

# Full-Contact Fighting Championship Rules

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## All Styles

### Basic Format

- Contests will be held in a boxing/kickboxing style ring.
- Contests will be over 3 rounds for standard matches & 5 rounds for titles matches.
- Weight divisions will be in 5kg classes up to 90kg. From 90kg onwards open weight division applies.
- All directions (including counting) from referees will be in English.

### Officials

- Officials will wear FCFC uniform while officiating.
- Officials will cover their FCFC uniform IF they are required to coach at the same event.
- Officials may NOT compete at an event where they are officiating.
- Whenever possible the officials will not come from the same club as either competitor.
- Officials must conduct themselves in a professional manner at all times whilst in uniform.
- No official may consume alcohol on the day of the event, until their duties are completed.

### Uniforms

- Must be clean and in good condition, no pockets, no rips or tears, no mended uniforms, no dyes that rub off onto the opponent, no poorly affixed patches etc.
- No jewellery, hair pins, metal objects or equipment of any kind that could be used as a weapon or that gives a competitor an unfair advantage over their opponent. This includes LEGAL safety equipment or equipment that is in poor condition. ALL safety equipment (including wraps) will be inspected at the event prior to the match.
- No glasses or eyewear of any kind – even if they are made for sport.
- Underwear must be worn.

### Medical

- All competitors need to be aware that any medical attention they receive will be First Aid only.
- The Medic is the ONLY person that can override the Referee. If the Medic says a competitor cannot continue, the fight is over (even if that competitor wishes to continue). The Officials will then declare the winner based on fault.
- All fighters will be examined by the medic before the match to ensure they are fit to compete. If the Medic says a competitor cannot compete, they will be withdrawn!
- Competitors in the striking divisions cannot have been in another full contact match 4 weeks prior to the event.
- Competitors cannot compete in the striking divisions if they have been knocked out, or rendered unconscious up to 6 weeks prior to the event.
- Competitors under the influence of drugs or alcohol will not be permitted to compete.
- All competitors must agree to a drug test if requested by the Officials. Any competitor that refuses a drug test will be disqualified. In the case of a drug cheat winning, the decision will be reversed and all trophies and awards will be returned to the tournament organiser.
- Obese students will not be permitted to compete without a Doctor's certificate declaring them fit to compete.

- Any competitor with a skin condition must have a Dr's certificate declaring that it is not contagious.
- Competitors with ANY communicable disease will not be permitted to compete.

### **Timekeepers and Score-takers**

The timekeeper and score-taker will ensure correct timing of the rounds and in the event of a point decision, ensure that the scores are tallied correctly. These are very important positions; both timekeeper and score-taker must not talk to anyone or get distracted whilst the match is in progress. In the event of a points decision, the Referee will collect the scorecards from the Judges and hand them directly to the Score-taker. After the points have been tallied, the Score-taker will inform the Referee of the winner.

### **Instructors/Coaches/Trainers**

- Only 2 people in total per Club/Dojo will be allowed. They must be nominated by the Club/Dojo and ONLY those 2 people may work the fighters' corner. No other person (except the Medic) may be in the corner – that includes the immediate area outside the ring proper.
- Keep your corner tidy and dry up any spills.
- Buckets, towels, spray bottles, etc to be supplied and cared for by the competitors' club.
- Do not speak to your competitor if they are in a neutral corner.
- Competitors MUST report to the venue at least 1 hour prior to the event.

### **Hygiene**

- Finger and toe nails to be trimmed and short.
- Long hair to be fixed as not to put their opponent at disadvantage.
- Make up or dye from dyed hair must not be transferrable to their opponent.

### **Weigh In**

The weigh in will be done the day before or at the event. The promoter will advise all coaches/instructors of the time and place of the weigh in one month before the event. Uniforms are not required for a competitor to weigh in.

### **Age**

The age division is determined by the competitor's age at the time of the event. There is no maximum age, but the minimum age is 10 years old.

### **Belt/Grade**

- Competitors will be matched up based on weight, time training and experience only - not belt colour, as this can vary greatly between styles.
- Competitors caught lying about their grade and experience will be disqualified. Example; a Black Belt entering as a novice.

### **Sponsorship**

The Instructor, coach or trainer of the competitor must apply in writing to the event organiser prior to the event to display any promotional material.

