

WORLD FIGHTERS CORPORATION

W.F.C

FIGHTING SPORT

GENERAL RULES

LIGHT CONTACT

02/01/2015

WEIGHT CATEGORIES

MALE AND FEMALE

● Super featherweight	up to	45 kg
● Featherweight	up to	50 kg
● Super lightweight	up to	55 kg
● Lightweight	up to	60 kg
● Junior Welter	up to	65 kg
● Welter	up to	70 kg
● Middleweight	up to	75 kg
● Light heavyweight	up to	80 kg
● Heavyweight	up to	85 kg
● Super heavyweight	up to	90 kg
● Super heavyweight	over	90 kg

RULES

GENERAL RULES

ART. 1: Everything set for the Full Contact excluding:

- Blows sunk (techniques should be checked)
- techniques are difficult to control, such as:
 - fist skipped
 - football ax
 - kick shot of any kind
 - any technical leap

ART. 2 In particular:

- Light Contact refers to Full Contact's rules;
- Free Boxing Light: allowed the blows of arms (direct, hooks and uppercuts); prohibited shots taken with the interior, the side portion and the portion of the back of the glove. Kicking and hitting with the legs are forbidden.

- Kick Boxing Light refers to Kick Boxing's rules;
- K 1 Light refers to K 1 rules;
- Thai Boxing Technique refers to Thai Boxing's rules:
- MMA Light refers to MMA's rules;
- Submission Light refers to the Submission Grappling's rules.

ART. 3 There are no counts therefore excluded from the verdicts are:

K.O. - K.O.T. - K.O.T.C.

ART. 4 In the case where an athlete is unable to continue the match due to a shot taken without control, the verdict will be disqualification of the opponent.

PROTECTION

ART. 5 Guards mandatory for all disciplines are:

- Headband
- mouth guard
- Gloves 10 oz

ART. 6 In addition they are also required:

- Gym shoes (with smooth soles) - Free Boxing Light
- boots and shin pads - Light Contact Kickboxing and Light
- shin guards and para-foot combined - Thai Boxing Technique and K 1 Light

ART. 7 The optional protections for minors are:

- helmet with grid or cheekbones guard
- corsage

TIME OF COMPETITION

Art. 8 The matches will be played on the three rounds of 1 minute or 1 minute and thirty seconds with a break of 30 "or 1 minute.