



## **MIXED MARTIAL ARTS CONSULTING OFFICIAL AMATEUR KICKBOXING RULES AND REGULATIONS**

1. Bouts may consist of a maximum of nine (9) rounds of (2) minutes each in duration, with a minimum of one (1) minute rest period between each round.
2. The referee and/or the ringside physician are the only individuals authorized to stop the contest, as determined by the presiding commission. This rule shall not preclude a video or other review of a decision under the procedures of the applicable regulatory authority if a protest is filed claiming a clear rule violation.
3. All bouts are evaluated and scored by three (3) judges.
4. Scoring:
  - A. The 10 Point Must System will be the standard system of scoring a bout. Under the 10 Point Must Scoring System, 10 points must be awarded to the winner of the round.
  - B. The fighter who has lost the round may be awarded 9 points or less
  - C. If the round is determined to be an even round, a score of 10/10 may be awarded.
  - D. Partial or incomplete rounds will be scored. If no significant action has occurred, the round shall be scored as an even round. This is at the discretion of the judges.

### **Scoring Criteria:**

Bouts will be evaluated using the following prioritized criteria;

1. Number of Knockdowns.
  - a. If no knockdowns take place descend to #2
2. Cumulative effective Impact on the Opponent.
  - a. If effective impact is even descend to #3
3. Ring Generalship and/or Effective Aggressiveness

#### Judge's Decisions

- a) Unanimous: When all three judges score the bout for the same contestant.
- b) Split: When two judges score the bout for one contestant and one judge scores for the opponent.
- c) Majority: When two judges score the bout for the same contestant and one judge scores a draw.

#### Draws:

- a) Unanimous: When all three judges score the bout a draw.
- b) Majority: When two judges score the bout a draw.
- c) Split: When all three judges score differently and the score total results in a draw.

**Disqualification:** When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest.

**Forfeit:** When a contestant fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out.

**Technical Draw:** When an injury sustained during competition as a result of an intentional foul cause the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of stoppage.

**Technical Decision:** When the bout is prematurely stopped due to an accidental injury and a contestant is leading on the score cards

**No Contest:** When a contest is prematurely stopped due to accidental injury and a sufficient number of rounds have not been completed to render a decision via the score cards.

5. In the event of a knockdown the referee shall send the standing fighter to a neutral corner and administer a Mandatory Eight (8) Count to the downed fighter.

A knockdown is defined as when a fighter touches the mat with anything other than the soles of their feet as the result of a legal, damaging strike – or is in a defenseless position grabbing the opponent, or hanging on or over the ropes. The referee will have sole discretion in determining a knockdown versus a slip. If a fighter goes down from what the referee indicates is a “slip” but fails to rise after the referee’s repeated commands, the referee will initiate a count, and follow the procedures of a knockdown. If the fighter does not rise at the count of 10, it will be considered a TKO.

If a fighter injures him/herself and then fails to intelligently defend him/herself by turning their back on the opponent, the referee may, in the proper exercise of their discretion either treat the injury the same as one produced by a fair blow from the opponent and follow the procedures for a knockdown, or terminate the bout and declare the opponent winner by TKO.

6. In the event of 3 or more knockdowns in a round, the bout may be ended at the referee's discretion. In this event, this fighter shall be determined to have lost the bout by **TECHNICAL KNOCKOUT**.
7. The use of the "Standing Eight (8) Count is allowed in order to provide the referee the opportunity to make the best determination regarding if a damaged fighter should be allowed to continue in the match. (note that "standing eight (8) counts are considered the same as knockdowns in making this determination).
8. A fighter who has been knocked down CANNOT be saved by the bell in any round, including the final round.
9. All fighters are required to wear a mouthpiece during any contest. No round can begin without the mouthpieces in place. If any mouthpiece becomes dislodged during the contest, the referee shall call time and put back in the fighter's mouth at the first opportune moment, without interfering with the action. The referee may deduct points if he/she feels the mouthpiece is being intentionally dislodged.
10. A fighter shall receive a 20 second count if the fighter is knocked out of the ring and onto the floor. The fighter shall **NOT** be assisted by anyone, including spectators or his seconds. If the fighter is assisted, he may be deducted points, or disqualified, at the sole discretion of the referee. If the fighter falls or is thrown from the ring the referee shall "stop time", allow the fighter to return, seek the council of the ringside physician and/or penalize the other fighter if there was a fouling action, where appropriate.
11. Fouls:
  - A. Head butts.
  - B. Groin strikes.
  - C. Thrusting or Linear kicks directed at the knee joint
  - D. Striking the back of the head or the spine – defined as striking any of the area beginning at the back of the head starting at the crown of the head and running directly down the center of the head, spreading from ear to ear in the back of the head, running down the entire rear portion of the neck, and beginning again at the occipital junction and stopping at the top of the trapezius, and again from the trapezius muscle down the spine to the tailbone
  - E. Attacks to the throat.
  - F. Striking a downed fighter (a fighter is considered "down" whenever they have any part of their body other than the soles of their feet touching the canvas).
  - G. Failure to obey the referee's commands.
  - H. Striking on a break.