## Award System

### Local Event

Win = 5 points                      Loss = 1 points

**State Event** (must accumulate a minimum 20 points for State title shot)

Win = 6 points                      Loss = 2 points

**National Event** (must accumulate a minimum 40 points for National title shot)

Win = 7 points                      Loss = 3 points

**International Event** (must accumulate a minimum 60 points for International title shot)

Win = 8 points                      Loss = 4 points

**World Event** (must accumulate a minimum 80 points for World title shot)

Win = 10 points                      Loss = 5 points

## Title Holders

Any champion that does not defend their title after 1 year or after 2 sanctioned events automatically loses it, and it will pass to the next winner of that category. Champions cannot hold a various classes of titles such as State & National simultaneously. However they CAN hold varying weight titles at the same time provided they are all in the same class (i.e all National titles).

## Kumite

Rounds will be 2 minutes long with 1 minute rest between rounds.

Traditional uniform of the competitors' given style must be worn.

## Protective Equipment

To be supplied by the competitor, and must be the approved standard:

- **Adult Males:** Mouth guards and groin guards are compulsory.
- **Adult Females:** Mouthguards and breast guards are compulsory. Breast guards are not to cover legal target areas such as the solar plexus and must be of soft material – no hard plastics.
- **16 & 17 years:** In addition to the above listed items, headgear, MMA gloves and shin & instep pads must be worn.
- **10 to 15 years:** Wear all items listed above plus chest guard.
- Strapping cannot cover any surface of the body used to strike with e.g knuckles, shins, etc

## Legal Techniques

- All kicks to the head.
- All kicks and hand strikes to the body (from the shoulder to the waist) – excluding the back.
- All kicks and punches to the upper arms – excluding the elbows.
- All kicks to the thighs.

## Fouls

- Using any part of the hand or arm to any part of the head or face.
- Striking or kicking the throat or neck.
- Head butting.
- Striking or kicking the back.
- Striking or kicking the groin.
- Any attack to any part of the knee or below.
- Stepping or stomping on an opponent's foot.
- Pushing with the hands or shoving (barging) with the body.
- Holding, grabbing, sweeping or using throwing and takedown techniques.
- Attacking a downed opponent or when their back is turned.
- When told to "Break", not breaking cleanly or attacking the opponent whilst breaking.
- Disobeying ANY instructions given by the Referee.
- Deliberately spitting out the mouthguard.
- Bad sportsmanship & language – this extends to the competitors' trainers/coaches.
- Refusing to engage (fight) their opponent or "taking a dive".
- Breaking off the fight. Any opponent that turns their back and breaks off the fight will automatically have a standing 8 count put on them. This is counted as a knockdown and may result in a T.K.O.
- Holding the ropes.
- Forcing an opponent through, over or under the ropes.

## Creating a foul

- Ducking into a body punch resulting in being punched in the face.
- Turning away from a thigh kick resulting in being kicked in the groin.
- Turning the back towards an opponent resulting in being hit in the back.
- In ALL cases the attack must have been aimed at a legal target area and must have commenced PRIOR to the re-action that “created” the foul.
- In all cases the competitor that creates the foul, will be fouled.

## Awarding fouls

For minor infringements the Referee may choose to give a warning to a competitor that breaks the rules. Under such circumstances no penalty is recorded. However if a competitor has been warned for the same minor infringement 3 times, a foul must be awarded against that competitor.

For a serious infringement (even if it’s a first offence) such as knocking an opponent down with an illegal technique, a foul must be awarded. The penalty for a foul is a (1) point deduction from each score card against the competitor who broke the rules. The Referee must clearly award the foul against the competitor responsible for the foul, and then ensure the Judges deduct the point. The Referee must give sufficient time for a competitor to recover after being fouled on before restarting the match. **It’s an automatic “time out” while the Referee awards the foul(s), and whilst allowing a competitor to recover from a foul.**

## Disqualification

- Competitors that fail to appear will be disqualified.
- Competitors that get 3 fouls awarded against them in the same round will be disqualified.
- Competitors that knock an opponent out with an illegal technique will be disqualified.
- Competitors that knock an opponent down with an illegal technique which results in their opponent being unable to continue will be disqualified.
- Competitors that lose their temper will be disqualified.
- Competitors who are instructed to deliberately foul by their coach or second will be disqualified.
- Competitors that lose control of their bodily functions.

