



FREE BOXING LIGHT

REGULATION

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THE FREE BOXING LIGHT

ART. 1 - FOREWORD

There **Free boxing Light** was born as a pre-competitive discipline (starting from 6 years), competitive or amateur in light contact, and as a preparatory activity for the start-up of athletes, gradually, to the competitive activity of modern combat sports, emphasizing motor coordination through techniques of arms and movement of legs. All shots taken to the target must be checked in their execution.

ART. 2 - STATUS OF THE ATHLETE

Athletes engaged in the free **WMKF** light boxing match must be registered and fully accept the **WMKF** statute and regulations. They undertake to respect the **WMKF** Regulations of the **Free Boxing Light**, for the conduct of competitions of regional, interregional, national and international interest. All athletes are required to participate in competitions with the **Free Boxing Light** with the certificate of fitness for competitive sports, issued by a sports medicine center or by a sports doctor, under penalty of expulsion from the competition. Minor athletes must also present themselves with the written authorization of the operator of the parental authority, together with a copy of a document of the latter.

ART. 3 - PLACE OF COMPETITION

The tatami is the competition area. Alternatively, the match can be played in a ring. If the fight takes place on a ring, the surface must be made of wood or plastic or rubbery material covered with felt and a sheet stretched to the end of the edges. The ropes must be horizontal and on the same plane. The ropes will be completely wrapped in smooth fabric or equivalent material. They can be connected vertically by means of two strong canvas strips placed in the center of them. The poles will be padded on the top and in the whole part that overhangs the upper rope of the square. The poles can be made of metal or other material. However, the ring must be completely similar in size and conformity to that used in other ring sports.

ART. 4 - CLOTHING OF THE FIGHTERS

The athletes of **Free Boxing Light** they will have to present themselves at federal competitions equipped with the regulation uniform, consisting of short shorts and a tank top or t-shirt. It is absolutely forbidden to affix on clothing or accessories, emblems or drawings reproducing political and / or religious symbols or that incite violence.

The uniform can bear the name of the club or the club sponsor, it must be clean, unstitched and not torn. During the match the tank top or t-shirt must be worn so that the belt is distinguished, in order to avoid hits below the latter. The match is played with the use of gym shoes, in good condition.

ART. 5 - PROTECTIONS

Athletes will have to go to combat with all the protections worn.

Protective helmet - Both males and females must wear a protective helmet, **closed at the top**, but without parazigomi and vestment. Only by agreement can the latter also be used. For categories **Baby 1/2**

is **Hopes 1/2 It is always mandatory to use a protective helmet equipped with a grate or plexiglass mask (with mouthguard).** **Seashell** - Athletes will wear a shell of resistant material under their shorts. The athletes also (from 12 years old) will have to wear a chest protector and shell.

Mouthguards - It is mandatory for **all** the categories wear the mouthguard. The use of mouthguards is forbidden, even if only in part, in red.

Boxing gloves - The gloves must be closed by hand **10 ounces**, leather, imitation leather or plastic, soft and smooth, with uniform padding distributed on the back and at the level of the wrist. The gloves generally welded to the wrists by elastic material protected by smooth skin, can be further secured to the hands by a round of plaster but not of scotch tape or other plastic material.

It is the faculty of the organizers to supply helmets and gloves for matches.

The referee of the match, at his unquestionable judgment, always has the right to order the replacement of the gloves, if they are too deteriorated or irregular.

Bandage - Athletes have **the possibility** to provide the hand bandage. It can be made of a gauze or an elastic bandage. Gauze or bandages must slightly bandage the hand and be fixed with appropriate precautions so that they do not come out of the gloves. It is absolutely forbidden to harden the bandage or to apply clips, pins or ointments.

It is forbidden to bring any metal object (chains, earrings, watches, glasses, etc.) that could cause injury to yourself or your opponent.

Footwear - The matches can be played by both athletes with bare feet or with normal gym shoes, provided that this method is adopted by both. In the event of a dispute, the CoR can mandatorily order this procedure.

ART. 6 - RACE TIME

The race time for all categories is **2 shots of 2 minutes** each, with an interval of 1 minute. If it is a tournament, in case of a tie, a judgment of preference.