- I. Striking after a bell.
- J. Holding or using the ropes while striking or clinching.
- K. Timidity: Repeatedly, intentionally avoiding engagement or contact with the opponent.
- L. Use of abusive language and/or gestures.
- M. Causing intentional delays in the action: For example, repeatedly spitting out the mouth piece, falling out of the ring to cause delay.
- N. Thumbing
- O. Holding the opponent's leg without executing more than one striking technique. (A fighter may grab the opponent's kicking leg and immediately execute legal strikes while taking one step in any direction, and then they must immediately release the leg. (No plowing allowed)
- P. Any effort to down a fighter by a method other than a legal strike or strikes; this includes, but is not limited to joint locks, submission attempts, sweeps, reaps, takedowns and throws of any kind
- Q. Biting.
- R. Spitting at the opponent.
- S. Striking with the elbow, arm, wrist, or other part of the glove that is not the padded part of the glove
- T. Clinching is allowed in order to immediately launch legal attack(s). Holding an opponent in order to stall the action will not be permitted. The referee will allow ample time for a clinching fighter to attack. A period of inaction by the fighters will render a referee's break in the action. Excessive stalling will be at the referee's discretion for warnings and/or penalties.
- U. Striking with the knee to the opponent's head

## 12. Permissible Strikes:

- A. Hand and leg strikes to permissible target areas.
- B. Spinning backfists to permissible target areas
- C. Knee strikes to permissible to legal body target areas
- D. All kicking Strikes executed with the foot or shin directed to legal head and body targets (excluding linear or thrusting kicks directed to the knee joint.)

## 13. The winner of a match may be decided in the following ways:

- A. Judges Decision: When both contestants finish the scheduled rounds, victory is awarded by majority decision of the judging panel.
- B. Knockout: If a contestant is rendered unconscious due to legal strikes or if a contestant is incapable of resuming the fight within the referee's ten-count due to legal strikes.
- C. Technical Knockout:
  - 1. If the official determines a contestant shows no will to, or is incapable of resuming the fight due to a legal technique
  - 2. If the official determines the contestant can no longer intelligently defend him/herself
  - 3. If the contestant does not leave his corner to take part in the fight following the sounding of the bell.
  - 4. If the referee is of the opinion that one contestant is outmatched by the opponent and continuing the match would jeopardize the athlete's health and safety
  - 5. If the bout is terminated for medical reasons due to injury resulting from a legal technique.
  - 6. Where an athlete's corner indicates to the official, they no longer wish to continue the contest-and "throws in the towel") If a contestant or his coach/corner man gives up the

fight. The contestant or his coach/corner man will indicate this to the referee or the regulatory representative assigned to his corner (The corner “throws in the towel”).

D. Disqualification:

1. The referee disqualifies the fighter for any reason including intentional, deliberate, flagrant or repeated fouling.
2. The referee disqualifies the fighter if anyone from their corner enters the ring during the bout or touches one of the fighters during the contest, other than during the rest period, or when permitted by the commission representative.

F. No Decision / No Contest:

1. If a fighter cannot continue as the result of an accidental foul and the bell has not yet sounded completing the second round of a three round bout or completed the third round of a five round bout or completed the fourth round of a bout scheduled for more than five rounds.
2. Where the commission determines any other determination would result in a miscarriage of justice.

14. 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 referee and/or ringside doctor’s opinion the fighter may 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 (5) 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.