## General

- The Referee is in charge of running the match, unless the Medic is required.
- After a “Break” command from the Referee, the match re-commences immediately from that spot. If the competitors continue to grab, the Referee may award a foul and/or re-commence the match from the centre of the ring.
- There is no “saved by the bell”. If a competitor is knocked down and then the bell sounds, the Referee will continue to count until the competitor recovers or K.O. or T.K.O is declared. (Unless the Referee is of the opinion that the competitor that has been knocked down is in need of medical attention).
- When a competitor is knocked down, the other competitor must go to a neutral corner. The count will not start until this has happened, then the count will start immediately.
- If a competitor cannot continue due to an injury that is not deemed a foul, the other competitor wins.

- If BOTH competitors cannot continue due to an accident and the first round has not been completed, a “No-Contest” will be declared. In this case no-one is declared the winner or loser. It’s as if the match did not take place.
- If BOTH competitors land a simultaneous knockdown the Referee will continue counting whilst one or both competitors are down. If neither competitor can stand before the count of 10, a draw is declared.
- If BOTH competitors cannot continue due to an accident and the first round HAS been completed, the Judge’s score cards will be tallied as if the entire match has been run.
- The Referee will ensure the ring is clean and devoid of debris.
- The Referee will NOT help a competitor to their feet after being knocked down unless they have signalled an end to the match.
- The Referee will exercise duty of care of competitors at all times.

## Points

- There will be 3 Judges outside the ring and will use the “Must Score 10” system.
- The fighter that, in the Judge’s opinion, wins the round must score 10 for that round.
- The other competitor receives:
  - 9 points if it’s close.
  - 8 points if the other competitor clearly wins.
  - 7 points if the Judge thinks the fight should be stopped.
  - 6 points if the Judge thinks the Referee is being negligent in their duty of care and should be reported.
- If there is a draw, an extra round will be added. The winner of THAT ROUND will be declared the winner. A judge may not call a drawn round in this round.
- Points are irrelevant if a competitor wins via K.O. or T.K.O.

## The winner is...

- The competitor that knocks down their opponent with any LEGAL technique for a count of ten (knock out (K.O)). A standing ten count will also constitute a K.O.
- The competitor that knocks their opponent down with any LEGAL technique 3 times in the same round (technical knockout (T.K.O)). A knockdown is defined as any LEGAL technique that knocks a competitor down for 3 to 9 seconds. If a competitor gets up before the count of 3, no knockdown is recorded. A minimum eight count is automatically put on any competitor that is knocked down. Three knockdowns in 3 separate rounds DOES NOT constitute a T.K.O.
- The competitor that is awarded the match via Judges’ decision (on points).
- The competitor whose opponent is disqualified.
- The competitor whose opponent no longer defends themselves (T.K.O)
- The competitor whose opponent gives up (T.K.O)
- The competitor whose opponent’s coach throws in the towel (T.K.O)
- The competitor whose opponent has been declared fit to continue by the Medic but refuses (T.K.O).
- The competitor whose opponent’s bleeding cannot be stopped after being treated by the Medic or coach/trainer on 2 separate occasions (T.K.O).

- Winners are declared when the Referee raises their arm.

### **Changing the Decision**

Can only be done by the tournament director for the following reasons:

- There was collusion affecting the outcome of the contest.
- An error occurred in adding up the scorecards.
- There was a clear violation of the rules that gave victory to the guilty party.

## Brazilian Jui Jitsu

Rounds will be 3 minutes long with 1 minute rest between rounds.

BJJ, Jui Jitsu or Judo Gi must be worn.

Competitors in the blue corner must wear a blue uniform. Competitors in the red corner cannot wear a blue uniform – any other colour is fine. Competitors will be notified ASAP as to what corner they will be in.

## Protective Equipment

**To be supplied by the competitor, and must be the approved standard:**

- **Adults:** Mouth guards are compulsory. Ear guards may be worn, but are not compulsory.
- No hard groin guards allowed.

## Legal Techniques, Points and Advantage Points

Any advantage = 1 point; is awarded to the competitor that can move from their initial movement into a superior position, but cannot quite get a submission.

