



## **AMATEUR KICKBOXING RULES - September 2014**

### **WEIGH-IN**

The weigh-in must be completed at least 24 hours prior to the first competition.

Weigh-ins should not be conducted in an area where alcohol is being served or consumed.

### **COMPETITION AREAS**

1. Kickboxing competitions shall be held inside a ring or cage.
2. The enclosure's components, including all side protections and ropes, must be inspected for suitability and safety prior to the first match.
3. If a ring is used, each side of the squared boxing ring (the length of the rope on one side) should be a minimum of 4.5 meters and a maximum of 6.00 meters. It shall consist of at least four ropes.
4. The minimum diameter of each of the four ropes shall be 2.5cm (1").
5. The lowest rope must be placed 33cm (13") above the platform, while the top rope must be placed no more than 1.30m above the platform.
6. All ropes must be covered with soft tightly fitted materials.
7. The four corners must be made of metal. The diagonal distance between opposite corners must not exceed 10.6 meters (outside measurement).
8. The height of the corners must not be more than 1.30 meter (52") above the platform of the ring.
9. All corners and protrusions in a ring or cage must be adequately covered in order to avoid possible injuries.
10. The platform itself may not be placed higher than 1.20m above the ground level. It must be covered with a shock absorbent material below the ring floor layer.

11. Stairs shall be in place in at least one corner.

12. Sufficient chairs must be provided for coaches.

## **REFEREES**

These articles set forth the basic duties of referees. Referees must also fulfill other conditions, requirements, and duties set forth in other official documents related to referees.

1. All referees are required to be licenced by the BC Athletic Commissioner (BCAC).
2. All referees must meet continuing education standards to retain certification.

It is the referee's responsibility to report any possible conflict of interest.

### **The Commissioner or Chief Supervisor**

The Commissioner or Chief Supervisor shall be responsible for managing all referees and supervising the work in all competition areas and/or rings.

### **Attire**

Referees shall wear a BCAC shirt, black trousers, and black athletic shoes. Shirts will be tucked into trousers at all times.

To minimize injuries, referees may not wear any jewelry, watches, pens, large belt buckles, hard soled shoes, etc. Judges are exempt from this rule since no body contact with contestants is possible.

The use of medical gloves is recommended.

## **MEDICAL REQUIREMENTS**

In order to compete, all contestants must be licensed, and must comply with BCAC medical requirements.

## WEIGHT CLASSES

The following weight classes shall be used for all events:

### MEN AND WOMEN

<b>WEIGHT CLASS</b>	<b>WEIGHT in lbs.</b>	<b>WEIGHT in kg.</b>	<b>MAXIMUM WEIGHT SPREAD</b>	<b>GLOVE SIZES</b>
<b>Strawweight</b>	108.1 lbs. and *Below	49.09 kg and *Below	5 lbs. - 2.27 kg.	10 oz.
<b>Atomweight</b>	108.1 lbs. - 112 lbs.	49.13 kg - 50.90 kg	5 lbs. - 2.27 kg.	10 oz.
<b>Flyweight</b>	112.1 lbs. - 117 lbs.	50.95 kg - 53.18 kg	5 lbs. - 2.27 kg.	10 oz.
<b>Bantamweight</b>	117.1 lbs. - 122 lbs.	53.22 kg - 55.45 kg	5 lbs. - 2.27 kg.	10 oz.
<b>Featherweight</b>	122.1 lbs. - 127 lbs.	55.50 kg - 57.72 kg	5 lbs. - 2.27 kg.	10 oz.
<b>Lightweight</b>	127.1 lbs. - 132 lbs.	57.77 kg - 60 kg	5 lbs. - 2.27 kg.	10 oz.
<b>Super Lightweight</b>	132.1 lbs. - 137 lbs.	60.04 kg - 62.27 kg	5 lbs. - 2.27 kg.	10 oz.
<b>Light Welterweight</b>	137.1 lbs. - 142 lbs.	62.31 kg - 64.54 kg	5 lbs. - 2.27 kg.	10 oz.
<b>Welterweight</b>	142.1 lbs. - 147 lbs.	64.59 kg - 66.8 kg	7 lbs. - 3.2 kg.	10 oz.
<b>Super Welterweight</b>	147.1 lbs - 153 lbs.	66.9 kg - 69.5 kg	7 lbs. - 3.2 kg.	10 oz.
<b>Light Middleweight</b>	153.1 lbs. - 159 lbs.	69.6 kg - 72.3 kg	7 lbs. - 3.2 kg.	10 oz.

