

BOUNDS-

The match consists of three rounds of two minutes for class C matches, three rounds of three minutes for class B contests, three or five rounds of three minutes for class A matches. One-minute intervals take place between the rounds.

ATTIRE-

Contestants will wear kickboxing or other approved trunks that stop above the knee. In the case of male contestants the upper body is uncovered. Female contestants will also wear kickboxing or other approved trunks ending above the knee but the upper body is covered. The kickboxing trunks should be checked for possible harmful materials before the match starts.

EQUIPMENT-

Contestants are obliged to wear mouth guards and groin guards during the fights. No oils or liniments of any type on the face or body. Only Vaseline on the face is permitted. (Boxing rule)

REFEREE:

Referee commands: FIGHT – STOP – BREAK

The command "break" is used by the referee to interrupt an action of the fighters and to separate the fighters after which they must take a step backwards. The referee steps in between both fighters. As soon as he steps back the fighters resume the fight with or without the instruction "fight".

The command "stop" is used by the referee in order to stop the fight, at the end of a round or prior to a caution or public warning.

The referee begins or resumes the fight with the command "fight".

CLINCH-

Five second limit in the clinch.

I don't expect fighters or referees to time each clinch to the absolute second. The most important thing is the spirit of the rule, the philosophy behind it, which is that we see active clinching that the fighter is using to progress the fight. When clinching is used to stall, or becomes a stalemate, that it becomes a problem. The referee has to decide if the clinch is effective and that it isn't being used to stall.

FOULS-

- Head butts, or coming in too low with one's head
- All techniques targeting the back of the head or back or the torso
- Techniques targeting the groin;
- Linear or thrusting kicks directed at knee (i.e. front kick, side kick, back kick)
- Biting
- Elbow strikes; Striking with any part of the arm or wrist above the padded portion of the glove
- Hitting or punching with open gloves or the palm side of the glove or jabbing an opponent's eye with the thumb of the glove
- Wrestling or judo techniques, strangulation techniques or submissions;
- Throws, leg sweeps, foot sweeps or pushing of any kind as an effort to off-balance or down an opponent; any attempt to off-balance or down an opponent with anything other than a legal strike may be considered a foul.

- Grabbing, clinching or holding for any reason other than to immediately attack with a knee strike (or strikes) is a foul; this includes holding to rest, or grabbing an opponent in order to stop them from striking.
- A fighter may clinch in order to immediately attack with a legal knee strike (or strikes). If the knee attack and/or counter attack by the opponent is continuous and productive the referee may allow it to continue for in his estimation up to five seconds; otherwise the fighters should disengage the clinch and continue to fight.
- If a fighter clinches and fails to immediately attack with a legal knee strike the referee shall "break" the fighters, and may caution, warn or penalize the offending athlete.
- Holding on to an opponent's leg without striking; a fighter may grab an opponent's leg in order to immediately execute a single legal strike that may be accompanied by a single step in any direction. The leg must be released immediately after that single legal strike.
- Pulling an opponent towards one with both arms in the lower back
- Continuing to fight if someone has any other part of his body other than his feet on the ground
- Techniques used following the command "Break" or "Stop" by the referee
- Techniques used if the opponent is outside the ring or tied up in the ropes
- Throwing or pushing an opponent out of the ring or pushing an opponent backwards over the ropes
- Holding on to the ring ropes for any reason; including as an asset for offense or defense or locking in an opponent.
- Actions/moves that are used to evade or hold off the fight; this includes but is not limited to continuously pulling up the front leg or stretching out the front arm without carrying out a particular technique
- Passivity; this includes but is not limited to fighting only when the opponent attacks.
- Continuously allowing oneself to fall to the ground
- Deliberately falling on the opponent in any way
- Deliberately evading or deliberately halting the fight
- Voluntarily leaving the ring during the match;
- Unsportsmanlike conduct including but not limited to spitting, cursing, talking, making rude sounds or obscene gestures
- Insulting the referee, officials, opponent or his team
- Deliberately ignoring the referee's commands;
- Undisciplined conduct of any kind
- Unnecessarily causing danger to oneself or an opponent
- Simulating being hit too low
- Deliberately spitting out the mouth guard