- **All submissions** NOT listed as fouls = **victory**. Regardless of points or what round it is, once a submission has occurred the match is over. A submission is signalled by tapping the ground (with either hand or foot), their opponent or themselves in a clear apparent manner, or verbally asking (this includes the coach of the competitor) the match to be stopped, or when the competitor screams in pain.
- **Sweeps** NOT listed under fouls that start with the opponent standing at the moment the movement is carried out and that maintain control of their opponent on the mat for 3 seconds = **2 points**.
- **Takedowns** NOT listed under fouls that start with the opponent standing at the moment the movement is carried out and that maintain control of their opponent on the mat for 3 seconds = **2 points**. Points are not awarded to competitors who initiate a takedown movement after the opponent has pulled guard.
- **Counters** NOT listed under fouls that start with the opponent standing at the moment the movement is carried out and that maintain control of their opponent on the mat for 3 seconds = **2 points**.
- **Guard pass** that maintains control of their opponent for 3 seconds = **3 points**.
- **Knee on belly** that maintains control of their opponent for 3 seconds = **2 points**.
- **Mount and back mount** that maintains control of their opponent for 3 seconds = **4 points**. No points are awarded for a backwards mounted position.
- **Back control** that maintains control of their opponent for 3 seconds = **4 points**.
- Submission techniques stretching legs apart – 13 years and above only.
- Choke with spinal lock – 16 years and above only.
- Straight foot lock – 16 years and above only.
- Forearm choke using the sleeve (Ezequiel choke) – 16 years and above only.
- Frontal guillotine choke – 16 years and above only.
- Omoplata – 16 years and above only.
- Triangle (pulling head) – 16 years and above only.

- Arm triangle – 16 years and above only.
- Lock inside closed guard, legs compressing kidneys or ribs – Adult blue belts and above only.
- Wrist lock – Adult blue belts and above only.
- Single leg takedown with head outside opponent's body – Adult blue belts and above only.
- Bicep slicer – Adult brown belts and above only.
- Calf slicer – Adult brown belts and above only.
- Knee bar – Adult brown belts and above only.
- Toe hold – Adult brown belts and above only.

## Stoppage

- When the referee deems the hold in place may expose the competitor to serious injury.
- When the Medic deems the competitor is no longer fit to continue due to an injury from a legal technique.
- When a competitor's bleeding cannot be stopped after being treated by the Medic or coach/trainer on 2 separate occasions.
- Loss of consciousness from a legal technique.

## Fouls

- Slamming an opponent.
- Spinal lock without choke.
- Heel hook.
- Locks that twist the knees.
- Knee ripping.
- Scissor takedown.
- Straight foot lock, turning in the direction of foot not under attack.
- In toe hold, applying outward pressure on the foot.
- Bending fingers backwards.
- Grabbing opponent's belt and throwing them on their head.
- Stalling, time wasting, fleeing or exiting the ring proper.
- Deliberately spitting out the mouthguard.
- Feigning injury or putting themselves in an illegal position to get their opponent fouled.
- Applying anything that makes the body slippery.
- Applying anything that makes the uniform slippery.
- Choking with the hands around the throat.
- Blocking air to the nose and/or throat using hands or placing hands/feet on their face.
- Any groin attack.
- Bad sportsmanship & language – this extends to the competitors' trainers/coaches.
- Disobeying ANY instructions given by the Referee.
- Biting, head butting, hair pulling, kicking or striking.
- Putting your hands inside an opponent's uniform, includes feet inside the belt.
- Placing your foot on an opponent's uniform without gripping it.
- Using your belt to choke your opponent.
- Removing any part of your uniform while the match is in progress.
- No holding or "using" the ropes of the ring.

- Forcing an opponent through, over or under the ropes.

When both competitors are on the ground for 20 seconds without either competitor being able to gain an attacking position, the referee will break the match and continue it from a standing position.

### Awarding fouls

For minor infringements the Referee may choose to give a warning to a competitor that breaks the rules. Under such circumstances no penalty is recorded. However if a competitor has been warned, a foul must be awarded against that competitor. The Referee must clearly award the foul against the competitor responsible for the foul, and then ensure the Scorekeeper deducts the point. The Referee must give sufficient time for a competitor to recover after being fouled on before restarting the match.