Race time for categories **Baby 1-2** and of **2 shots of 1 minute each**, with an interval of 1 minute and for the category **Hopes 1-2** and of **2 shots of 1.5 minutes**, with an interval of 1 minute. If it is a tournament, in case of a tie, a preference judgment will be expressed.

The fighters will face each other standing in the center of the competition square and will exchange greetings by touching their fists as a sign of handshake. The fight may begin immediately after the central umpire's announcement of "*Combat*" or "*Fight*".

In team competitions, athletes will greet each other in the same way and in unison.

When the time is over, the central referee must be notified with an acoustic signal or other means.

Any changes can be decided by the organizing committee. Athletes are entitled to a period of time between the various meetings, with the aim of resting.

ART. 7 - ADMITTED STROKES

In the Free Boxing Light competition, all the attack and defense techniques of weapons used in combat sports (*direct, hook, tree, blown fist*) are allowed (*Super Punch on the model of Rules K-1*), hits with the back of the glove (*Back Fist is Spinning Back Fist*); only the front and side of the trunk and face can be attacked with strokes of the arms; every technique that touches the target must be checked.

Hitting the back of the neck, back or kidneys is prohibited.

All leg techniques are prohibited.

ART. 8 - TENDER JUDGMENT

The decisions of the referees and judges are final and without appeal. The direction of the match lies exclusively with the referee who must supervise at all times to ensure that the rules of the **Free Boxing Light**. He cannot tolerate any infringement of the regulation.

The victory is decreed at the end of each match by the 3 judges who sit around the square and who must fill in a special card. At the end of each round, each judge must declare the victory (of that round) by assigning **10 points to the best athlete and 9 or 8 to the opponent** (*depending on whether the hit gap found in that round is less than or greater than 8*).

At the end of each scheduled shooting, the judge will record the points scored by the athletes. At the end of the match, the central referee will collect the cards of the various judges, check their exact compilation and give them to the Jury President for the verdict.

ART. 9 - SCORING

The score scored by each athlete is given by each shot brought to target in such a way **checked and cleaned**, taking into account the technique. In order for this to be assigned, it must meet the power, speed, balance and contact control requirements; finally a technique can never be assigned "*blind*".

For the same score, the best combinations of shots and the athlete's physical strength are awarded.

Each hit is scored **one (1) point**.

There **difference of one (1) stroke** in the second half, it will give rise to the judgment of **parity**

(10 - 10); the difference **for two (2) eight (8) shots**, will give rise to the judgment of **10 - 9**; the difference of **more than eight (8) shots** among athletes will give rise to a judgment of **10 - 8**.

Judges must fill in the cards at the end of each shoot.

ART. 10 - PROHIBITED ACTIONS

The following actions are considered prohibited:

- punch, without any control;
- attack with the head;
- attack or simulate an eye attack;
- bite and scratch;
- hit the throat, the neck, the upper part of the head;
- attack under the belt (*testicles, belly, etc.*);
- perform joint levers;
- strike with open hand;
- throwing the opponent on the ground with his arms or tripping;
- shout without reason, make disrespectful gestures towards the opponent or the referees;
- at any time fail in sports ethics;
- deliberately wasting time, therefore deliberately avoiding combat;
- go out **deliberately** from the venue: **1st exit call, 2nd exit minus one point, 3rd exit disqualification**

(after consultation with the judges); Voluntary exit is considered to be one that an athlete performs with a manifest desire to renounce the fight and consists in bringing one foot out of the tatami.

- put the uniform and protections in place without authorization from the referee;
- speak during the meeting;
- deliberately tying the opponent's arms;
- hold the opponent's arms;
- throw yourself to the ground without reason;
- do not immediately execute the referee's orders;
- turn your back on an opponent's action;
- launch blind techniques (blind technique means a punch technique in which the gaze or forehead are not directed against the target);
- comment, even if only with gestures or facial expressions, the work of the referees. When the referee catches one of these actions he must take immediate action. The Athlete can be disqualified directly (without any prior warning) in the event of a serious violation of the Rules, but **only with the consent of all the Chair Judges.**

The referee can at any time, without stopping the match, give a warning to a fighter. In the case of a recall, he must stop the meeting.

An athlete can, at any time, withdraw from the competition by raising his arm in surrender. In that case, the referee will call the other athlete close to him and raise his arm to heaven and proclaim him

" *Abandonment Winner* ".