The referee has the discretion to issue Cautions, Warnings, Penalties or Disqualification based on the nature, severity and repetition of the fouling behavior. In doing so, the referee must have thoroughly considered whether the fighter has, through his violation, damaged his opponent's chances of victory and if the violation was deliberately committed;

LEGAL SCORING TECHNIQUES-

Punches – striking with the padded part of the glove to a legal target: i.e. straight punches, hooks, uppercuts, spinning back-fist (only if executed with the padded, back of the glove);

Kicks – striking with the foot or lower leg to a legal target: i.e. front kicks, low kicks inside and outside the leg, middle kicks, high kicks, sidekicks, back kicks, ax kicks, spinning kicks, jumping kicks;

Knees – striking with the knee to a legal target: i.e. front knee, round-house knee, jumping knee, knee on the leg inside and outside

JUDGING CRITERIA-

Judges will evaluate the relative effectiveness of each fighter's performance according to the following prioritized criteria.

- A. Number of knockdowns.
 - B. Damage inflicted on the opponent.
 - C. Number of clean strikes with spectacular techniques (flying and spinning techniques, etc)
 - D. Number of clean strikes with normal techniques.
 - E. Degree of Aggressiveness or Ring Generalship (whichever has greater impact on the round)
- It should be noted that in assessing the general impression, attack is valued higher than defense.

SCORES-

- 10-10: Not even a marginal advantage can be determined according to the established criteria
- 10- 9: One fighter has demonstrated an advantage in effectiveness
- 10- 8: One fighter has demonstrated an advantage in effectiveness by merit of a knockdown
- 10- 7: One fighter has demonstrated an advantage in effectiveness by merit of two knockdowns

Considerations:

A fighter cannot be saved by the bell in any round, including the final round.

The three knockdowns could be in effect for knockdowns caused by strikes to the head.

The standing eight count can be utilized.

Duration of fight cards:

Minimum number of rounds for program. a promoter shall not schedule fewer than Twenty-five rounds on any one program

Maximum number of rounds for program. a promoter shall not schedule more than Fifty rounds on any one program, without prior Commission approval.

Seconds:

Only one of the seconds may be inside the ring ropes during a period of rest.

Any excessive or undue spraying or throwing of water on an unarmed combatant by a second during a period of rest is prohibited.

One-sided contest or exhibition; risk of serious injury.

1. The referee may stop a contest or exhibition at any stage if the referee determines that the contest or exhibition is too one-sided or if either unarmed combatant is in such a condition that to continue might subject the unarmed combatant to serious injury.

2. The referee shall stop a contest or exhibition of unarmed combat at any stage if the referee determines that both unarmed combatants are in such a condition that to continue might subject the unarmed combatants to serious injury. If a contest or exhibition is stopped pursuant to this subsection, the decision shall be deemed to be a technical draw.

Procedure for counting; knockdown; knockout; technical draw.

1. When an unarmed combatant is knocked down, the referee shall order the opponent to retire to the farthest neutral corner of the ring, by pointing to the corner, and shall immediately begin the count over the unarmed combatant who is down. The referee shall audibly announce the passing of the seconds, accompanying the count with motions of his arm, with the downward motion indicating the end of each second.

2. The timekeeper, by effective signaling, shall give the referee the correct 1-second interval for his count. The referee's count is the official count. Once the referee picks up the count from the timekeeper, the timekeeper shall cease counting. No unarmed combatant who is knocked down may be allowed to resume competing until the referee has finished counting to eight. The unarmed combatant may take the count either on the floor or standing.

3. If the opponent fails to stay in the farthest corner, the referee shall cease counting until he has returned to his corner and shall then go on with the count from the point at which it was interrupted. If the unarmed combatant who is down arises before the count of 10, the referee may step between the unarmed combatants long enough to assure himself that the unarmed combatant who has just arisen is in condition to continue. If so assured, he shall, without loss of time, order both unarmed combatants to go on with the contest or exhibition. During the intervention by the referee, the striking of a blow by either unarmed combatant may be ruled a foul.

4. When an unarmed combatant is knocked out, the referee shall perform a full 10-second count unless, in the judgment of the referee, the safety of the unarmed combatant would be jeopardized by such a count. If the unarmed combatant who is knocked down is still down when the referee calls the count of 10, the referee shall wave both arms to indicate that he has been knocked out.

