

# ***Midwest Kickboxing Championship***

## **Bout Rules and Regulations**

### **Weight Divisions (in pounds):**

- 105 - 115 Strawweight**
- 116 - 125 Flyweight**
- 126 - 135 Bantamweight**
- 136 - 145 Featherweight**
- 145 - 155 Lightweight**
- 156 - 170 Welterweight**
- 171 - 185 Middleweight**
- 186 - 205 Light Heavyweight**
- 206 - 265 Heavyweight**
- 266 - 500 Super Heavyweight**

### **Bout Rounds:**

**Any regulation amateur non-championship bouts will consist of 3 x 2 minute rounds.**

**All amateur championship bouts will consist of 5 x 2 minute rounds.**

**Any regulation professional bouts will be 3 x 3 minute rounds.**

**Any regulation professional championship bouts will be 5 x 3 minute rounds.**

**Any match on a fight card can be 5 rounds if both contestants agree to it ahead of time and is desired by the promoter.**

**If a bout is scored a draw by the scorecards, both corners will be given the option to complete a “sudden victory” round. This will be one round to be completed, judges must each score one fighter as the**

**winner for the round. Another draw cannot be awarded. If one or both corner declines to the option of a sudden victory round, the decision of a draw will stand.**

**1 minute breaks will be given in between rounds for any of the said type of bouts above.**

### **Legitimate Techniques for Scoring:**

**Punches – striking with the padded part of the glove to a legal target:  
Such as:**

**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:  
Such as:**

**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:  
Such as:**

**Front knee, round-house knee, jumping knee, knee on the leg inside and outside.**

**For amateurs, knees are only allowed to the body in the amount of 1 knee per clinch.**

**For professionals, knees to the head are allowed with the same clinch guidelines of 1 second clinch, then must be released.**

**Throwing more than 1 knee than allowed will be considered a foul and subject to a point loss at the referees discretion.**

**Throwing more than 1 knee to the head as a professional is an automatic point deduction. If more than two knees are thrown or there**

is more than one occurrence of more than one knee thrown to the head, it will be ruled a DQ.

(note the clinch limitations explained below regarding the use of knee strikes).

## **Prohibited Techniques, Moves and Conduct**

- Throwing more than a single knee while in the clinch.
- 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.
- Any 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, 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). The knee attack and/or clinch may last 1

**second or up to one knee strike and then the fighters should disengage the clinch and continue to fight.**

**If a fighter clinches and fails to immediately attack with a legal knee strike or completes the knee attack and does not release the clinch this may be considered “holding” which is a foul and will result in a caution, warning or penalization.**

- **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. Any lifting of the held leg above a ninety degree angle from the floor is considered a foul.**
- **Pulling an opponent towards one with both arms in the lower back.**
- **Pushing or pushing off an opponent without following up with a strike or strikes.**
- **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 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.
- Simulating being hit too low.
- Deliberately spitting out the mouth guard.

## **Scoring Criteria:**

- 1) Number of knockdowns.
- 2) Damage inflicted on the opponent.
- 3) Number of clean strikes with spectacular techniques (flying and spinning techniques, etc.)
- 4) Number of clean strikes with normal techniques.
- 5) Degree of Aggressiveness or Ring Generalship (whichever has greater impact on the round)

## **Criteria Elaboration:**

### **Number of Knockdowns:**

Only when a ref has signaled with an 8 count will it be considered a scoring knockdown and shall be scored a 10-8 for the fighter who caused the score. Another 8 count knockdown scored after the first knockdown in that round will be scored

**10-7. On a third knockdown in a single round, the fight will be called by the referee and victory awarded to other fighter.**

**A fighter does have the ability to score a 9 out of 10 points in a round which they were knocked down with an eight count. If a judge so feels the fighter was winning the round before or after the knockdown or both, in a significant manner enough to award score a point back from a traditional 10-8 scored knockdown. If a fighter is knocked down twice in a round, they can not score any points back on their side, they will be given a 7.**

### **Damage Inflicted on Opponent:**

**Damage will be classified into 3 different degrees.**

- 1) Visual Damage**
- 2) Physical Damage**
- 3) Landed Damage**

### **Visual Damage:**

**Visual damage will be the damage to the fighter that is visible to the judges due to strikes from the opponent over the course of the fight. Damage such as bruises, welts, cuts, bumps, redness, etc.**

**This damage is to be taken into consideration by judges only when a fight or rounds in a fight were scored significantly based off damage inflicted. When high numbers of landed damage and physical damage have been witnessed and taken into consideration for scores, only then can visual damage play a part in scorecards for judges on a fight.**

**Visual Damage is to weigh the heaviest on a scored round or fight out of the 3 degrees of damage.**

**Physical Damage:**

**Physical damage will be viewed as a landed, clean strike that has a visible effect on the receiving fighter. Examples being head popping back, leg buckling after a kick, clenching body and/or backing up after a knee to the body while wincing, broadcasting pain after a shot to the body, significant stumbling after a clean strike, etc.**

**Physical damage is to separate the difference between a strike that simply lands clean and one that has a degree of effectiveness on the fighter. Physical damage is only to be considered per each strike it is scored. It can not be carried over for any period of time lasting longer than the strike itself, and is not able to be open to a judge's opinion of how long it was effective.**

**Physical Damage is to be considered the middle degree of damage, above Landed Damage and below Visual Damage.**

**Physical Damage can only be scored on strikes that has been considered a form of Landed Damage.**

**Landed Damage:**

**Landed Damage is to be considered as a scoring criteria that separates a strike that was blocked and one that is clean/landed on the other fighter. If a strike is thrown and is blocked or missed, it is to be viewed as an act of aggression only and shall be scored in that criteria.**

**If a strike is thrown and lands clean on another fighter with no block, check, or miss, it will be considered to be scored under the damage criteria and automatically be considered Landed Damage. From this point on, the landed damage strike can be**

eligible to be classified in either Physical or Visual Damage, or both if it meets the criteria.

Landed Damage is any strike that lands clean on a fighter that isn't blocked, checked, or missed. It is the first degree of damage and is scored below Physical and Visual Damage.

## **Examples of Scores Awarded**

- No 10-10 rounds are allowed to be scored.

- 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 (10-8 if point back is not won)
- 10- 7: One fighter has demonstrated an advantage in effectiveness by merit of two knockdowns

## **Gloves, Shin Guards, and Equipment:**

All fighters must wear only the gloves provided by Midwest Kickboxing Championship. All fighters have the option to wear either 10 or 12 ounce gloves. If both corners do not agree on wearing 10 ounce gloves, then both must wear 12 ounce.

If one fighter wishes to wear headgear during their fight, the opponent of that fight is not required to wear any headgear. Any competitors under the age of 18 must wear headgear for fights. Headgear is to be provided by the fighter.

All fighters must wear a mouthpiece during their bout. Male competitors must have a nut cup intact with their uniform when they approach the ring for their bout.

**All amateur fighters are required to wear shin guards. Personal shin guards are allowed or the promotion provides shin guards. Shin guards that do not have the straps taped during a fight will be forced to fight out the remaining round if a shin guard comes loose in any way. Between rounds tape may be applied to the straps on a shin guard.**

**Rash guards are not allowed unless approved by the opposing fighters corner and the promoter.**