



SRM INSTITUTE OF SCIENCE AND TECHNOLOGY
DIRECTORATE OF STUDENT AFFAIRS



RULEBOOK SELF DEFENCE

MILAN 26

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Join our WhatsApp Group for Updates & Queries:

[MILAN 2026: Updates & Queries](#)



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General Rules

- 1. Participants must carry valid ID proof (institution ID card) for verification.**
- 2. The team will be disqualified if the college ID or any other submitted document is proven to be fake or if there is any involvement in cheating.**
- 3. Participants must be students of a recognised institution.**
- 4. NOC should be provided by all participants, attested by the college.**
- 5. Event Annexure MUST be filled for all group events.**
Event annexure is given at the end of the rule book.
- 6. Registration amount will not be refunded if the required NOCs are not provided.**
- 7. Any form of misconduct, cheating or disruptive behaviour may lead to disqualification.**
- 8. Offensive language, disrespect towards the university or violence of any sort will not be tolerated.**
- 9. Organizers are not responsible for the loss or damage of any personal belongings.**
- 10. Participants must follow university policies and law while on campus.**
- 11. A lucky draw system will be conducted to determine the order of participation for relevant events.**
- 12. Participants must be present at the time of the draw; absent participants will be placed at the end or disqualified.**
- 13. For events open to SRMIST:**
 - a. Participants from SRMIST - KTR and from other colleges will be awarded 1st and 2nd prizes separately.**
 - b. Final and pre-final year students cannot participate.**

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SELF DEFENCE CLUB

EVENT NAME: The Kickfury Arena

Kickboxing Event

TEAM SIZE: Solo

DESCRIPTION:

The Kickfury Arena is a high-intensity amateur kickboxing event designed to test speed, power, endurance, and tactical skill. Competitors battle using traditional amateur kickboxing techniques under strict safety and scoring regulations. It showcases discipline, precision striking, and the true spirit of martial arts combat. Only the most skilled and mentally focused fighters rise to victory in this arena.

RULES & REGULATIONS:

- **Theme:** Amateur Kickboxing Techniques.
- **Categories:** Participants will be separated by **gender** and **divided into weight divisions** based on weigh-in during registration.
- **Event Format:**
 - Controlled kickboxing sparring matches.
 - Participants will be matched within their respective weight category.
- **Time Limit:**
 - Each match consists of 3 rounds of 2 minutes.
 - Each with a 1-minute rest period between rounds.
- **Code of Conduct:**
 - Respect all referees, organisers, and fellow participants.
 - Adhere to safety protocols at all times.
- **Disqualifications:**
 - Failure to comply with safety rules or referee instructions.
 - Excessive force beyond amateur kickboxing standards.
 - Usage of foul language or unsportsmanlike behaviour.
 - Illegal techniques (e.g. elbows, strikes to the groin, back of the head, or joints).
 - Non-compliance with safety protocols.

JUDGEMENT CRITERIA:

Scoring:

- Clean strikes landed using legal kickboxing techniques.
- Effective use of combinations (punches + kicks).
- Defensive skills, footwork, and guard.

Overall:

- Adherence to amateur kickboxing principles.
- Control, discipline, and technical execution.
- Demonstration of competitive spirit and sportsmanship.

Tie-Breaker: In case of a tie, the referee's decision will be final.

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SELF DEFENCE CLUB

EVENT NAME: The Milan Boxing Arena

Boxing Event

TEAM SIZE: Solo

DESCRIPTION:

The Milan Boxing Arena is an individual event showcasing the boxing skills of participants. Competitors will engage in intense sparring matches to demonstrate their power, technique, and strategy. The event will exclusively feature sparring rounds focused on striking, discipline, and control.

RULES & REGULATIONS:

- **Theme:** Amateur Boxing Techniques.
- **Categories:** Participants will be separated by gender and divided into weight divisions based on weigh-in during registration.
- **Event Format:** Sparring Matches – Participants will be matched within their weight category.
- **Time Limit:** Each match consists of 3 rounds of 2 minutes each with a 1-minute rest period between rounds.
- **Code of Conduct:**
 - Respect all referees, organisers, and fellow participants.
 - Adhere to safety protocols at all times.
- **Disqualifications:**
 - Usage of foul language or unsportsmanlike behaviour.
 - Non-compliance with safety protocols.
 - Missing the event timeline or failing to appear for a match.
 - Fouls such as hitting below the belt, headbutts, or intentional avoidance.

JUDGEMENT CRITERIA:

Scoring:

- Total points scored based on clean punches landed.
- Defensive skills and technique.

Overall:

- Adherence to traditional boxing principles.
- Demonstration of discipline and sportsmanship.

Tie-Breaker: In case of a tie, the referee's decision will be final.