



## Fédération Vo Co Truyen Vietnam de France

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Identification R.N.A. : W751204240

## RULES FOR HALF CONTACT FIGHT

### 1. Duration of the fights

The fights take place in continuous mode, in one or two rounds during the elimination phases, and in two or three rounds for the final phases, depending on the official time of the category.

### 2. Summary table

Category	Duration of the resumption	Number of recoveries		Rest time between the retakes
		Elimination	Finales	
Benjamins	1 minute 30s	2	2	1 minute
Minimes	1 minute 30s	2	3	1 minute
Cadets	2 minutes	2	3	1 minute
Juniors	2 minutes	2	3	1 minute
Seniors	2 minutes	2	3	1 minute
Veterans from 1 to x	1 minute 30s	2	3	1 minute

### 3. Fight Technical and actions allowed or not in half-contact (light touch/touch without power)

**All actions must demonstrate absolute control and mastery.**

Control is defined by an effective touch (light touch) without penetration force.

**The allowed actions are:**

- kicks;
- punches;
- sweeps;
- projections;
- scissors;

- unlocked grab;
- elbows and knees allowed to the body only for senior and veteran categories;
- starting from the senior category, thighs strikes (low-kick, circular kick) are authorized on the condition that they are followed by an assault, otherwise this action is penalized;
- starting from the senior category, Knock Out (KO) is allowed only at the trunk (from the shoulders to the base of the belly), the half-contact fight must remain a priority, and the Knock Out (Ko) must not be the **goal sought**.

**The unauthorized techniques are:**

- palm strike;
- direct kicks in the lower limbs (preservation of the joints, particularly the knees);
- kick feet with the heel;
- projections deliberately causing a fall on the head, the nape of the neck;
- knee or elbow blows to the head or lower limbs;
- submissions;
- fixed assets;
- ground defense with the legs;
- headbutt.

Ground fighting is prohibited.

***As a general rule, anything that is not allowed is prohibited.***

**Strikes are limited to the following areas (permitted zones):**

- head (side of the face and forehead only);
- chest, abdomen, bust sides;
- thighs (from junior categories);
- legs, out of joints for sweeping purposes.

**The unauthorized surfaces or hitting areas are as follows:**

- face triangle ;
- top of the skull;
- back of the head;
- neck and nape;
- back (vertebral hinge);
- groin and the genitals;
- joints such as knees, ankles, etc.

Only a non-contact punch aimed at the head (side of the face and forehead) or chest is permitted after the opponent has been knocked to the ground.

The punch must be immediate, after a sweep, throw or scissor kick, to be validated by referee.

A valid strike made at the same time as the signal for the end of the fight is taken into account by the referee.

No hit is taken into account by the referee when both competitors are outside the fight area.

#### 4. Points awarded Award criteria

Points awarded	Award criteria
<b>4 points</b>	The competitor has hit his opponent the most times with effective techniques, in particular kicks to the head, jump kicks, sweeps or follow-up throws.
<b>3 points</b>	The competitor who, throughout the resumption, put his opponent in difficulty and initiated the greatest number of leg techniques and/or sweeps or throws.
<b>2 points</b>	The competitor who has carried out or initiated the majority of the effective attacks by demonstrating his technical superiority. In this case, the judge chooses the winner without hesitation.
<b>1 point</b>	If no competitor stands out, the judge's assessment will be based on the general impression of dominance (attitude, fighting spirit and fair play). In this case, the judge was able to choose the winner after hesitation.

The competitor (from the senior categories) who has dominated the round but who suffers a temporary out-of-combat to the body, can only win the round with 1 point.

At the end of each round, the judges award the points to the call of the supervisor or the central referee in default.

Penalties are for unauthorized actions, techniques, and strike zones. Each validated penalty deducts 1 point, 4 penalties in a round are equivalent to a disqualification. The deduction of points is cumulative, it is noted by the stewards' table.

If a penalized competitor's score is zero, their total point becomes negative. Indicative value of the techniques to be taken into consideration in descending order of their difficulty:

- jump kick to the head;
- scissors or projection followed by controlled and controlled marking;
- kick to the head;
- jump kick to the chest;
- grounding followed by controlled and controlled markings;
- sweeping, scissors or untracked projection;
- kick to the chest;
- knee or elbow blow to the chest (only in seniors and veterans); punch to the head or chest.

## 5. Winning of the fight

The winner is the one who has the most points at the end of the round(s).

In the event of a tie, an additional round of the same duration is set up, after a one-minute rest period.

At the end of the time of the additional round, the judges are required to decide who is the winner by raising the flag.

There can therefore be no new equality. The judgment must be made only on the additional round and not on the entire fight. During the additional round, a validated count of one of the competitors **(for authorized categories)** results in the immediate end of the fight and the defeat of the counted competitor.

The fight can be won by the retiring or the disqualifying of one of the two fighters.

## 6. Examples of coverage:

Helmet (with protection of cheekbones, neck, chin and top of the head)



Chest protector (reversible blue/red mandatory except seniors and veterans)



Foot/shin guards (full foot coverage, including heels and toes)



Open gloves (example)



Federal T-shirts (Red and Blue)