<b>WEIGHT CLASS</b>	<b>WEIGHT in lbs.</b>	<b>WEIGHT in kg.</b>	<b>MAXIMUM WEIGHT SPREAD</b>	<b>GLOVE SIZES</b>
<b>Middleweight</b>	159.1 lbs. - 165 lbs.	72.4 kg - 75 kg	7 lbs. - 3.2 kg.	10 oz.
<b>Super Middleweight</b>	165.1 lbs. - 172 lbs.	75.1 kg - 78.2 kg	7 lbs. - 3.2 kg.	12 oz.
<b>Light Heavyweight</b>	172.1 lbs. - 179 lbs.	78.3 kg - 81.4 kg	7 lbs. - 3.2 kg.	12 oz.
<b>Light Cruiserweight</b>	179.1 lbs. - 186 lbs.	81.5 kg - 84.5 kg	7 lbs. - 3.2 kg.	12 oz.
<b>Cruiserweight</b>	186.1 lbs. - 195 lbs.	84.6 kg - 88.6 kg	12 lbs. - 5.5 kg.	12 oz.
<b>Super Cruiserweight</b>	195.1 lbs. - 215 lbs.	88.7 kg - 97.7 kg	20 lbs. 9.1 kg.	12 oz.
<b>Heavyweight</b>	215.1 lbs. - 235 lbs.	97.8 kg - 106.8 kg.	20 lbs. 9.1 kg.	12 oz.
<b>Super Heavyweight</b>	235.1 lbs. and UP	106.8 kg. And UP	<b>No Limit</b>	12 oz.

A one pound tolerance will be given in non-championship matches. No tolerance shall be given to contestants in championship matches.

Contestants may have one hour to make weight should they be overweight upon weigh in.

Contestants 3% of total body weight over their agreed upon weight (as modified by the 1 lb allowance for non-title fights if applicable) may not have any time to try and make weight.

The Commissioner or representative may allow an overweight contestant to participate in a catch weight match if both contestants agree to participate and if the difference in weight between unarmed combatants does not exceed the Maximum Weight Spread allowance shown in the chart above. This allowance does not apply to contestants under 19 years of age.

## **PHYSICIANS, PARAMEDICS, AND AMBULANCES**

Every match must have a licensed physician in attendance at ringside. The attending physician must be licensed to practice medicine in BC. Any and all directions and/or orders from the attending physician must be immediately obeyed.

Primary Care Paramedics and an ambulance licenced to transport an injured party to the closest emergency hospital must be available at all times during an event. The ambulance must be fully stocked with required gear such as, but not limited to, a stretcher, automatic defibrillator, and oxygen with appropriate delivery equipment, bandages, airway gear, bag-valve-mask, and spinal immobilization equipment.

No match may start or proceed before the attending physician is in place at ringside, and the physician may not leave his or her place prior to the decision in the last match.

The physician has the right to interrupt a contest by requesting the timekeeper ring the bell or sound a whistle if he or she thinks a contestant is in danger and the referee has not stopped the match. The physician is also responsible for making the decision when a referee calls him or her in case of an injury to a contestant.

Once the referee calls time out and pauses the competition, the physician must enter the ring and examine the contestant in order to make a final decision on whether to stop the match or not.

In case of an injury, no one, even a contestant's second, may attempt to aid a contestant during a round before the attending physician has had the opportunity to see the injured contestant. If the physician enters the ring, he or she must examine the presumed injury and then decide whether or not the match should continue. The physician's examination must take place inside the ring and must not exceed more than one minute. Any kind of treatment of the contestant is forbidden. Should one minute be insufficient, the referee shall stop the match and, should it be appropriate subject to these rules, declare the injured contestant's opponent the winner.

Physicians' decisions are final.

## **ROUND NUMBER AND LENGTH**

In all events, matches shall consist of no more than five two minute rounds with a one minute break between rounds unless otherwise approved by the Commissioner.

Novice Amateur Class matches may not exceed three rounds.

