



SOFT ARMORED FIGHTING EUROPEAN FEDERATION

Specific rules **PROFIGHT SOFT**

- Edition April 2024 -

Contents

1. Equipement	2
2. Fight regulations.....	3
3. Allowed techniques	4
4. Fight stop and penalties	7

1. Equipement

4.2. Fighters are equipped with a sword and a punch shield according to their size as defined in Section 1.6 of the General Duel Rules.

1.1. Fighters can/must wear the following equipment:

	≥ 18 years old
Helmet	mandatory
Gorget	mandatory
Groin protection	mandatory
Pelvic protection	mandatory
Glove for weapon hand(s)	mandatory
Glove for shield hand	mandatory
Chest protection	mandatory
Arm protection for weapon arm(s)	optional
Arm protection for shield arm	optional
Leg protection	optional
Knee protection	mandatory
Elbow protection	mandatory
Back protection	mandatory
Foot protection	optional

1.2. Protective gear must not have any hard parts except for the helmet, groin and pelvic protections.

2. Fight regulations

- 2.1. A doctor (see Section 3.2.2.7 of the General Duel Rules) must be assigned to the Profight Light combat area to monitor the fights and intervene appropriately and as quickly as possible in case of any issues.
- 2.2. The fight ends after three rounds.
- 2.3. Each round lasts the time given in the following table :

	Round time (seconds)
Tournament format	60
One-shot fight format	120

- 2.4. The rest period is one minute.
- 2.5. The final result is the sum of the points awarded along the three rounds. The winner is the fighter who has scored the most.
- 2.6. For a one-shot fight format, a fight cannot end in a draw. If at the end of the three rounds, each fighter has the same sum of points, extra times of 30 seconds are declared until the winner is decided.
- 2.7. For a tournament format, the play-off stage and the group stage are different :
- 2.7.1. During the group phases, if at the end of the three rounds, each fighter has the same sum of points, the draw is declared.
- 2.7.2. During the final phases, a fight cannot end in a draw. If at the end of the three rounds, each fighter has the same sum of points, extra times of 30 seconds are declared until the winner is decided.
- 2.8. Reminder : for the ranking in the group stage fights:
- ❖ A victory – 2 points,
 - ❖ A draw – 1 point,
 - ❖ A defeat – 0 points.
- 2.9. The fight zone must be padded.

- 2.10. A secondary central referee is mandatory. His role is to control exits from the fight zone as well as any fouls committed by the fighters. They can only intervene in these cases and can therefore only give the order to stop the combat with a 'Halte !' He positions himself opposite the main central referee.
He counts the 10 seconds to signal the end of the ground phases.
- 2.11. The central referees must be referees sworn in by the European Soft Armored Fighting Federation (see Referee Swearing-In document). No apprentice referee can officiate Profight Light as the central referee.

3. Allowed techniques

- 3.1. Any unauthorized technique is considered prohibited.
- 3.2. In any case, the following techniques are prohibited:
 - 3.2.1. Any strike to the throat, groin, feet, knees, inside of the joints, neck, and back of the head.
 - 3.2.2. Thrust with the weapon.
 - 3.2.3. Strikes with the pommel.
 - 3.2.4. Unsportsmanlike conduct: any action against the spirit of the game or denying opponents a fair chance, without necessarily breaking a rule.
 - 3.2.5. Any techniques to push or throw a fighter to the ground involving the fighter landing on the head.
- 3.3. If both fighters are standing:

Offensive part	Allowed ?	Additional illegal zone	Counted points
Sword and armed fist	yes	---	1
Shield	yes	---	1
Head	yes	Arm and legs	1
Elbow	yes	---	1
Knees	yes	---	1
Feet (roundhouse kick)	yes	---	1
Feet (front/side kick)	yes	Against joints	1

3.4. If both fighters are on the ground:

Offensive part	Allowed ?	Additional illegal zone	Counted points
Sword and armed fist	yes	Below the belt	See 3.10 and 3.11
Shield	yes	Below the belt	See 3.10 and 3.11
Head	yes	Arm and legs	See 3.10 and 3.11
Elbow	yes	Below the belt	See 3.10 and 3.11
Knees	yes	Below the belt / back / spine	See 3.10 and 3.11
Feet (roundhouse kick)	no	---	---
Feet (front/side kick)	no	---	---

3.5. **Attention :** It is prohibited to have the knee above the shoulder line for offensive strike with it when the two fighters are on the floor.

3.6. If one of the fighters is standing and the other is on the ground:

Offensive part	Allowed ?	Additional illegal zone	Counted points
Sword and armed fist	yes	Below the belt	See 3.10 and 3.11
Shield	yes	Below the belt	See 3.10 and 3.11
Head	no	---	---
Elbow	no	---	---
Knees	no	---	---
Feet (roundhouse kick)	no	---	---
Feet (front/side kick)	no	---	---

3.7. **Attention :** Strikes from standing position to "on the floor" position are forbidden (descent elbow, descent knee,...).

3.8. **Attention :** When a fighter is standing and the other is on the floor, the use of "on the floor" fighter's legs are forbidden to protect himself (example of fetal position) or to prevent the other fighter to work or to put him on the floor (examples of brazilian jiu jitsu positions)

3.9. If the fighters are in a grappling phase:

	Allowed ?
Limb grabbing	yes
Head et neck grabbing	yes
Grab straps of protective equipment	no
Shield grabbing	no
Grab weapon with the hand	no
Tear protection & equipment (torso, helmet,...) off	no
Stranglehold	no
Joint lock (elbow, knee,...)	no

4.2. Pushing a fighter to the floor counts 4 points to the standing fighter or to the last fighter on the floor (3 body parts touching the floor).

3.9. Strikes on the floor by the dominant fighter counts 2 points per strike within the limit of 3 strikes by the same dominant fighter.

3.10. The dominant fighter can change during the “floor” phase.

3.11. The “floor” phase cannot last more than 10 seconds

4. Fight stop and penalties

4.2. The following table explains the different scenarios, along with the penalty points and the referee's response to provide :

Action	Penalty (points)	Response to the action
Losing sword	3	Recovery of the sword and restart the fight on initial lines.
Going out of the fight area	1	Restart the fight on initial lines.
Breakage of equipment (sword, shield,...)	0	Replacement up to 1 min and restart the fight on initial lines.
Default of obligatory protection equipment	0	Replacement up to 1 min and restart the fight on initial lines.
Default of optional protection equipment	0	Withdrawal of the equipment and restart the fight where the fight stopped.
Loss of the sword of the dominant fighter during "on the floor" phase	3	Recovery of the sword and restart the fight in the same dominant position on the ground
Loss of the sword of the dominated fighter during "on the floor" phase	10	Restart the fight on initial lines upright.
Loss of the sword during the takedown phase.	3	Stop the fight when the fighter is on the ground. Recovery of the sword. Restart the fight in the same dominant position on the ground.
Default of obligatory protection equipment during the takedown phase.	0	Replacement up to 1 min. Restart the fight in the same dominant position on the ground.

4.2. **Attention :** If, during a takedown or “floor” phase, one of the fighters exits the fight zone but remains in a safe position, the exit from the combat zone is not declared, and the fight continues.