

LOONG FU PAI TOURNAMENT

LIGHT CONTACT SPARRING DIVISION

(Kickboxing Rules)

AGE & WEIGHT DIVISIONS

- | | | |
|------------------|---------------|---------------------|
| - 10 yrs & under | - 30 – 40 kgs | - 60 second rounds |
| - 11 – 14 yrs | - 41 – 50 kgs | - 90 second rounds |
| - 15 – 17 yrs | - 51 – 60 kgs | - 120 second rounds |
| - 18 – 34 yrs | - 61 – 80 kgs | - 120 second rounds |
| - 35 yrs + | - Open | - 90 second rounds |

- Experience:
- 0 – 12 mths
 - 13 – 24 mths
 - 25mths +

ILLEGAL TECHNIQUES

- | | |
|------------------------|------------------------|
| - Foot sweeps | - Grappling |
| - Inside leg kicks | - Grabbing |
| - Kicks below the knee | - Throws |
| - Groin kicks | - Spinning back fists |
| - Knees | - Open hand techniques |
| - Elbows | |

CONTACT

- Semi- contact to the body
- Light contact to the head

COMPULSORY EQUIPMENT

Boxing Gloves (Supplied or bring your own)

- KB01 & KB02 = 8 – 10 oz
- KB03 & KB04 = 12 – 14 oz
- KB05 & above = 16 oz

Head guard

- Optional OR Supplied / Bring your own

Bring Your Own

- Mouthguard
- Groin Guard
- Shin & Instep leg guards
 - KB01 & KB02 = Cotton
 - KB03 & above = Cotton or Leather

UNIFORM

Club t-shirt or singlet with either gi pants or shorts (No gi top or belt)