

**World Champion Lou Neglia and Ray Longo presents....
COMBAT AT THE CAPITALE _____2009**

Pro-Kickboxing..Sanctioned by WKA

Rules are same as amateur

Equipment is same as amateur with the exception of no headgear.

Pro International..Sanctioned by WKA

Rules:

No kick minimum
According to weight

No knees
Mandatory

No elbows

Boot to Boot Kicks, low kicks & high kicks

*Spinning back fist is allowed

2 minute rounds

Equipment:

10oz or 8oz gloves
according to weight

*Shin pads and Boots

No head gear

Cup and mouth piece

Pro Thai Fighting Sanctioned by WKA

Rules:

No Kick Minimum

Knees to body (No knees to face)

No Elbows

Boot to Boot Kicks, low kicks & high kicks

Spinning Back Fist-Allowed

Three Minute Rounds

Equipment:

10oz Gloves or 8oz
According to weight
No Shin and Instep Pads

No Head Gear

Cup & Mouth Piece

Mandatory Under NYS/WKA Law

World Champion Lou Neglia and Ray Longo presents..

COMBAT AT THE CAPITALE 2009

Amateur Thai Fighting..Sanctioned by WKA

Rules: No kick minimum

Knees to body, no knees to face

Boot to Boot kicks, low kicks & high kicks

Spinning back fists allowed

No elbows

No sweeps

3,2 minute rounds

Equipment:

10oz gloves

Shin and instep pads

Head gear

Mouth piece

Protective cup men)

Amateur Low Kick Fighting..Sanctioned by WKA

Rules: Same as Amateur Thai but no knees at all.

Amateur Kickboxing..Sanctioned by WKA

Rules: No kick minimum

No Knees

No elbows

Kicks above the waist

*No spinning back fists

Equipment: 10oz gloves

*Boots

Protective cup

Mouth piece

Head Gear

Mandatory Under NYS/WKA Law