



## ICO WORLD CHAMPIONSHIP 2018 ROME ITALY



**PLEASE NOTE: EVERY TEAM MUST BRING THE REQUIRED PROTECTIONS**

### REGULATIONS SPORT FOR COMBAT CHILDREN FROM 8 TO 10 YEARS

**ALLOWED DISCIPLINES: POINT FIGHTING, LIGHT CONTACT,**

**LOW KICK LIGHT, K-1 RULES LIGHT, BOXE LIGHT**

- OBLIGATORY HELMET WITH FRONT VISOR IN PLEXIGLASS OR SIMILAR
- OBLIGATORY PROTECTION FOR CHEST
- OBLIGATORY COMMON USE PROTECTIONS
- 2 ROUND OF 1 MINUTE AND 30, WITH RECOVERY OF 30 SECONDS

### SPORT REGULATIONS FROM COMBAT TO STUDENTS FROM 11 TO 12 YEARS

**ALLOWED DISCIPLINES: POINT FIGHTING, LIGHT CONTACT, K-1 RULES LIGHT**

**LOW KICK LIGHT, BOXE LIGHT**

- OPTIONAL HELMET WITH FRONT VISOR IN PLEXIGLASS OR SIMILAR
- OPTIONAL PROTECTION FOR CHEST
- OBLIGATORY COMMON USE PROTECTIONS
- 2 ROUND OF 1 MINUTE AND 30, WITH RECOVERY OF 30 SECONDS

### REGULATIONS SPORT COMBAT BOYS FROM 13 TO 15 YEARS

**ALLOWED DISCIPLINES: POINT FIGHTING, LIGHT CONTACT,**

**LOW KICK LIGHT, BOX LIGHT, K-1 RULES LIGHT, SANDA LIGHT,**

**MUAY THAI LIGHT**

- OBLIGATORY HELMET WITHOUT ZIGOMATIC PROTECTION
- **ATTENTION: OBLIGATORY IN MUAY THAI LIGHT HELMET WITH ZIGOMATIC PROTECTION OR GRATE + ELBOW PROTECTION**
- OPTIONAL PROTECTION FOR CHEST IN P.F. L.C. L.K.L.
- **ATTENTION: OBLIGATORY PROTECTION FOR CHEST IN THE DISCIPLINES OF K-1 RULES LIGHT, SANDA LIGHT, MUAY THAI LIGHT**
- OBLIGATORY COMMON USE PROTECTIONS
- 10 ONCE GLOVES
- 2 ROUNDS FROM 2 MINUTES, WITH RECOVERY OF 1 MINUTE



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### **JUNIOR COMBAT SPORT REGULATION FOR 16 YEARS**

#### **A 18 NOT COMPLETED**

**DISCIPLINES: POINT FIGHTING, LIGHT CONTACT, LOW KICK LIGHT,**

**BOXE LIGHT, K-1 RULES LIGHT, SANDA LIGHT, MUAY THAI LIGHT, MMA LIGHT**

- OBLIGATORY HELMET WITHOUT ZIGOMATIC PROTECTION
- **ATTENTION: OBLIGATORY IN MUAY THAI LIGHT HELMET WITH ZIGOMATIC PROTECTION OR GRATE + ELBOW PROTECTION**
- **ATTENTION: OBLIGATORY PROTECTION FOR CHEST IN THE DISCIPLINES OF K-1 RULES LIGHT, SANDA LIGHT, MUAY THAI LIGHT**
- OBLIGATORY COMMON USE PROTECTIONS
- 10 ONCE GLOVES; GLOVES 7 ONCE ANTISHOCK FOR MMA LIGHT
- 2 ROUNDS FROM 2 MINUTES WITH 1 MINUTE RECOVERY

### **SENIOR COMBAT SPORT REGULATIONS FROM 18 TO 40 YEARS**

**DISCIPLINES: POINT FIGHTING, LIGHT CONTACT, LOW KICK LIGHT, BOXE LIGHT,**

**K-1 RULES LIGHT, SANDA LIGHT, MUAY THAI LIGHT, MMA LIGHT**

- OBLIGATORY HELMET WITHOUT ZIGOMATIC PROTECTION
- **ATTENTION: OBLIGATORY IN MUAY THAI LIGHT HELMET WITH ZIGOMATIC PROTECTION OR GRATE + ELBOW PROTECTION**
- **ATTENTION: OBLIGATORY PROTECTION FOR CHEST IN THE DISCIPLINES OF K-1 RULES LIGHT, SANDA LIGHT, MUAY THAI LIGHT**
- OBLIGATORY COMMON USE PROTECTIONS
- 10 ONCE GLOVES; GLOVES 7 ONCE ANTISHOCK FOR MMA LIGHT
- 2 ROUNDS FROM 2 MINUTES WITH 1 MINUTE RECOVERY

### **VETERAN COMBAT SPORT REGULATIONS OVER 40 YEARS**

**DISCIPLINES: POINT FIGHTING, LIGHT CONTACT, LOW KICK LIGHT, BOXE LIGHT,**

**K-1 RULES LIGHT, MMA LIGHT**

- OBLIGATORY HELMET WITHOUT ZIGOMATIC PROTECTION
- **ATTENTION: OBLIGATORY PROTECTION FOR CHEST IN K-1 RULES LIGHT**
- OBLIGATORY COMMON USE PROTECTIONS

- 10 ONCE GLOVES; GLOVES 7 ONCE ANTISHOCK FOR MMA LIGHT
- 2 ROUND OF 1 MINUTE AND 30, WITH 1 MINUTE OF RECOVERY