ART. 11 - THE WEIGHT CATEGORIES AND THE CLASSES

THE WEIGHT CATEGORIES

See codes and disciplines, click link here:

<https://www.martialkombat.com/download/free-boxe-light-codes/>

ART. 12 - FREE BOXING LIGHT RACES

Who intends to promote any competition **Free Boxing Light** however, it must communicate to the participating companies all information regarding the event (date and place of performance, time of weight and medical examination, start of competitions), give a complete description of the facilities (where the changing rooms are, where the ring will be placed, etc.) and designate the race manager and indicating the match officials to be assigned for interregional, national and international competitions.

ART. 13 - ORGANIZATION AND PLANTS

The organization is also objectively responsible for any eventual disorder that may occur in the competitions and for the punctual fulfillment of all its commitments towards athletes, their sports clubs and the Federal Authorities.

The organizer must therefore ensure adequate order service throughout the course of the race.

The organizer is required to make available:

- a scale, preferably type " *bascula* ";
- tatami, ring and other necessary materials;
- a gong, a similar acoustic signal, or a sponge and a stopwatch for each competition area;

- the presence of a **doctor and an ambulance** with relative rescue personnel and equipped with resuscitation equipment, during the whole meeting;
- a sufficiently large table for the timekeeper, the speaker, the Commissioner of Meeting, President of the Jury and the doctor on duty;
- adequate places for the referees and judges of the match.

The events must be held in places where it is possible to reach an operating hospital within one hour, to be identified by the organizer.

ART. 14 - THE OFFICIALS

They serve in the tournaments of **Free Boxing Light**:

- The Commissioner of Meeting;
- The Arbitration Group, consisting of the President of the Jury, one or more Central Arbitrators, Chair Judges;
- The doctor on duty;
- The speaker.

MEETING COMMISSIONER

The Commissioner of Meeting is the highest authority in the meeting to which he has been appointed and is responsible for the whole event. He is the only person who can give orders and directives about the meeting. All are required to comply with its provisions, imparted in accordance with the rules of these Regulations. He must designate the Jury President of each competition area.

The Commissioner of Meeting will have to be well in advance at the venue. It is his job to be perfectly aware of how the event is going. He will have to check all the preliminary activities of the meeting so that it takes place according to the rules of this regulation, such as:

1. Check the scales;
2. Inspect the tatami or the ring;
3. Check the presence of the match officials designated for that meeting;
4. Assist in any weight operations or delegate a suitable match official;
5. Check that the athletes and their seconds are dressed appropriately;
6. Assign the respective tasks to those participating in the tournament;
7. During the tournament, it is his right to remove or expel anyone who does not observe the necessary discipline or cause disturbance. If necessary, you can ask for the intervention of the public force.
8. Draw up, in a concise but detailed way, the final report of the meeting (*Minutes of the Commissioner of Meeting*).
9. Check that there is adequate ordering service, medical personnel and that there is an ambulance for the duration of the tournament.

The Commissioner of Meeting must never abandon his seat during the whole tournament. If necessary, he must be replaced by another federal official. Except in exceptional cases, the CR must not exercise the function of arbiter or judge.

Only the Commissioner of Meeting can confer with the Coaches or anyone who has to speak with a member of the Arbitration Group. It is forbidden for the other members to speak on the progress of the competition, a single match or anything related to the arbitration function. It is possible to show the badges of the chair judges to the Commissioner only.

THE PRESIDENT OF JURY

The Jury President takes his place at the Jury Table and has the task of supervising what happens in the competition area to which he is assigned.

The President of the Jury can also hold the position of Chair Judge. In case of need, the President of the Jury can authorize the Referee to act as Judge together with two chair Judges. So for the timekeeper.

The President of the Jury calls the Athletes on the tatami / ring, registers the Judges' cards, announces the winner and verifies the timekeeper's actions.

CENTRAL REFEREE

The race of **Free Boxing Light** it must be arbitrated by a central referee and the remaining judges placed on either side of the tatami or ring. The central referee has no right of judgment, unless decided otherwise by the CoR (Commissioner of Meeting). The central referee has the right to recall and disqualify the contenders, to recall or dismiss the fighters' seconds. You can suspend the meeting when the conduct of the public prejudices the smooth running of the tender. He can stop the fight if a protection is out of place. During the match, the referee will make use of the orders of " *stop*", " *break* ", " *fight* " and " *time*":

- **Break** to make the contenders separate;
- **Fight** to resume or begin combat;
- **Stop** because they stop their action at any time.
- **Time** to stop the fight and stop the stopwatch.