## **ATTIRE**

For Kickboxing, contestants shall wear shorts. Males shall not wear any upper body covering. Females must wear a sports or athletic top or bra.

## **RULES OF CONDUCT INSIDE AND OUTSIDE THE RING**

It is the duty of every contestant to show fair play in the ring. Should a contestant not be ready to continue the match, because his or her safety equipment is not working properly or for other reasons, he or she shall retreat one step and raise one arm.

Should a contestant be sent down for the count or in any other way be incapacitated, his or her opponent shall immediately retreat to the nearest neutral corner and wait for the referee to signal that the match can proceed again.

When a contestant receives a warning or a reprimand from the referee, he or she must put his or her gloves up in guard position and bow toward the referee to indicate that he or she has understood the reason for the warning or reprimand.

At the conclusion of the match the contestants shall approach the referee, standing in the center of the ring, and there, with one contestant on each side of the referee, await the speaker's announcement of the decision. The referee shall then raise the arm of the winner.

After the match the contestants shall salute each other and each other's seconds, after which both contestants shall bow to the referee in recognition of his or her efforts.

Violation of rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a period of time, depending on the seriousness of the violation or infringement.

## **THE CONTESTANT**

The contestants must be in good physical shape and have a good sportsmanlike attitude.

The contestants must be well groomed and presentable.

The nails of hands and feet must be cut short.

Contestant's hair must be short and freshly washed. Hair of a length that could pose a problem during the match (i.e. shoulder length or more), must be tied back with a soft tie.

All contestants shall be clean.

It is the sole prerogative of the referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the contestants or an obstacle to the unhindered observation of the match. The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net or soft hair tie.

Excessive use of grease or similar substances is prohibited.

Contestants are prohibited from wearing any type of jewelry or piercing accessories during competition.

## **CLASSIFICATION OF CONTESTANTS**

Officials shall verify that contestants compete in their proper weight and experience classes.

**Novice Amateur Class**-any contestant who has less than three completed verifiable matches.

**Advanced Amateur Class**-any contestant in their fourth or greater completed verifiable matches.

No person will compete in any sanctioned BCAC event unless they are 16 years or older on the day of the match.

No person under the age of 19 will compete against an individual greater than one year older than them.

All persons under 19 are considered Novice Class regardless of the number of matches they have participated in.

## **THE CONTESTANT'S EQUIPMENT**

All contestants must be equipped in all divisions with approved safety equipment in the form of padded protectors:

1. An individually fitted breast-protector for females in all disciplines and all age classes is recommended.
2. An individually fitted groin-protector for all age classes in all disciplines for males is mandatory and recommended for females.
3. Foot protectors and shin guards with instep protection are recommended for advanced amateur classes and mandatory in novice classes.

4. Individually fitted head-protector (helmet), which must also cover the top of the head, are recommended in advanced classes and mandatory for novice classes. Any contestant under the age of 19 must wear a head protector.
5. Individually fitted mouth guards are required for all contestants.
6. Bandaging of each contestant's hands shall not exceed 10 feet of surgeon's adhesive tape, not over 1.5 inch wide (20 feet total), placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within  $\frac{3}{4}$  inch of the knuckles when the hand is clenched to make a fist.
7. Soft surgical bandage, not over two inches wide and a maximum of 10 yards long per hand shall be used. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles.
8. Bandages shall be applied in the locker room in the presence of a BCAC official.
9. A contestant must place a layer of medical adhesive tape over the closures of his or her gloves and foot protectors in order to hold them in place.
10. Contestants may wear cloth or neoprene sleeves on their ankles or knees providing the padding over the instep of the ankle sleeve is not greater than  $\frac{1}{4}$  inch thick, but may not wear any other type of brace or support or padding.

## **SECONDS**

The second may submit on behalf of his or her contestant if he or she deems it irresponsible to let the match continue. A second shall throw in a towel to indicate they are submitting on behalf of their contestant.

Prior to every event the Head Referee shall call a meeting with all judges, referees and seconds to clarify any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

Seconds shall support and advise their contestants during the intermission between rounds. Seconds shall remain seated during rounds. Nothing, including seconds' hands, water bottles, and the like, shall rest on the ring apron during the round. Each contestant may have three seconds, only two of whom may enter the ring during the break.

