

Proposal for a Common Accord on Light Contact Rules

Ensuring Safety, Consistency, and Equality Across All Stakeholder Associations

1. Introduction

Light Contact combat sports remain one of the most accessible entry points for fighters of all ages and skill levels. However, variations in rules, safety standards, and enforcement across different associations can lead to confusion, inconsistent application of safety measures, and potential risk to athletes.

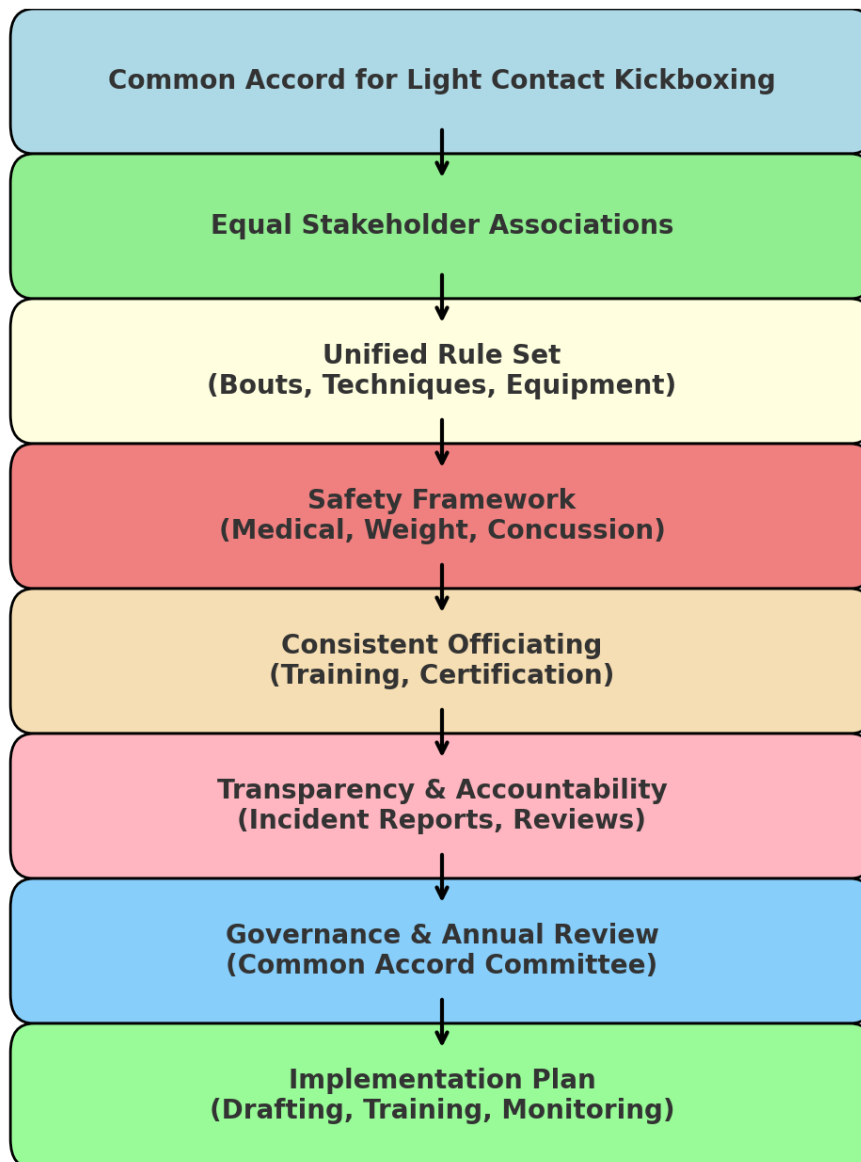
This proposal outlines the creation of a **Common Accord**—a shared, universally agreed framework of Light Contact rules—where all participating associations are equal stakeholders. The aim is to **prioritise athlete safety, promote fair competition, and protect the integrity of the sport**. To ensure regardless of style/rules set Light means Light.

2. Core Objectives

1. **Safety First** – Protect athletes from unnecessary harm through clear, enforceable, and standardised rules.
 2. **Equality of Stakeholders** – Every association has an equal say in decision-making.
 3. **Consistency in Application** – Create a uniform approach to competition rules, scoring, and enforcement.
 4. **Mutual Recognition** – Ensure all events sanctioned under the Common Accord are recognised equally by all participating bodies.
 5. **Transparency & Accountability** – Open governance, public access to the agreed rule set, and defined review processes.
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3. Governance Model



The governance will operate through:

- **Steering Committee** – One representative per association. Equal voting rights.
- **Safety & Technical Panel** – Experts from multiple associations reviewing injury data, rule interpretations, and safety advancements.
- **Referee & Judge Training Board** – Oversees standardised training and certification.
- **Appeals & Discipline Board** – Independent panel to manage disputes and disciplinary actions across events.