The referee must stop the match in the event of a foul or when one or both of the contenders are guilty of prohibited shots; in this case it will:

- verbally recalling the culprit;
- penalize him by one point, reporting it to the judges;
- disqualify him.

The referee may take one of these measures depending on the seriousness of the foul. To impart the provisions referred to in the previous point, the referee must stop the match with the order of " *stop* "And will turn to the jury table with the order of" *time* ". He will send the other athlete to the neutral corner, call aloud the culprit in the center of the square and, using appropriate signs so that the judges and also the public understand what is happening, he will assign the penalty and if necessary he will do so resume the meeting with the order of " *fight* ". The referee's intervention must be timely. When the two contenders are in the " *clinch* " the referee must stop the fight with the order of " **break** ". The athletes will have to take a step back to this order and start fighting again. The referee will never have to pass between the contenders. Every time the referee catches an impropriety by a fighter, he must intervene to repress and recall the guilty party in words or by penalizing him by one point. **Three (3) reminders are allowed: at the 1st recall, the violation is noted on the judges' card; at the 2nd call, the athlete is also penalized by 1 point; on the 3rd call you are disqualified.**

The referee is also authorized to stop the fight if gatherings occur around the competition square that prevent the smooth running of the competition, or if the seconds of the athletes in the race behave incorrectly, speaking or inciting their athlete aloud or worse if they disrespect the referee and the judges. In this case the referee has the right to dismiss the seconds or disqualify the athlete.

The referee can stop the match, indicating at the jury table to stop time when:

- an athlete is on the ground injured or suffering from illness;
- when the floor is too wet;
- when the fighter leaves the competition venue;
- when a fighter is required to rearrange the uniform;
- when he deems it appropriate for any reason.

In the event of an accident **due to a blow received**, the referee will stop the time and call the duty doctor at the neutral corner, together with the athlete. Only the doctor will have to

decide if the athlete can or cannot continue the match. If within this time the athlete treated by the doctor is unable to resume the fight, he will no longer be able to fight.

Once the extent of the accident has been verified, the referee will confer with the judges to identify if the injury has been caused **intentionally** from the opponent, if it was a **injury due to poor technical performance**, or a **casual injury**; **after that consultation will decide** whether to penalize, disqualify or award the victory to this or that athlete. Self **not C ' is was violation of the rules** by the **unharmed**, this will not be penalized and can **continue to fight** in the next match, in the event of a tournament.

If c ' is was violation of the rules from the wrongdoer, this will come **disqualified** and the **injured** will win the match.

If, on the other hand, the injured person is declared fit to continue to the doctor after due refereeing considerations, the meeting may continue.

If the referee has suspended the match due to severe head injury, the injured person will not be able to participate in any competition before 8 weeks from the KO or RSC, RSC -H. If the referee has suspended the match due to severe head injury, twice in a 3 month period, the injured person will not be able to take part in any competition before 3 months from the KO or RSC, RSC - H.

If the referee has suspended the match due to severe head injury, 3 times in a 12 month period, the injured person will not be able to participate in any competition before 1 year from the KO or RSC, RSCI, RSCH.

The manager of the tatami / ring, when one of the conditions mentioned above occurs, must always write down the reason for the suspension of the fight. The referee, until he has gone up to the square to direct the match, is employed by the C. of R. and P. G. Both the central referee and the judges cannot leave the competition square unless authorized by the Commissioner of Meeting.

The referee and judges, in the exercise of their functions, are autonomous and cannot receive orders and directives from anyone, except from the **C. di R. who has the right, at intervals, to recall or replace them**, if the need arises. The referee must always be the first to step on the tatami or ring and the last to come down.

Both referees and judges are obliged (unless otherwise assessed by the Commissioner of Meeting) to wear the federal uniform, which consists of a white shirt (or polo) and black bow tie, black trousers and black gym shoes. The functions of Match Official of the matches of **Free Boxing Light** must be carried out by qualified Referees / Judges.