5. If both unarmed combatants go down at the same time, the count must be continued as long as one is still down. If both unarmed combatants remain down until the count of 10, the contest or exhibition must be stopped and the decision is a technical draw.

6. If an unarmed combatant is down and the referee is in the course of counting at the end of a period of unarmed combat, the bell indicating the end of the period of unarmed combat must not be sounded, but the bell must be sounded as soon as the downed unarmed combatant regains his feet.

7. When an unarmed combatant has been knocked down before the normal termination of a period of unarmed combat and the period of unarmed combat terminates before he has arisen from the floor of the ring, the referee's count must be continued. If the unarmed combatant who is down fails to arise before the count of 10, he is considered to have lost the contest or exhibition by a knockout in the round containing the period of unarmed combat that was just concluded.

8. If a legal blow struck in the final seconds of a period of unarmed combat causes an unarmed combatant to go down after the bell has sounded, that knockdown must be regarded as having occurred during the period of unarmed combat just ended and the appropriate count must continue.

Procedure when unarmed combatant has fallen through or been knocked through ropes.

1. An unarmed combatant who has been knocked or has fallen through the ropes and over the edge of the ring platform during a contest or exhibition:

- (a) May be helped back by anyone except his seconds or manager; and
- (b) Will be given 20 seconds to return to the ring.

2. An unarmed combatant who has been knocked or has fallen on the ring platform outside the ropes, but not over the edge of the ring platform:

- (a) May not be helped back by anyone, including, without limitation, his seconds or manager; and
- (b) Will be given 10 seconds to regain his feet and get back into the ring.

3. If the seconds or manager of the unarmed combatant who has been knocked or has fallen pursuant to subsections 1 and 2 helps the unarmed combatant back into the ring, such help may be cause for disqualification.

4. When one unarmed combatant has fallen through the ropes, the other unarmed combatant shall retire to the farthest corner and stay there until ordered to continue the contest or exhibition by the referee.

5. An unarmed combatant who deliberately wrestles or throws an opponent from the ring, or who hits him when he is partly out of the ring and is prevented by the ropes from assuming a position of defense, may be penalized.

. An unarmed combatant shall be deemed to be down when:

1. (a) Any part of his body other than his feet is on the floor; or
(b) He is hanging over the ropes without the ability to protect himself and he cannot fall to the floor.
2. A referee may count an unarmed combatant out if the unarmed combatant is on the floor or is being held up by the ropes.

Rule Meetings:

In many jurisdictions, group rule meetings have been commonplace in the reviewing of rules, fouls and other considerations. It is recommended that individual meetings between the bout supervising referee and each competitor in the contest be conducted backstage in the locker room or another appropriate location. Many times contestants will ask questions of the official when the rules are covered individually in private, when they would have been hesitant to ask the same question in front of their competitor. This also provides the referee to observe any peculiar idiosyncrasies of the fighter, such as an odd speech pattern, nervous ticks, or different eye colors.

This does not supersede the ability of the Commission to have a general rules meeting about the requirements and also discuss items such as a fighter's time to report, the location, interaction with the inspectors, available liquids and foods, taping requirements and so on, with all the fighters gathered en masse.

Weight Loss

Athletes shall be examined at the pre-fight examination to screen for in excessive or extreme weight loss practices leading to dehydration.

Consumables

Only water or an approved electrolyte drink by the Commission may be consumed during the bout. The use of banned substances is grounds for DISQUALIFICATION and administrative disciplinary action. Particular attention should be given to amateurs consuming energy drinks prior to the contest.

Rings

The ring specifications must meet the following requirements:(1) The ring may be no smaller than twenty feet square and no larger than thirty-two feet square within the ropes;(2) One of the corners must have a blue designation, the corner directly across must have a red designation;(3) The ring floor must extend at least eighteen inches beyond the ropes. The ring floor must be padded with ensolite or similar closed-cell foam, with at least one inch layer of foam padding. Padding must extend beyond the ring ropes and over the edge platform, with a top covering of canvas, duck or similar material tightly stretched and laced to the ring platform. Material that tends to gather in lumps and ridges may not be used;(4) The ring platform must no be more than four feet above the floor of the building and must have suitable steps for the use of the contestants;(5) Ring posts must be made of metal, not more than three inches in diameter, extending from the floor of the building to a minimum height of fifty-eight inches above the ring floor, and must be properly padded in a manner approved by the commission. Ring posts must be eighteen inches away from the ring ropes;(6) There must be three or more ring ropes, not less than one inch in diameter and wrapped in soft material. The lowest rope must be no higher than twelve inches from the ring floor;(7) There must not be any obstruction or object, on any part of the ring floor.