During the rounds neither of the seconds may enter the ring or in any other manner hinder or disturb the proper proceeding of the match. Seconds shall comply with any and all directions given by the referee or supervisor or other commission staff. Prior to each round the seconds must remove buckets, stools, towels and the like from the ring,



and if necessary wipe the floor clean of water. The seconds shall have at their disposal a towel, a sponge, water and grease for the contestant.

During the rounds the seconds may give advice (only in a proper manner), help, or encourage the contestant. Should a second violate this rule the referee can issue a warning, expel the second, or disqualify the contestant. A second who has been expelled may not function as second in the remaining part of the event and may be subject to further sanctions from the BCAC.

## **MATCH**

A match starts when the referee gives the command to begin the first round, and it finishes when the referee stops the match in the last round. Only the contestants and the referee may be present in the ring during the match. If any other person enters the ring, the referee can decide that the match is immediately over and cannot continue again.

## **SCORING RULES**

There shall be three judges for each match. The judges shall score all contests and determine the winner through the use of the 10-Point Must System. In this system the winner of each round receives 10 points and the opponent receives a proportionately smaller number. Under no circumstances shall a judge award the loser of each round fewer than seven points. If a round is judged even, each contestant shall receive 10 points. No fraction of points may be given.

The following objective scoring criteria shall be utilized by the judges when scoring a round;

1. A round is to be scored as a 10-10 Round when both contestants appear to be fighting evenly and neither contestant shows dominance in a round;
2. A round is to be scored as a 10-9 Round when a contestant wins by a close but clear margin, landing the greater number of effective legal strikes and other maneuvers;
3. A round is to be scored as a 10-8 Round when a contestant wins a round by a wide margin and damages his opponent.
4. A round is to be scored as a 10-7 Round when a contestant totally and completely dominates in a round and damages his opponent.

Judges should base their scores on the relative effectiveness of each contestant in a given round. An official knockdown always demonstrates superior effectiveness. However, a contestant who is knocked down more from instability than from an opponent's blow, may be able to return from the knockdown and dominate the round by

a large enough margin to be judged the winner. Also, the weight given to an official knockdown scored by one contestant must be equal to the weight given to an official knockdown scored by the contestant's opponent.

Generally, sweeps should not be given the same weight as an official knockdown. Judges should watch for the technique's effectiveness in slowing down a contestant.

A contestant who wins the round, and does so with exceptional above-the-belt kicking technique, should be given a more favorable point advantage than the contestant who wins a round with a predominance of punching technique.

Further, a contestant who aggressively presses an opponent throughout a round, but cannot land a threatening kick or punch, should not be judged as favorably as the contestant who back-pedals throughout the round but counterattacks with visible impact.

Scoring of incomplete rounds - There should be scoring of an incomplete round. If the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score for the partial round.

## **BOUGHT RESULTS**

### **1. KNOCKOUT (KO):**

- a. When an opponent is unable to regain his/her feet prior to the count of 10.
- b. When any contestant falls out of the ring, the referee shall count immediately.
  - (i) If the count reaches 20 and the fallen contestant has not returned to the ring, he/she will lose by KO
  - (ii) If the fallen contestant can return to the ring before the referee counts to 20, he/she may continue the fight.

### **2. TECHNICAL KNOCKOUT (TKO):**

- a. When the referee orders the fight stopped because it is determined that one contestant is not fit to continue.
- b. When a contestant cannot answer the bell for the upcoming round or is so badly injured that it is dangerous to continue.

### **3. SUBMISSION (SUB):**

- a. When one contestant notifies the referee that he/she no longer wishes to continue
- b. When a licensed second assigned to a contestant throws in the towel.

#### 4. UNANIMOUS DECISION:

All three judges score in favor of one contestant.

#### 5. MAJORITY DECISION:

Two judges score in favor of one contestant and one judge has it as a draw.

#### 6. SPLIT DECISION:

Two judges score in favor of one contestant, while one judge scores in favor of the other.

#### 7. DISQUALIFICATION:

Due to intentional foul/s, a referee may disqualify a contestant and award the win to the fouled contestant regardless of what round the match is in.

#### 8. TECHNICAL DRAW:

In case of an intentional violation which causes injury AND the fight is continued BUT is later stopped because of the initial foul, the referee should stop the fight and give a TKO draw

- a. If the scores are equal OR
- b. If the fouled contestant is behind on the cards.

