

# P1 Fullcontact Sparring

## Style open ETF fullcontact event "Power Fight (P1)"

**P1 is open for fullcontact fighters of all sparring styles from all federations**

### Qualification

1. National title or rank 1 – 3 in any martial arts association  
Proof by certificate, sports federation passport or other proof
2. Minimum weight 80kg – minimum age 18 years old
3. „Wildcard“ granted by ETF Headoffice (for competitors with qualified sparring experience)

### Male

200 P1 Senior male

## POWER FIGHT RULES (Version 4.0. Copyright ETF Headoffice 2009)

P1 is a full-contact system, knockouts are allowed.

By sending an application, each participant confirms that he is mentally and physically fit to take part in full-contact competition and that he was checked by the sports physician to determine this ability.

The **time of final** is **3 rounds of 2 minutes**

Pre-round matches may be shorter

### CLOTHING AND EQUIPMENT

Traditional Martial Arts clothing (Dobok or Gi) or Kickboxing pants or shorts.

Professional boxing gloves ( 10oz, closed, without laces, zips etc.), groin guard, gum shield, head guard optional.

Using tapes and other equipment will be decided by the jury.

### ALLOWED TECHNIQUES AND TARGETS

= all except mentioned below:

PROHIBITED TECHNIQUES	PROHIBITED TARGETS
-Elbow strike -Headbutt -Hammerfist -Ridgehand -Throws, locks, strangles	-Neck -Back of the head -Back -Groin

### SCORING

For each **strike causing a visible effect** 1 point will be scored,

for **each kick to the head** (also not causing a visible effect) 3 points will be scored.

Leaving fighting area does mean 1 point for the opponent.

**MINUS POINTS** are scored for:

- attack with an illegal techniques
- attack to a illegal target
- attack to the fallen opponent
- attack after the command to stop
- unsportsmanlike behaviour

3 Minus Points for fouls will mean disqualification

Scores are registered by 3 judges, who vote for victory or draw.

In case of a draw in scoring the decision depends on the number of scored hits or on technical domination of the competitor during the fight.

The points are not published on the scoreboard during the match. The results are published after the end of the match.

Rules for **DISQUALIFICATION-INJURY-K.O.-TECHNICAL K.O.-PROTEST** etc. are based on ETF Rules for „Kickbox Sparring“.