COMPETITION JUDGES

When the fight is judged by three judges, the central referee will have to stop the match with the order of " *stop* ". At the end of time acoustic signal, he will send the fighters to his corners, collect the points sheets drawn up by the judges and after checking that they have been completed and signed in every part, he will deliver them to the jury table. He will go to the center of the competition square with the fighters at his side, grab them by the wrists, wait for the verdict from the jury table and raise the winner's arm by saying the word " *WIN* ".

If a match is judged by two judges, the central referee has the right to judge. These, at the end of the fight, will have to stop the meeting with the order " *stop* ", Will send the athletes to their corner and fill in their own card; then he will collect the points sheets from the two judges and after checking them he will deliver them to the jury table. He will go to the center of the competition square with the athletes at his side, wait for the jury's verdict and raise the winner's arm by saying the word " *WIN* ".

The judges will sit at the limits of the competition square, one on each side of the square and never in front of the jury table, they will have the task of judging the match with maximum impartiality, correctness and professionalism.

In the event that for a judge the match ends in a tie, in the event of a tournament, the win must be assigned by preference, that is, the total tie score must be scored and a + must be scored below 1 "The winner and with a" 0 " the loser. In assigning the preference, the judge must take into account the expressed technical quality, the general psycho-physical state, the offensive and defensive abilities, the general strategy used by the athletes.

The judges will have to judge a meeting **Free Boxing Light** based on the validity of the arm techniques, namely:

- a) when the technique is performed correctly;
- b) when the technique is correct in distances;
- c) when the technique is dynamic, that is, it contains decision, speed, precision and appeal;
- d) when the technique is target controlled;
- e) if better combinations of arm shots have been used.

In evaluating the match, the judge must take into account the defense (if active or passive) of the saves, of the dodges and of the attack (if composed or decomposed).

It is strictly forbidden for all Match Officials to show the cards or to disclose their details.

The race judge during the match he cannot speak to anyone, except with the Central Referee.

Mark your preference on the card with a maximum rating of 10 / tenths. The communication of the vote will be given only at the end of the meeting. Mark on his card the calls and exits reported by the Central Referee; he must not leave his post until the winner of the match is declared.

The competition judges cannot arbitrate athletes from their team, unless otherwise specified in the CoR

THE TIMEKEEPER

He takes his place at the Jury Table and is responsible for respecting the race times; check the time of the round and the recovery time, according to the provisions of these Rules.

The timekeeper communicates through the speaker the order to clear the square with the phrase " *the seconds out* "Uttered ten seconds before the start of shooting and starts shooting at the same time as " *fight* " given by the central referee, giving the start signal with the gong or similar instrument. He will stop the stopwatch only when the referee requests it with a clear hand gesture, saying " *Time* ".

Notify the referee of the end of the second half with an acoustic signal and / or with the throwing of a sponge on the competition area.

Check the time in case an Athlete does not show up on the tatami after the first call, when an Athlete does not show up with the clothing or protection provided by the Regulations or when the Doctor is called to provide treatment to an athlete. In all cases it will signal the end of time to the Referee.

SERVICE DOCTOR

The race doctor must never leave the venue. If a fighter is injured in a match, **the race doctor is there ' only person** who can evaluate whether the fighter can continue or suspend the match.

In the event of a KO for blow to the head, the athlete must be accompanied to the hospital with the ambulance service. If he refuses admission, declaring that he will provide on his behalf, the Doctor will acknowledge it in the minutes of the Commissioner of Meeting.

THE SPEAKER

Takes place at the Jury Table. He has the task of making the communications that the Commissioner of the Meeting deems appropriate clear and concise to the public. He will directly announce the clearing of the square when the order number of the second half is signaled to him by the timekeeper.

ART. 15 - THE ATHLETE - COUNTING AND TENDERING

The athlete of **Free boxing Light** is held to the utmost respect towards the C. of R., and the match officials. He must refrain from comments and discussions, always observing the rules of the most correct behavior also towards the spectators. Once on the square, he is allowed to confer only with his seconds in a low voice during the intervals. For no reason can he speak to the referee on his own initiative, except in exceptional cases. During the filming he must observe the most absolute silence, being only allowed, when he intends to, to pronounce only the word " *abandonment* . " He must promptly execute the orders given by the referee and respectfully listen to his observations.

He will use the most respectful demeanor towards the opponent and his seconds, refraining from any gesture or word that may appear disrespectful to them and to the public.

