



**ICO WORLD CHAMPIONSHIP 2018 ROME ITALY**  
**FULL COMBAT SPORT REGULATION**

**IUNIOR FROM 16 YEARS TO 18 YEARS NOT COMPLETED**  
**DISCIPLINES: FULL CONTACT, LOW KICK, K-1 RULES, SANDA FULL**  
**MUAY THAI, MMA**

- **OBLIGATORY HELMET WITHOUT ZIGOMATIC PROTECTION FOR DISCIPLINES OF FULL CONTACT, LOW KICK, SANDA FULL**
  - **NO HELMET FOR K-1 RULES AND MMA**
  - **NO HELMET FOR MUAY THAI, OK ELBOW PROTECTION**
  - OBLIGATORY TIBIAL PROTECTION FOR ALL DISCIPLINES
  - OBLIGATORY COMMON USE PROTECTIONS
  - 2 ROUNDS FROM 2 MINUTES, WITH RECOVERY OF 1 MINUTE, UNTIL SEMIFINALS
  - 3 ROUNDS FROM 2 MINUTES, WITH RECOVERY OF 1 MINUTE, IN THE FINALS
- ONLY FOR MMA
- 2 ROUNDS FROM 3 MINUTES, WITH RECOVERY OF 1 MINUTE, IN SEMIFINALS
  - 3 ROUNDS FROM 3 MINUTES, WITH RECOVERY OF 1 MINUTE, IN THE FINALS

**SENIOR FROM 18 TO 40 YEARS**  
**DISCIPLINES: FULL CONTACT, LOW KICK, K-1 RULES, SANDA FULL,**  
**MUAY THAI, MMA**

- **OBLIGATORY HELMET WITHOUT ZIGOMATIC PROTECTION FOR DISCIPLINES OF FULL CONTACT, LOW KICK, SANDA FULL**
  - **NO HELMET FOR K-1 RULES AND MMA**
  - **NO HELMET FOR MUAY THAI, OK ELBOW PROTECTION**
  - OBLIGATORY TIBIAL PROTECTION FOR ALL DISCIPLINES
  - OBLIGATORY COMMON USE PROTECTIONS
  - 2 ROUNDS FROM 2 MINUTES, WITH RECOVERY OF 1 MINUTE, UNTIL SEMIFINALS
  - 3 ROUNDS FROM 2 MINUTES, WITH RECOVERY OF 1 MINUTE, IN THE FINALS
- ONLY FOR MMA

- 2 ROUNDS FROM 3 MINUTES, WITH RECOVERY OF 1 MINUTE, IN SEMIFINALS
- 3 ROUNDS FROM 3 MINUTES, WITH RECOVERY OF 1 MINUTE, IN THE FINALS