rules

DISQUALIFICATION

Decision communicated to the fighter / coach / official table verbally and through gestures

Art.10.1 Disqualifications

If it is necessary the disqualification, the central referee will consult the judges and the surface observer (one of the two chiefs referees) to make sure the procedures are respected.

Art.10.2 Exits

Leaving the fighting surface

If a fighter leaves the fighting area (exits) without being pushed, being hit, or made KO by his opponent, it will be considered a “voluntary exit” and he will receive a warning from the central referee. At the second and third exits, the fighter will lose a point each. At the fourth exits from the fighting surface, the athlete will be disqualified.

What does it mean to exit the surface

1. Fighting surface of 6x6

Stepping beyond the line delimiting the surface with both feet or with a foot outside and one in the air, it is considered out of the surface. The entire leg must be outside surface.

2. Fighting surface of 8x8

Stepping beyond the line delimiting the surface even with one foot, is considered an exit. The entire leg must be outside the surface.

Observations:

STEPPING ON THE LINE IS NOT CONSIDERED AN EXIT.

If a fighter is pushed by the other, or has crossed the line after a kick or impact, is not considered voluntary exit.

The exit is signaled by the judges by majority. All exits will be signaled to the official table.

Warnings for leaving the fighting area will gather separately from other types of warnings.

Art. 11 Number of kicks per round

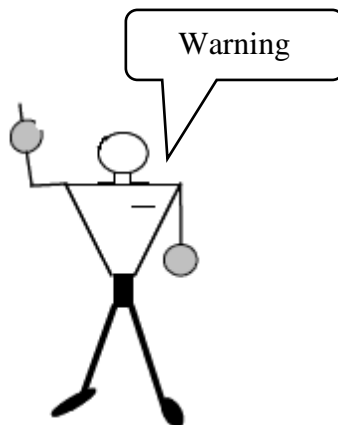
It is mandatory to use a minimum of 6 kicks in each round.

In freestyle light contact there is no number as the maximum kick limit because fighters receive different scores depending on the technique used, as in freestyle point fighting. Of course, fighters will use equally punches and kicks. The fighter who does not use kicks will be given warnings (and after that, official warnings).

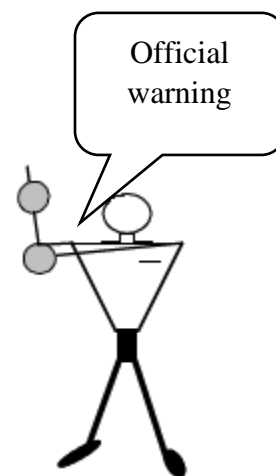
Art. 12. Hand signs



Central referee



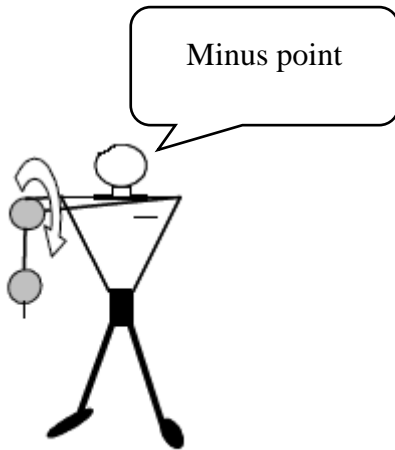
Warning



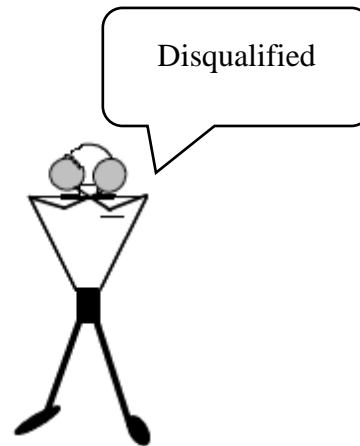
Official warning



FREESTYLE LIGHT CONTACT RULES



Minus point



Disqualified

Art. 13. The match

A trainer and a second trainer can assist the fighter. These will have to respect the following rules:

- Only the trainer and the second trainer can enter the tatami during the breaks
- During the round, they will not give any advice or encouragement to the fighter
- The second trainer can request the match stopping from the fighter's side if he is in difficulty, by throwing the towel or the sponge on the tatami.
- During the match, neither trainer nor the second trainer are allowed on the tatami. They must collect the towels and the buckets and all their equipment before every round.
- Any trainer, second trainer or official that encourages the spectators to give advice or to encourage the fighters during the match, can be suspended from his function, during the competition.
- The trainer or the second trainer who violated these rules, can receive a warning, or can be disqualified by the central referee.