- **1<sup>st</sup> foul = 1 point to the opponent.**
- **2<sup>nd</sup> foul = 2 points to the opponent.**
- **3<sup>rd</sup> foul = 3 points to the opponent.**

### Disqualification

- Competitors that fail to appear will be disqualified.
- Competitors that get 3 fouls awarded against them in the same round will be disqualified.
- Competitors that submit their opponent out with an illegal technique will be disqualified.
- Competitors that injure their opponent with an illegal technique which results in their opponent being unable to continue will be disqualified.
- Competitors that lose their temper will be disqualified.
- Competitors who are instructed to deliberately foul by their coach or second will be disqualified.
- Competitors that lose control of their bodily functions.

### General

- The Referee is in charge of running the match, unless the Medic is required.
- After a “Break” command from the Referee, the competitors will be stood up and the match re-commences immediately from the centre of the ring.
- If a competitor cannot continue due to an injury that is not deemed a foul, the other competitor wins.
- If BOTH competitors cannot continue due to an accident and the first round has not been completed, a “No-Contest” will be declared. In this case no-one is declared the winner or loser. It’s as if the match did not take place.
- If BOTH competitors cannot continue due to an accident and the first round HAS been completed, the score cards will be tallied as if the entire match has been run.
- The Referee will ensure the ring is clean and devoid of debris.
- The Referee will exercise duty of care of competitors at all times.
- If there is a draw, an extra round will be added. The winner of THAT ROUND will be declared the winner. The referee may not call a drawn round in this round.

### **The winner is...**

- The competitor that gets their opponent to submit with any LEGAL technique.
- The competitor that gets a stoppage against their opponent with any LEGAL technique.
- The competitor that is awarded the match via point decision.
- The competitor whose opponent is disqualified.
- The competitor whose opponent gives up.
- The competitor whose opponent's coach throws in the towel.
- The competitor whose opponent has been declared fit to continue by the Medic but refuses.
- Winners are declared when the Referee raises their arm.

### **Changing the Decision**

Can only be done by the tournament director for the following reasons:

- There was collusion affecting the outcome of the contest.
- An error occurred in adding up the scorecards.
- There was a clear violation of the rules that gave victory to the guilty party.

## Mixed Martial Arts (modified rules)

Rounds will be 3 minutes long with a 1 minute rest between rounds.

Rash guard (long or short sleeve) and MMA shorts must be worn.

## Protective Equipment

**To be supplied by the competitor, and must be the approved standard:**

- MMA gloves must be worn.
- **Adult Males:** Mouth guards and groin guards are compulsory.
- **Adult Females:** Mouthguards and breast guards are compulsory. Breast guards are not to cover legal target areas such as the solar plexus and must be of soft material – no hard plastics.
- Strapping cannot cover any surface of the body used to strike with e.g knuckles, shins, etc

## Legal techniques

In addition to all the legal techniques listed under BJJ of these rules:

- All kicks to the head.
- All kicks and hand strikes to the body – excluding the back.
- All kicks and punches to the upper arms – excluding the elbows.
- All kicks to the thighs.
- Punches and strikes to the head using the forefist or backfist whilst standing.
- Punches, strikes and kicks to the body whilst holding, with both competitors in a standing position.
- Punches and strikes to the body and kicks to the thighs to an opponent on the ground. This can be done with either both competitors grappling on the ground, or one opponent on the ground and one standing.

## Fouls

In addition to all the foul techniques listed under BJJ of these rules:

- Using the edge, side or palm of the glove to strike the face or head.
- Using the elbow to any part of the head, face or neck.
- Striking or kicking the throat or neck.
- Head butting.
- Striking or kicking the back.
- Any attack to the groin.
- Any striking or kicking attack to any part of the knee, ankle or stepping/stomping on an opponent's foot.
- When told to "Break", not breaking cleanly or attacking the opponent whilst breaking.
- Disobeying ANY instructions given by the Referee.
- Bad sportsmanship & language – this extends to the competitors' trainers/coaches.
- Deliberately spitting out the mouthguard.
- Refusing to engage (fight) their opponent or "taking a dive".

- Throwing themselves to the ground and/or breaking off the fight. Any opponent that turns their back and breaks off the fight will automatically have a standing 8 count put on them. This is counted as a knockdown and may result in a T.K.O.
- No holding or “using” the ropes.
- Forcing an opponent through, over or under the ropes.