15. Injuries Sustained by  
Intentional Fouls:

- A. If an intentional foul causes an injury, which is severe enough to terminate the bout, the fighter causing the foul shall lose by **DISQUALIFICATION**.
- B. If the referee determines that a contest may continue despite an injury caused by an intentional foul, the referee shall immediately inform the Commission’s representative and the judges and the judges shall deduct the points as determined by the referee and/or the commission’s representative

16. Injuries Sustained by Unintentional Fouls:

- A. If an unintentional foul causes an injury, which is severe enough to terminate the bout, the contest shall result in a **NO DECISION / NO CONTEST**, if a bout has not completed the rounds necessary to score a technical decision.
- B. If an unintentional foul causes an injury severe enough to terminate the bout once the bout is considered official, the bout shall be awarded to the fighter ahead on

the scorecards, including incomplete rounds, by way of a **TECHNICAL DECISION**.

A bout is considered “official” if completing the second round of a three round bout or completed the third round of a five round bout or completed the fourth round of a bout scheduled for more than five rounds.

If the injury from the UNINTENTIONAL foul is not severe enough to immediately stop the bout but later becomes aggravated and causes the bout to be stopped, the bout shall be awarded to the fighter ahead on the scorecards, including incomplete rounds, by way of a TECHNICAL DECISION if the bout has been official. Otherwise the bout will result in a NO DECISION.

- C. If a fighter injures themselves while attempting to intentionally foul their opponent:
  - (i) and is able to continue fighting, the referee will not take any action;
  - (ii) If the referee feels that a fighter has conducted themselves in an unsportsmanlike manner, the referee may stop the bout and disqualify the fighter
  - (iii) If the offending fighter fails to intelligently defend him/herself by turning their back on the opponent, the referee may, in the proper exercise of their discretion, either treat the injury the same as one produced by a fair blow from the opponent and follow the procedures for a knockdown, or terminate the bout and declare the opponent winner by TKO.

17. 10 oz. and 12 oz. boxing gloves are the industry standard for amateur kickboxing. The use of protective headgear and/or shin and instep protectors will be permissible only when the sanctioning body, promoter, and both competitors agree to the use prior to the start of the bout.

18. Male contestants must not wear clothing or other attire on their upper bodies. Female contestants must wear form fitting tops or a sports bra.

### **Weigh-Ins**

- 1) The weigh-in shall be conducted by an inspector or MMAC representative at a time and place approved by MMAC.
- 2) The scale used for the weigh-in shall be provided by the promoter and approved by MMAC. MMAC may, in its discretion, use the scales furnished by the promoter or use its own scales. All scales furnished by the promoter shall be thoroughly tested and approved by the representative of MMAC prior to being used in connection with any contest.
- 3) Each contestant shall be weighed in the presence of his or her opponent if their opponent is present at appointed weigh in time, a representative of MMAC, and an official representing the promoter. Weigh-ins shall be open to the public.
- 4) Contestants shall have all weights stripped from their bodies before weigh-in. Male contestants may wear shorts and socks. Female contestants may wear shorts, a sports bra and socks.
- 5) Contestants who fail to make the weight for their designated weight class shall be given up to 2 hours to make required weight. Any contestant who fails to make the weight shall not be allowed to compete unless both contestants consent to participate in the scheduled bout.

### **Weight Classes**

- 1) MMAC will follow the accepted weight classes listed below

#### **Weight classes in pounds**

1. Flyweight:	125 and Under
2. Bantamweight	125.1 to 135
3. Featherweight	135.1 to 145
4. Lightweight	145.1 to 155
5. Welterweight	155.1 to 170
6. Middleweight	170.1 to 185
7. Light Heavyweight	185.1 to 205
8. Cruiser Heavyweight	205.1 to 230
9. Heavyweight	230.1 to 265
10. Super Heavyweight	265.1 and Over

### **Weight Allowances**

- 1) Each non-title fight will give a 1 pound weight allowance.
- 2) For a title fight there is no weight allowance.
- 3) Fighters in the flyweight division may only have a weight difference of 10 pounds.
- 4) For safety reasons if fighters 125.1 pounds and up are in different weight classes there is a maximum difference in the weights of fights. Please consult the chart below.
  1. 135 and under - Maximum 3 pounds
  2. 135-170 - Maximum 5 pounds
  3. 171-205 - Maximum 7 pounds
  4. 205-265 - Maximum 15 pounds
  5. 265 and up - No Maximum