All decisions require **majority approval** from the Steering Committee to pass.

4. Key Principles of the Common Accord

4.1 Competition Rules Alignment

RULES HARMONISING

Rule Area	Association A	Association B	Association C	Proposed Unified
Bout Duration	1 x 1.5 min	1 x 1.5 min	1 x 1.5 min	1 x 1.5 min with 2 x 1 min finals
Permitted Techniques	Punches & Kicks	Punches & Kicks	Punches & Kicks	Punches & Kicks
Headgear	Mandatory	Optional Adults	Mandatory	Juniors Mandatory Adults Optional
Weight Matching	Max 5kg diff	Max 4kg diff	Max 5kg diff	Max 5kg Difference
Age Matching	1yr Difference	3yrs Difference	2yrs Difference	Max 2yr Difference
Scoring System	10-Point Must	Points System	10-Point Must	10-Point Must / Majority Rule
Concussion Protocol	Immediate Removal	Doctor Decision	Immediate Removal	Immediate Removal 28-28 Days Suspension
Penalties for Excessive Contact	Warning > Deduction > DQ	Ref Discretion	Warning > Deduction > DQ	Warning > Deduction > DQ
Competition Area	6x6 m	8x8 m	Boxing Ring	6x6m Tatami or Boxing Ring
Contact level	No snapping back of head	No snapping back of head	No snapping back of head	No snapping back of head
Light Contact Versions	Kickboxing, Boxing, K-1, Low Kick	Kickboxing, Boxing, K-1, Low Kick	Kickboxing, Boxing, K-1, Low Kick	Kickboxing, Boxing, K-1, Low Kick

- All participating bodies agree to **identical safety-based Light Contact rules** for sanctioned events.
- Scoring criteria, round duration, fouls, and protective equipment requirements are unified.
- Any proposed changes must undergo a **joint review process** and be ratified by all stakeholders.
- Light Contact means Light Contact

4.2 Athlete Welfare

- Gala Setting - Mandatory **pre-fight medical checks** and **post-bout assessments** for all fighters. If Light Contact Rules are contested in a Gala setting.
- Tournament Setting - Optional **post-bout assessments** for fighters. In a tournament setting if heavy contact has been identified to identified risk of concussion.
- Clear concussion protocol, including minimum rest periods after suspected head injury.
- Weight management guidelines to reduce risk from dehydration and rapid weight loss.

4.3 Referee and Judge Training

- Standardised training modules for referees and judges.
 - Referees trained as **in-bout safeguarding officers**, with authority to stop bouts if safety is at risk.
 - Judges trained to maintain **scoring consistency** across all events under the Accord.
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5. Safety Management in Light Contact

Light Contact bouts aim to prioritise **control, technique, and skill** over knockout power.

To manage safety effectively:

- **Zero tolerance** for excessive contact or dangerous techniques.
 - **Foul escalation system** (verbal caution → warning → point deduction → disqualification).
 - **Video review** allowed for critical decisions in major events.
 - **Regular review** of safety data to identify patterns and update protocols.
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6. Dispute and Review Mechanisms

- **Dispute Resolution Process:** All complaints reviewed by an impartial board.
 - **Annual Rule Review:** Stakeholder meeting to discuss amendments and feedback.
 - **Public Transparency:** All rules, amendments, and disciplinary actions published on an open platform.
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7. Benefits of Adopting the Common Accord

- Greater **athlete safety** through unified safety standards.
 - Increased **credibility** of Light Contact events with a recognised, universal rule set.
 - Stronger **cooperation** between associations.
 - Easier **cross-participation** for athletes across events.
 - Reduction in disputes due to **clear, shared regulations**.
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8. Next Steps

1. Distribute this proposal to all recognised associations for feedback.
2. Host a **Common Accord Conference** (virtual or in-person) to finalise agreements.
3. Ratify the Accord with formal signatures from all stakeholder associations.

4. Launch joint **training programmes** for referees and judges under the new standard.
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9. Conclusion

By adopting this Common Accord, all participating associations will protect the future of Light Contact sport, ensure safety, and provide fair, consistent opportunities for all athletes—while maintaining equality between all governing bodies.

The success of this initiative depends on **collaboration, transparency, and a shared commitment** to putting the athlete first.