### Creating a foul

- Turning away from a thigh kick resulting in being kicked in the groin.
- Turning the back towards an opponent resulting in being hit in the back.
- In ALL cases the attack must have been aimed at a legal target area and must have commenced PRIOR to the re-action that “created” the foul.
- In all cases the competitor that creates the foul, will be fouled.

### Awarding fouls

For minor infringements the Referee may choose to give a warning to a competitor that breaks the rules. Under such circumstances no penalty is recorded. However if a competitor has been warned for the same minor infringement 3 times, a foul must be awarded against that competitor.

For a serious infringement (even if it’s a first offence) such as knocking an opponent down with an illegal technique, a foul must be awarded. The penalty for a foul is a (1) point deduction from each score card against the competitor who broke the rules. The Referee must clearly award the foul against the competitor responsible for the foul, and then ensure the Judges deduct the point. The Referee must give sufficient time for a competitor to recover after being fouled on before restarting the match. **It’s an automatic “time out” while the Referee awards the foul(s), and whilst allowing a competitor to recover from a foul.**

### Disqualification

- Competitors that fail to appear will be disqualified.
- Competitors that get 3 fouls awarded against them in the same round will be disqualified.
- Competitors that knock an opponent out with an illegal technique will be disqualified.
- Competitors that knock an opponent down with an illegal technique which results in their opponent being unable to continue will be disqualified.
- Competitors that lose their temper will be disqualified.
- Competitors who are instructed to deliberately foul by their coach or second will be disqualified.
- Competitors that lose control of their bodily functions.
- Competitors that submit their opponent with an illegal technique will be disqualified.
- Competitors that injure their opponent with an illegal technique which results in their opponent being unable to continue will be disqualified.

### General

- The Referee is in charge of running the match, unless the Medic is required.
- After a “Break” command from the Referee, the match re-commences immediately from that spot.
- There is no “saved by the bell”. If a competitor is knocked down and then the bell sounds, the Referee will continue to count until the competitor recovers or K.O. or T.K.O is declared.

(Unless the Referee is of the opinion that the competitor that has been knocked down is in need of medical attention).

- When a competitor is knocked down, the other competitor must go to a neutral corner. The count will not start until this has happened, then the count will start immediately.
- If a competitor cannot continue due to an injury that is not deemed a foul, the other competitor wins.
- After a knockdown or fall, the competitor must wipe their gloves on their own shorts.
- If BOTH competitors cannot continue due to an accident and the first round has not been completed, a “No-Contest” will be declared. In this case no-one is declared the winner or loser. It’s as if the match did not take place.
- If BOTH competitors cannot continue due to an accident and the first round HAS been completed, the Judge’s score cards will be tallied as if the entire match has been run.
- If BOTH competitors land a simultaneous knockdown the Referee will continue counting whilst one or both competitors are down. If neither competitor can stand before the count of 10, a draw is declared.
- If a competitor finds them self on the ground – for whatever reason, but is not being attacked they must stand up and resume the match.
- The Referee will NOT help a competitor to their feet after being knocked down unless they have signalled an end to the match.
- The Referee will ensure the ring is clean and devoid of debris.
- The Referee will exercise duty of care of competitors at all times.

## Points

- There will be 3 Judges outside the ring and will use the “Must Score 10” system.
- The fighter that, in the Judge’s opinion, wins the round must score 10 for that round.
- The other competitor receives:
  - 9 points if it’s close.
  - 8 points if the other competitor clearly wins.
  - 7 points if the Judge thinks the fight should be stopped.
  - 6 points if the Judge thinks the Referee is being negligent in their duty of care and should be reported.
- If there is a draw, an extra round will be added. The winner of THAT ROUND will be declared the winner. A judge may not call a drawn round in this round.
- Points are irrelevant if a competitor wins via submission, K.O. or T.K.O.