Art. 14 The officials

For general rules and other details about the officials, consult the general regulation.

Art. 14.1. The central Referee and the judges

Each match will be refereed by three judges who will sit on the sides of the fighting area, away from spectators. Each judge must be seated in the middle of those sides.

If the organizer cannot follow the rules above because of special circumstances, he will find a solution ensuring the neutrality and impartiality of officials, followed by a prompt report to the referee committee.

Art.14.2. The central referee

At the end of each match, the central referee gathers and checks the score papers of the three judges. After verification, he will hand the tatami chief referee, or if it is missing, to the announcer.

When the winner is announced, the referee must raise his hand. He must show the fighters, by appropriate signs or gestures, any violation of the regulation.

He also must:

- - Supervise the whole match
- - At the end of each game to collect and verify the score sheets of the three judges



FREESTYLE LIGHT CONTACT RULES

After verification, he will hand the tatami chief referee, or if it is missing, to the announcer. The referee should not raise the hand of the winning fighter before it is announced.

Art 14.2.1. The central referee's attributions

- Stop the fight at any time if he considers that a fighter is technically superior
- Stop the fight at any time if he believes that one of the fighters received an illegal blow, or is injured, or if he believes that he cannot continue to fight
- Stop the fight at any time if an athlete has unsportsmanlike behaviour. In this case, he must disqualify the athlete
- Warns an athlete or stops the match to give a minus point or warning to a fighter who has violated the rules
- Disqualifies a coach or a second who has violated the rules or even the fighter if the coach or the second trainer refuses to obey his orders
- Disqualifies, with or without warning, a fighter who has violated the rules
- Interprets the rules as long as they are applicable or compatible with the fight taking place at that time or at a specific time, and decides on a measure not provided for in the rules
- If a fighter violates the rules, but not necessarily deserves a disqualification, the referee must stop the match and give a warning to the fighter. Before the warning, he should ask the fighters to stop the match. The warning must be given clearly, so the fighter to understand exactly why he was penalized. The central referee must report to each judge the penalty and show the fighter in question. After granting the warning, the referee gives the command to restart the fight.
- The central referee can verbally warn a fighter. To do this, there's no need to stop the match, and can rebuke the fighter during the combat.

Art. 14.3. The judges

Every judge must analyze alone the two fighters and choose a winner according to the regulations.

During the match, he will not talk to the fighters, with other judges, or anybody else, except the central referee. He can, if there's a must, at the end of a round, signal the central referee a rules violation that was not observed by the central. (for example, the misconduct of a second trainer).

A judge will note the total number of points on his scoring paper, and in the professional matches, only the decision will be announced to the public at the end of the match, not the number of points.

During the match, the judge will use the back of the scoring paper to note the number of hits that he saw, by one or more numbers, or by drawing lines. The red fighter will be noted on the left side of the scoring paper, and the blue fighter always on the right side of the scoring paper.

The score will be noted separately for each round.

The judge will not leave his place until the decision is announced.

WHILE HE REFEREES, THE JUDGE MUST USE THE CLICKERS.

Art.15. The injuries

The match will be stopped in case of an injury, if the equipment should be placed, or to give the central referee's opportunity to consult with the judges. The match will be stopped only by the central referee (judges and the doctor may only signal the central referee to stop the time). If an injury to one of the competitors, the match will be stopped as long as the paramedic / doctor will decide whether it can continue or not. As soon as the doctor arrives on the tatami, he has only two minutes to decide whether there's a need of treatment. The treatment will be made in the 2 minutes time limit. In any case, the cuts may not be covered by patches.

If the match must be stopped because of the injury, the referee and three judges will decide:



FREESTYLE LIGHT CONTACT RULES

Who caused the injury?

- If the injury was intentional or not
- If the injured was at fault or not
- If the injury was or not caused by an illegal technique
- If there was a rule violation by the not injured athlete, he will win by forfeit
- If there was a rule violation by the not injured athlete, the injured athlete will win by disqualification
- If the injured athlete is declared fit to fight again by the physician / doctor, the match will continue
- If the injury was not intentional and the injured athlete cannot continue the match, his opponent will be declared the winner by RSC.