Time Considerations for Fouls

Low Blow Foul

A fighter who has been struck with a low blow is allowed up to five minutes to recover from the foul as long as in the ringside doctor's opinion the fighter may possibly continue on in the contest. If the fighter states that they can continue on before the five minutes of time have expired, the referee shall as soon as practical restart the fight. If the fighter goes over the five minute time allotment the fight cannot be restarted and the contest must come to an end with the outcome determined by the round and time in which the fight was stopped.

Fighter who is not fouled by low blow but another foul:

If a contest or exhibition of mixed martial arts is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. If the unarmed combatant's chance of winning has not been seriously jeopardized as a result of the foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who has been fouled, the referee may order the contest or exhibition continued after a recuperative interval of not more than 5 minutes. Immediately after separating the unarmed combatants, the referee shall inform the Commission's representative of his determination that the foul was accidental.

If a fighter is fouled by blow that the referee deems illegal, the referee should stop the action and call for time. The referee may take the injured fighter to the ringside doctor and have the ringside doctor examine the fighter as to their ability to continue on in the contest. The ringside doctor has up to 5 minutes to make their determination. If the ringside doctor determines that the fighter can continue in the contest, the referee shall as soon as practical restart the fight. However, unlike the low blow foul rule, the fighter does not have up to 5 minutes of time to use at their discretion.

For a foul other than a low blow, the fouled fighter is not guaranteed 5 minutes of recovery time. If deemed not fit to continue by the referee or ringside physician, the referee must immediately call a halt to the bout. If the fighter is deemed not fit to continue by the referee or ringside physician but some of the five minute foul time is still remaining, the fighter cannot avail himself of the remaining time.

If the referee stops the contest and employs the use of the ringside doctor, the ringside physician's examinations shall not exceed five minutes. If five minutes is exceeded, the fight cannot be re-started and the contest must end.

Fouls: Intentional.

1. If the referee determines that a contest or exhibition may not continue because of an injury caused by an intentional foul, the unarmed combatant who committed the intentional foul loses by disqualification.
2. If the referee determines that a contest or exhibition may continue despite an injury caused by an intentional foul, the referee shall immediately inform the Commission's representative and the judges and shall deduct two points from the score of the unarmed combatant who committed the intentional foul.
3. If an injury caused by an intentional foul results in the contest or exhibition being stopped in a later round:
 - (a) The injured unarmed combatant wins by technical decision, if he is ahead on the scorecards; or
 - (b) The contest or exhibition must be declared a technical draw, if the injured unarmed combatant is behind or even on the scorecards.
4. If an unarmed combatant injures himself while attempting to foul his opponent, the referee shall not take any action in his favor and the injury must be treated the same as an injury produced by a fair blow.

Fouls : Accidental.

1. If a contest or exhibition is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. If the unarmed combatant's chance of winning has not been seriously jeopardized as a result of a foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who was fouled, the referee may order the contest or exhibition continued after a reasonable interval. Before the contest or exhibition begins again, the referee shall inform the Commission's representative of his determination that the foul was accidental.
2. If the referee determines that the contest or exhibition may not continue because of an injury suffered as the result of an accidental foul, the contest or exhibition must be declared a no decision if the foul occurs during the first three rounds of a contest or exhibition that is scheduled for six rounds or less or the first four rounds of a contest or exhibition that is scheduled for more than six rounds.
4. If an injury inflicted by an accidental foul later becomes aggravated by fair blows and the referee orders the contest or exhibition stopped because of the injury, the outcome must be determined by scoring the completed rounds and the round during which the referee stops the contest or exhibition.

Gloves

Gloves should be supplied by the promoter and approved by the commission. No contestant shall supply their own gloves for participation.