## The winner is...

- The competitor that knocks down their opponent with any LEGAL technique for a count of ten (knock out (K.O)). A standing ten count will also constitute a K.O.
- The competitor that gets their opponent to submit with any LEGAL technique.
- The competitor that knocks their opponent down with any LEGAL technique 3 times in the same round (technical knockout (T.K.O)). A knockdown is defined as any LEGAL technique that knocks a competitor down for 3 to 9 seconds. If a competitor gets up before the count of 3, no knockdown is recorded. A minimum eight count is automatically put on any competitor that is knocked down. Three knockdowns in 3 separate rounds DOES NOT constitute a T.K.O.

- The competitor that gets a stoppage (see BJJ rules for definition) against their opponent with any LEGAL technique (T.K.O).
- The competitor that is awarded the match via Judges' decision (on points).
- The competitor whose opponent is disqualified.
- The competitor whose opponent no longer defends themselves (T.K.O)
- The competitor whose opponent gives up (T.K.O)
- The competitor whose opponent's coach throws in the towel (T.K.O)
- The competitor whose opponent has been declared fit to continue by the Medic but refuses (T.K.O).
- The competitor whose opponent's bleeding cannot be stopped after being treated by the Medic or coach/trainer on 2 separate occasions (T.K.O).
- Winners are declared when the Referee raises their arm.

### **Changing the Decision**

Can only be done by the tournament director for the following reasons:

- There was collusion affecting the outcome of the contest.
- An error occurred in adding up the scorecards.
- There was a clear violation of the rules that gave victory to the guilty party.

## Kickboxing

All Kickboxers must supply a current serology certificate (Hep B, Hep C, & HIV antibody), and a medical certificate declaring them fit to compete on the date of the event.

Rounds will be 2 minutes long with 1 minute rest between rounds.

Kickboxing shorts for males and females must be worn. Singlet or t-shirt must be worn by females, optional for men.

10oz gloves will be supplied by the organiser.

## Protective Equipment

To be supplied by the competitor, and must be the approved standard:

- **Bandages:** Soft surgical bandages only. For each hand (compulsory) and each ankle (optional), no more than 5000mm long and 500mm wide. No more than 1000mm and 30mm wide. Ankle strapping MUST be covered by neoprene ankle supports. Strapping cannot cover any surface of the body used to strike with e.g shins, etc
- **Adult Males:** Mouth guards and groin guards are compulsory.
- **Adult Females:** Mouthguards and breast guards are compulsory. Breast guards are not to cover legal target areas such as the solar plexus and must be of soft material – no hard plastics.
- **Novice divisions:** In addition to the above listed items shin & instep pads must be worn.

## Legal Techniques

- All kicks to the head.
- All punches to the head using the forefist only.
- All kicks and punches to the body (from the shoulder to the waist) – excluding the back.
- All kicks and punches to the upper arms – excluding the elbows.
- All kicks to the thighs.

## Fouls

- Striking or kicking the throat or neck.
- Head butting, knee strikes, elbow strikes, kidney punches, rabbit punches.
- Using the side, back, wrist or palm of the gloves.
- Back spinning fist.
- Any attack to the back.
- Any attack to the groin.
- Any attack to any part of the knees, ankles, joints or stepping on an opponent's foot.
- Using the thumb of the glove to the eyes.
- Deliberately spitting out the mouthguard.
- Pushing with the hands or shoving (barging) with the body.
- Holding, grabbing, sweeping or using throwing and takedown techniques.
- Attacking a downed opponent or when their back is turned.
- When told to "Break", not breaking cleanly or attacking the opponent whilst breaking.
- Disobeying ANY instructions given by the Referee.

- Bad sportsmanship & language – this extends to the competitors’ trainers/coaches.
- Refusing to engage (fight) their opponent or “taking a dive”.
- Breaking off the fight. Any opponent that turns their back and breaks off the fight will automatically have a standing 8 count put on them. This is counted as a knockdown and may result in a T.K.O.
- Holding the ropes.
- Forcing an opponent through, over or under the ropes.

### Creating a foul

- Turning away from a thigh kick resulting in being kicked in the groin.
- Turning the back towards an opponent resulting in being hit in the back.
- In ALL cases the attack must have been aimed at a legal target area and must have commenced PRIOR to the re-action that “created” the foul.
- In all cases the competitor that creates the foul, will be fouled.

### Awarding fouls

For minor infringements the Referee may choose to give a warning to a competitor that breaks the rules. Under such circumstances no penalty is recorded. However if a competitor has been warned for the same minor infringement 3 times, a foul must be awarded against that competitor.

