



Shoot boxe rules

SHOOT BOXE is a discipline which allows the highest expression of martial art in a sporting fight where k.o. is admitted.

1) COMPETITION AREA

Matches of Shoot boxe are held on a ring like those used in kick boxing, preferably with four ropes, out of which there are the jury board and the three chairs of the side judges. The floor must be "tatami" and in any case properly padded.

2) UNIFORMS AND EQUIPMENT

Shoot boxe athletes Class. B must wear short, groin guard, shin guards without hard parts, boots which completely cover the toes, boxing-gloves weighing 8 or 10 ounces according to the athlete's class and weight category, mouth guard, handwraps blocked by a single tape turn. The Class A do not wear shin guard and boots and their gloves are open. Women must wear a chest protector. The fighting safety equipment must be of an homologated type and will be inspected by the competition jury.

3) DURATION OF MATCH

They last from a minimum of 2 rounds of 2 minutes each to a maximum of 6 rounds of 3 minutes each, the pause being in any case of a minute, according to the athlete's class and to the kind of championship at stake :

class B	eliminary and finals fight in a tournament	2 x 2'
class A	eliminary and finals fight in a tournament	2 x 3'
	national championship	4 x 3'
	european championship	5 x 3'
	world championship	6 x 3'

4) LEGAL TARGETS

It is allowed to hit the whole body with the exception of the back, the nape, the throat and the genitals, with punches, hand edge techniques, kicks, shin techniques, knee techniques.

(As regards the knees, they can hit only the body in B class).



5) PROJECTIONS

It is allowed to seize, hold and project the antagonist in every way, left over the fact that only a technically valid projection makes score. Besides it is allowed to hit while seizing or being seized. It is not allowed to hurl the antagonist beyond the ropes.

6) IMMOBILIZATIONS

It's allowed to block the antagonist on the floor in every manner left over the fact that only the athlete who is above will obtain points. It is allowed to do locks and chokes both to keep up the immobilization and to obtain the surrender. In case of surrender the match ends with the win due to abandonment. In the instance, instead, in which the central referee stops the match because he thinks there is a dangerous situation, a count is made. Referee **stop fight after 5" clinch situation on ground.**

7) COMPETITION'S JUDGEMENT

At the end of each round the side judges give 10 points to the best fighter and 9 points to the other (8 if there has been a remarkable gap). Then they subtract the points owing to penalties and counts, marking the total score on the round's column. At the end of the match the result will be given by the sum of the points obtained in each round. In case of an elimination tournament, if the match is level, the lateral judge must give the preference point.

The winner is declared by a majority of verdicts and the referees' judgement is incontrovertible.

It is allowed to file a petition, which must be produced in writing immediately after the match to the chairman, followed by the pertinent fee.

8) CENTRAL REFEREE

He is the first to enter the ring, supervises the bout, starts the fighting with the word " fight ", stops it with the word " stop " or parts the two fighters from a prolonged clinch with the word " break ", at the utterance of which, after a step backward, the fight automatically begins again. He signals the projection with his uplifted arm, and the immobilization with his horizontally stretched arm, while counting aloud, near enough to the fighters as to be clearly heard, until 5 seconds, before stopping the match and attributing the immobilization. Such points need not to be marked on the score sheets, but serve for pointing out the action for the global judgement. If the referee recognizes a dangerous situation he can interrupt the count and in this case he hears the immobilization without delay. If at the end of the count of 5 seconds, after the attribution of the point, the athlete is not able to start again to fight at once, the referee continues to count until 10 as in an usual knock - down. The same thing happens after a projection, starting this time the count from 1. The central referee can at any time count the athlete supposed in trouble, or proclaim the defeat for evident superiority. In case of injury he must consult the doctor. He can ask the interruption of time to the jury board, stops the match if, after a projection, an immobilization does not immediately follow



or, if there is an overthrowing while the count is already begun. He stops the count of an immobilization if he thinks the athlete is in danger.

9) SIDE JUDGE

He values the technique, the concatenations, the number of blows hitting the target, efficacy, the projections and the immobilizations. He can give penalty points, he can ask a consultation with the central referee. He fills in every part of the score sheet.

10) THE JURY

It is formed by a timer keeper who stops the time only at the central referee's request and signals the "seconds out" 10 seconds before the beginning of the round; a speaker; the chairman who is the only responsible for the entire competition; the sport doctor whose duty is to decide if an hurt athlete can continue to fight or not. His decision is incontrovertible.

11) SCORE MACHINE

For the attribution of the round you must base yourselves on the following score machine.

punch	1 point
low kick	1 point
middle kick	2 points
high kick (hitting the head)	3 points
great efficacy of the technique	add one point
projection	from points 1 to point 3
immobilization	2 points
knee to the body	1 point
Knee to the head	2 points
count	one point less on the label
penalty	" " " " " "

13) WEIGHT CATEGORIES

men.....kg. 51 – 54 – 57 – 60 – 63,500 –67 – 71 – 75 – 81 – 86 – 91 – Over
women.....kg. 48 - 52 - 56 - 60 – 65 – 70 - Over

The minimum age is 18 (16 with the written permission of parents)

The agonistic health certificate delivered by a sports medicine center (datum sport: full contact or boxe) is mandatory and must be produced on the spot of the competition together with the personal booklet with a photograph.