Invited by the referee, immediately before and immediately after the verdict is announced, he will "shake hands" with the opponent.

"Handshake" during filming or intervals is prohibited.

Before the start of the matches, the athletes registered in the various categories will all be weighed; at the disposal of the Commissioner of Meeting, the weight may be carried out on a sample basis, or

at the request of the opposing Coach (only if endorsed by the CoR), before starting the meeting.

Male athletes will carry out the weight with shorts and shirtless. The female athletes will carry out the weight with shorts and short-sleeved t-shirts or tank tops or "tops". 200 gr are allowed. more or less tolerance than the category.

Each athlete, if not within the weight of the category of registration, has the possibility to repeat the weight check (definitively) within 30 minutes from the first assessment. The weight recorded on this last occasion is the definitive one. If the weight exceeds the weight of the category and the expected tolerance it will be disqualified.

It is also possible in the event of tournaments, **with the prior consent of the CoR or its delegate**, enter the athlete in the category corresponding to the weight detected.

The organizing committee with the consent of the Commissioner of Meeting can modify these conditions in case of extreme causes of force majeure, except for weight limits and overcoming of the same .

ARTICLE 16 - APPEAL AGAINST A VERDICT

If a coach files an appeal against a verdict, he must do so in writing to the President of the Jury, within fifteen (15) minutes from end of the match, pouring at the same time the fee of € 100.00, which will be returned in case of acceptance of the same. The presentation of the Appeal suspends the tender limited to the category concerned. The Appeal can only concern errors of fact or of application of the Regulations or irregular positions of Sports Clubs and / or Athletes. Appeals for alleged errors of technical evaluation are not allowed.

The Appeal is immediately evaluated by a Commission made up of three highly experienced Referees. The Commission, having heard all those who consider important in defining the matter, meets to decide. In the event that the Appeal is rejected, it notifies the appellant of the decision. In case of acceptance of the Appeal instead it takes the necessary measures (review the judgments that contravene the rules, cancel the result of the match concerned, repeat the match and / or sanction the Referees involved).

ART. 17 - THE COACH

Fighters have the right to be followed at the corner for two (2) seconds (e.g. first coach and second coach). The second at the corner must wear the social suit or an exercise outfit and sneakers, under penalty of being removed from the competition area . Only the main coach (first coach) can enter the ring during the break between rounds.

The two seconds can speak to the assisted athlete only during the intervals between one shot and the next; they can not encourage, speak to your athlete during the fight, under penalty of being removed from the competition square. The latter are required to strictly comply with and apply the federal rules and regulations issued by the match officials and the CoR It is compulsory for the latter to assist the athletes in the locker rooms before and after the match. They are responsible for their behavior inside and outside the square. They must ensure that the fighters do not take alcoholic beverages, banned substances, which may affect the health of athletes or alter athletic performance.

The latter must refrain from any comment about the work of the referee and the judges, avoiding any discussion about it.

The latter who contravene the aforementioned rules can be called up by the central referee or the CoR, admonished or removed from the corner even for the duration of the tournament. The referee can also pronounce the disqualification of the fighter for infractions committed by his second.

The second principal (first coach) is authorized to throw in the towel inside the ring or tatami, if he realizes that his fighter is unable to continue the fight. This immediately stops the encounter.

ART. 18 - LIABILITY

WMKF declines any responsibility for accidents of any kind that may occur to athletes, coaches and accompanying persons during, before, during and after the matches.

MEDICAL CERTIFICATE

B1

Sport type

Mandatory exams

B1 Football, basketball, volleyball, swimming, water polo, athletics, baseball, softball, rowing, cycling, gymnastics, martial arts, horse racing, horseback riding, rugby, american football, fencing, tennis, ice sports, cross-country skiing

Clinical Examination
Urine ECG
examination at rest
ECG after exercise

IRI Spirometry

Necessary documentation:

1. SPORTS COMPANY REQUEST

On the appropriate form bearing the symbol of the Lombardy Region with Company stamp and original signature of the President

In the case of unaccompanied minor athletes:

- Privacy Information Law
- History of minors

2. PREVIOUS COMPETITIVE CERTIFICATE the original copy of the athlete

3. URINE IN THE MORNING

collected on an empty stomach

4. DOCUMENTS

- identity card
- health insurance card