For a serious infringement (even if it’s a first offence) such as knocking an opponent down with an illegal technique, a foul must be awarded. The penalty for a foul is a (1) point deduction from each score card against the competitor who broke the rules. The Referee must clearly award the foul against the competitor responsible for the foul, and then ensure the Judges deduct the point.

The Referee must give sufficient time for a competitor to recover after being fouled on before restarting the match. **It’s an automatic “time out” while the Referee awards the foul(s), and whilst allowing a competitor to recover from a foul.**

### Disqualification

- Competitors that fail to appear will be disqualified.
- Competitors that get 3 fouls awarded against them in the same round will be disqualified.
- Competitors that knock an opponent out with an illegal technique will be disqualified.
- Competitors that knock an opponent down with an illegal technique which results in their opponent being unable to continue will be disqualified.
- Competitors that lose their temper will be disqualified.
- Competitors who are instructed to deliberately foul by their coach or second will be disqualified.
- Competitors that lose control of their bodily functions.

### General

- The Referee is in charge of running the match, unless the Medic is required.
- After a “Break” command from the Referee, the match re-commences immediately from that spot. If the competitors continue to grab, the Referee may award a foul and/or re-commence the match from the centre of the ring.
- There is no “saved by the bell”. If a competitor is knocked down and then the bell sounds, the Referee will continue to count until the competitor recovers or K.O. or T.K.O is declared.

(Unless the Referee is of the opinion that the competitor that has been knocked down is in need of medical attention).

- When a competitor is knocked down, the other competitor must go to a neutral corner. The count will not start until this has happened, then the count will start immediately.
- If a competitor cannot continue due to an injury that is not deemed a foul, the other competitor wins.
- After a knockdown or fall, the competitor must wipe their gloves on their own shorts.
- If BOTH competitors cannot continue due to an accident and the first round has not been completed, a “No-Contest” will be declared. In this case no-one is declared the winner or loser. It’s as if the match did not take place.
- If BOTH competitors cannot continue due to an accident and the first round HAS been completed, the Judge’s score cards will be tallied as if the entire match has been run.
- If BOTH competitors land a simultaneous knockdown the Referee will continue counting whilst one or both competitors are down. If neither competitor can stand before the count of 10, a draw is declared.
- The Referee will ensure the ring is clean and devoid of debris.
- The Referee will NOT help a competitor to their feet after being knocked down unless they have signalled an end to the match.
- The Referee will exercise duty of care of competitors at all times.

## Points

- There will be 3 Judges outside the ring and will use the “Must Score 10” system.
- The fighter that, in the Judge’s opinion, wins the round must score 10 for that round.
- The other competitor receives:
  - 9 points if it’s close.
  - 8 points if the other competitor clearly wins.
  - 7 points if the Judge thinks the fight should be stopped.
  - 6 points if the Judge thinks the Referee is being negligent in their duty of care and should be reported.
- If there is a draw, an extra round will be added. The winner of THAT ROUND will be declared the winner. A judge may not call a drawn round in this round.
- Points are irrelevant if a competitor wins via K.O. or T.K.O.

## The winner is...

- The competitor that knocks down their opponent with any LEGAL technique for a count of ten (knock out (K.O)). A standing ten count will also constitute a K.O.
- The competitor that knocks their opponent down with any LEGAL technique 3 times in the same round (technical knockout (T.K.O)). A knockdown is defined as any LEGAL technique that knocks a competitor down for 3 to 9 seconds. If a competitor gets up before the count of 3, no knockdown is recorded. A minimum eight count is automatically put on any competitor that is knocked down. Three knockdowns in 3 separate rounds DOES NOT constitute a T.K.O.
- The competitor that is awarded the match via Judges’ decision (on points).
- The competitor whose opponent is disqualified.
- The competitor whose opponent no longer defends themselves (T.K.O)

- The competitor whose opponent gives up (T.K.O)
- The competitor whose opponent's coach throws in the towel (T.K.O)
- The competitor whose opponent has been declared fit to continue by the Medic but refuses (T.K.O).
- The competitor whose opponent's bleeding cannot be stopped after being treated by the Medic or coach/trainer on 2 separate occasions (T.K.O).
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### **Changing the Decision**

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