Gloves must weigh a minimum of eight ounces or above. Weight Class of 160 lbs. and above must wear 10 ounce Gloves.

Gloves must not be squeezed, kneaded or crushed to change the original shape.

Gloves must only be placed on the Fighter in the presence of an Inspector.

New replacement Gloves must be kept at ringside.

All gloves must have the distal portion of the thumb attached to the body of the glove so as to minimize the possibility of injury to an opponent's eye.

Gloves should be wiped by referee after knockdown, slip or fall of contestant before the fallen contestant may resume competing, the referee shall wipe the gloves with a damp towel or the referee's shirt.

Suggested Weight Classes

Mini Flyweight	From 100 pounds but not over 105 pounds
Light Flyweight	Must be over 105 pounds but not over 108 pounds
Flyweight	Must be over 108 pounds but not over 112 pounds
Super Flyweight	Must be over 112 pounds but not over 115 pounds
Bantamweight	Must be over 115 pounds but not over 118 pounds
Super Bantamweight	Must be over 118 pounds but not over 122 pounds
Featherweight	Must be over 122 pounds but not over 126 pounds
Super Featherweight	Must be over 126 pounds but not over 130 pounds
Lightweight	Must be over 130 pounds but not over 135 pounds
Super Lightweight	Must be over 135 pounds but not over 140 pounds
Welterweight	Must be over 140 pounds but not over 147 pounds
Super Welterweight	Must be over 147 pounds but not over than 154 pounds
Middleweight	Must be over 154 pounds but not over than 160 pounds
Super Middleweight	Must be over 160 pounds but not over than 168 pounds
Light Heavyweight	Must be over 168 pounds but not over 175 pounds
Cruiserweight	Must be over 175 pounds but not over than 190 pounds
Super Cruiserweight	Must be over 190 pounds but not over 210 pounds
Heavyweight	Must be over 210 pounds but not over 230 pounds
Super Heavyweight	230 pounds and up

It is recommended that the unwritten custom of the one pound allowance for non-title bouts be continued, but only if provided for in the written bout contract or by regulation.

Commissions may also approve catch weight bouts, subject to their review and discretion. For example, the Commission may still decide to allow the contest if it feels that the contest would still be fair, safe and competitive if a set catch weight is set in advance.

In addition, if one athlete weighs in at 227 pounds while the opponent weighs in at 232, the Commission may still decide to allow the contest if it feels that the contest would still be fair and competitive. This would be despite the fact that the two athletes weighed in at differing weight classes.

No Fighter shall be permitted to lose more than 2% of his/her bout weight after initially failing to make weight. The weight loss described in subsection 3 must not occur later than 1 hour after the initial weigh-in.

Commissions should establish and make known to promoters the maximum allowable weight differences for contestants for each weight class. For example,

. No unarmed combatants may engage in a contest or exhibition, without the approval of the Commission or the Commission's representative if the difference in weight between unarmed combatants exceeds the allowance shown in the following schedule:

up to 118 lbs.....	not more than 3 lbs.
118 lbs.-126 lbs.....	not more than 5 lbs.
126 lbs.-160 lbs.....	not more than 7 lbs.
160 lbs.-175.....	not more than 9 lbs.
175 lbs.-195 lbs.....	not more than 12 lbs.
195lbs.and over	no limit.

Handwraps

All contestants shall be required to gauze and tape their hands prior to all contests.

In all weight classes, the bandages on each contestant's hand shall be restricted to soft gauze cloth not more than 15 yards in length not more than two inches in width, held in place by not more than 6 feet of surgeon's tape, not more than two inches in width, for each hand.

The tape may cross the back of the hand twice, but may not extend within three-fourths of an inch of the knuckles when the hand is clenched to make a fist.

Strips of tape may be used between the fingers to hold down the bandages.

The bandages shall be evenly distributed across the hand.

Bandages and tape shall be placed on the contestant's hands in the dressing room in the presence of the inspector and, if warranted, in the presence of the manager or chief second of his or her opponent.

Substances other than tape and gauze shall not be utilized. For example, pre wraps should not be used.

Females

Females competitors should be allowed to compete in the same round time lengths and number of rounds as men.