If the injury was caused by a breach of the rules, the responsible fighter is disqualified. If the injured was at fault of the other fighter is declared the winner by RSC.

In case of any injuries, just the doctor has the final say regarding the continuation of the match. He will communicate the decision to the central referee who will comply. A fighter can opt out of the match by show of hands indicating waiver. In this case the referee will call the other fighter beside him and declare him the winner.

Art. 16. The procedure followed in case of KO, RSC, RSC-H and injuries

If a fighter is injured during the match the doctor is the only one that can evaluate the situation.

If an athlete remains unconscious, only the referee and the doctor on call will remain on the surface, except the case when the doctor will need assistance.

Art 16.1 The procedure followed in case of KO, RSC, RSC-H

An athlete who has been knocked out due to a head injury during the match (or if the referee stopped the match due to a head injury that prevents him to fight anymore) will be examined by a doctor immediately and taken to hospital by the ambulance service or other suitable mode of transport. **THE FIGHTER SHALL NOT BE ALLOWED TO PARTICIPATE IN ANOTHER COMPETITION OR FIGHT FOR A PERIOD OF 8 WEEKS AFTER THE KO.**

IF THE FIGHTER HAS BEEN KNOCKED OUT DUE TO A HEAD INJURY DURING THE MATCH OR IF THE REFEREE STOPPED THE MATCH DUE TO A HEAD INJURY WHICH PREVENTED HIM TO FIGHT AGAIN, TWICE IN A ROW IN THREE MONTHS, HE WILL BE PROHIBITED FROM PARTICIPATING IN ANOTHER COMPETITION OR FIGHT FOR A PERIOD OF 3 MONTHS AFTER THE SECOND KO OR RSC-H.

A FIGHTER WHO WAS KNOCKED OUT DUE TO A HEAD INJURY DURING THE MATCH OR IF THE REFEREE STOPPED THE MATCH DUE TO A HEAD INJURY WHICH PREVENTED HIM TO FIGHT AGAIN, 3 TIMES IN A PERIOD OF 12 MONTHS AND BARRED PARTICIPATE IN A COMPETITION OR FIGHTING FOR A PERIOD OF ONE YEAR AFTER THE THIRD KO OR RSC-H.

Rest periods mentioned above may be extended at the request of the doctor on call. Also, the doctors at the hospital responsible for testing / scanning head results can increase the rest period.

Rest period means the period in which an athlete cannot participate in any competition of kickboxing regardless of discipline.

The period of rest is "minimum time" and cannot be broken even if the wounds were not found.



FREESTYLE LIGHT CONTACT RULES

CENTRAL REFEREE WILL COMMUNICATE TO THE OFFICIAL TABLE TO PASS KO OR RSC-H OR RSC ON THE SCORE SHEETS WHEN HE STOPPED THE FIGHT DUE TO INABILITY TO CONTINUE OF AN ATHLETE DUE TO HARD BLOWS TO THE HEAD.

THE SAME MUST BE COMMUNICATED BY THE CENTRAL REFEREE FROM THE SURFACE TO BE NOTED IN THE PASSPORT OF THE FIGHTER FRFK OF THE ATHLETE. Before resuming sports activity after the suspension mentioned above, an athlete, after medical examination will have to be declared fit to participate in sports competitions by a sports doctor. After a defeat by KO, an athlete must have a tomography scan before they resume athletic activity.

Art. 16.2. The procedure followed in case of general injuries

In case of injuries outside KO or RSC-H, the doctor may grant a rest time and recommend treatment at hospital. A doctor may require immediate treatment at a hospital.

Art. 17. Touching gloves

Before and after the match, the fighters will touch the gloves, a sign of fair play, according to regulations. The touching of the gloves will take place before the first round start and after the final decision. IT IS NOT ALLOWED THE GLOVES TOUCHING BETWEEN ROUNDS.

Art. 18. Drugs use

FRFK uses the rules of conduct and WADA and the list of prohibited drugs, which may be amended from time to time. See FRFK Anti Doping rules and procedures.

Any athlete who refuses medical examination or doping test before or after a match can be immediately disqualified or suspended pending a full hearing.

The same happens when a formal encouragement for this comes from an official. Local anesthesia is permitted if agreed by a doctor from the Medical Committee.

FRFK reference and adopt WADA Doping Rules in all situations.

Art. 19. Indication

For an easy reading, sometimes, the text uses only masculine pronouns, but the references are for both sexes.