

Semi & Light Contact Rules (subject to the (UTR) Rulebook)

Light Contact scores	Light Contact
1pt for all controlled hand techniques.	<u>ATTENTION - SAFETY WARNING</u>
1pt for a back of leg sweep (ankle to ankle - calf to calf or thigh to thigh)	Anyone Injuring their opponent in Semi or Light-Contact should expect heavy penalties from the Referee <b style="color: red;">Novice Categories: No Jumping, Spinning or Sweeping Techniques
1pt for a kick to body (Front & Side of the trunk).	
2pts for controlled jump kicks to body.	
2pts for controlled kick to the padding of the Headguard.	
3pts for controlled jump kick to the padding of the Headguard.	<u>SAFETY WEAR</u>
<b style="color: blue;">Illegal targets: The face, Below the belt, the back, the throat.	Headguard - Mouthguard - Boots - Shinguard - Groinguard (Boys & Men) Chestguard (Girls & Women) <b style="color: red;">Light Contact Continuous: Boxing Gloves: -10yrs = Minimum 6oz 10yrs up and Ladies = 8oz minimum All men must wear 10 or 12oz.
<b style="color: blue;">Legal Sweeps: Back of ankle to back of ankle, calf to calf, back of thigh to back of thigh	
<b style="color: blue;">Legal Targets: Front & side of the trunk of the body. Controlled techniques to any part of the Headguard.	
	<b style="color: red;">Semi Contact Points: Semi-Contact Gloves (Covering fingers & wrist)