



OVERVIEW OF BSMA RULES



SEMI-CONTACT

LEGAL TARGET AREAS:

HEAD: Face, side, back and forehead, back of Neck

TORSO: Front and side

LEG: Below mid-calf (foot sweeps)

SCORING:

Punch	1 Point
Kick to Body	1 Point
Foot Sweep	1 Point
Kick to Head	2 Points
Jumping Kick to Body	2 Points
Jumping Kick to Head	3 Points

All techniques should be used with 'reasonable' power. Any techniques that simply touch or brush an opponent will not be scored.

A Fighter cannot receive a Point and a Warning at the same time.

ILLEGAL TARGET AREAS:

Top of Head

back of Torso (kidneys & spine)

Top of Shoulders

Front and Side of Neck

Below the Belt (except for foot sweeps)

All Blind techniques in general

PENALTIES:

Stepping out of the area

Heavy Contact

Falling/Dropping to Floor (to waste time etc)

Arguing with Referee

Refusing to Fight

Fighting after Stop Called

Penalties will be given like so:

1st Violation

Warning

2nd Violation

Warning

3rd Violation

Minus point

4th Violation

Disqualification

If a fighter is deemed to be time wasting, the Referee may Skip the 3 penalty warnings and minus a point if he wishes. Fighters will be given 1 minute from the name being called, before being disqualified.

Gross and serious Rules violations may be handled with a penalty point or even disqualification in extreme cases

Eliminations will be 1 minute 30 seconds. The Final will be 1 minute 30 seconds.

REFEREES

All areas will have 1 centre Referee and 2 corner Judges. Points will only be awarded by majority.

In the case of one fighter gaining a 10pt margin (in Semi-Contact), he will be declared the winner. In the event of a draw in points, an extension of 30 seconds will be given. After this, if it is still a draw, the fighters will fight sudden death (first to score).

CONTINUOUS (LIGHT CONTACT)

Minimum of 6 kicks must be used per round. Legal and Illegal Target areas are the same as in Full Contact

SCORING: SEPARATE EVALUATED BY EACH JUDGE ACCORDING TO:

Number of Points Scored

The Combination Ability

The deliverance of Clean Techniques and Fighting Style

Effectiveness of the Defence

Equal Emphasis on both Hand & Foot Techniques

Physical Condition of the Fighter during & After the Fight

PENALTIES:

Unclean Fighting Style

Constant Clinching

Constant & Continuous Ducking

Constant & Continuous Turning of Back

Too Few Foot Techniques

Excessive Contact & Heavy Knockdown

Eliminations will be 1 minute 30 seconds. The Final will be 1 minute 30 seconds.

REFEREES

All areas will have 1 centre Referee and 2 corner Judges. A win will only be awarded by majority.

EQUIPMENT

All fighters must wear a martial arts suit or T-shirt and trousers. Non martial arts wear will not be allowed i.e. Vest and/or shorts.

Semi-Contact Compulsory Equipment

Head Guard (open head guards not allowed),

Gloves (enclosing ends of fingers) no boxing gloves

Boots (covering heels & toes)

Shin Guard

Mouth Guard

Groin Guard (men and Women) are **compulsory**

Chest Guards (ladies) are **compulsory**.

Light Contact Compulsory Equipment

Head Guard (open head guards not allowed),

Boxing gloves (10oz kids 12oz Adults no semi contact gloves)

Boots (covering heels & toes)

Shin Guard

Mouth Guard

Groin Guard (men and Women) are **compulsory**

Chest Guards (ladies) are **compulsory**.

**All Equipment Must be in Good Repair
Failure to do so will result in disqualification**

Please note: The Organiser reserves the right to change, amend or cancel any of the categories at any time.