#### 9. TECHNICAL DECISION:

- a. In case of an intentional violation which causes injury AND the fight is continued BUT is later stopped because of the initial foul, the referee should declare a victory for the fouled contestant if he/she is ahead on the cards.
- b. If a fight cannot continue due to an unintentional foul but enough rounds have been completed, the referee shall declare a victory for the contestant ahead on the score cards. The match must be in the second round of a three round match (the second round has actually started) and in the fourth round of a five round match. If the match has not progressed to this point, the match is declared a No Contest.

#### 10. NO CONTEST:

In case of an unintentional violation which causes injury so serious that the fight cannot be continued BUT fewer than enough rounds have been completed.

#### 11. DRAW:

When the score cards result in a three way tie.

#### 12. MAJORITY DRAW:

When two judges score the fight a draw AND one judge has declared a victor.

#### 13. VICTORY BY WALKOVER:

If one contestant is present in the ring and ready to compete and his or her opponent fails to show after their name has been called over the loudspeaker, the referee shall signal the referee's table to begin the running of two minutes. If the opponent has not entered the ring within the two minute time limit, the timekeeper shall strike the gong to signal that the match has been stopped. The referee shall then announce the contestant who was first in the ring and declare him or her the winner by "walk-over".

The judges shall note this on their scorecards, which shall then be collected. The referee shall then summon the contestant, who has won by walk-over to the center of the ring, and after the announcement of the decision, raise his or her hand and declare him or her the winner.

#### 14. VICTORY BY REFEREE STOPPAGE:

The referee may stop a match if the referee believes that a contestant is clearly overmatched and will face unnecessary punishment in the ring.

#### **Matches ended by foul-further clarification:**

If one contestant is injured and the match is declared over (regardless of what round it is) because of an intentional foul the fouled contestant is declared the winner.

In case of an accidental foul and one contestant cannot continue, the judges must tally their scorecards and the contestant with the greatest number of points shall be declared the winner. The match must be in the second round of a three round match (the second round has actually started) and in the fourth round of a five round match. If the match has not progressed to this point, the match is declared a No Contest.

If both contestants are injured or knocked out simultaneously, and neither is able to continue the match, the result shall be a draw. Should this situation occur prior to the

second round of a three round match or the fourth of a five round match, the match shall be declared “No Contest” and no winner shall be declared.

## **LEGAL TECHNIQUES**

The following techniques are legal:

1. All forms of boxing in combination with kicks above the waist to the body and the head
2. Kicks to inside and outside of the legs
3. Rear (reverse) kicks to the body or the head, as well as spinning back kicks to the body and to the head
4. Foot sweeps

## **ILLEGAL TECHNIQUES (FOULS)**

The following techniques are illegal in Kickboxing:

1. All forms of biting
2. All strikes, blows and punches executed with the palm side of the glove
3. All kicks to the back and the back of the head
4. Any kick to the head of a Novice class contestant
5. Any form of butting with the head
6. All attacks (strikes, punches, kicks) against the joints
7. Strikes of any kind to the groin
8. Attacking a downed opponent or an opponent who touches the floor with his or her glove
9. Spitting out one's tooth protector (gum-shield)
10. Any kind of throwing, excluding foot sweeps
11. Holding an opponent's leg while executing striking or punching techniques
12. Holding the ropes and attacking an opponent, including in clinching situations

13. Any form of clinching or holding the opponent
14. All types of strikes with the elbow
15. Any form of kicking with the knees
16. Spinning back fists.

## **WARNINGS, FOULS, AND POINT DEDUCTIONS**

Calling of fouls, issuing warnings, point deductions, and disqualifications is at the discretion of the referee. Fouls may result in a warning, a point deduction of one to two points, or disqualification. The referee will base his decision on the severity of the foul and the intent of the fouling contestant.

The referee will consider the following:

1. A contestant who violates the rules intentionally but does not put the opponent at a disadvantage or injure him/her shall be given one warning or be assessed a one point deduction.
2. A contestant who violates the rules intentionally and puts the opponent at a disadvantage or makes him/her unable to continue the fight shall be disqualified and lose the fight.
3. In case of an unintentional violation, the referee shall give no more than two warnings before assessing a point deduction.

In case of a serious violation, the referee shall stop the match and issue a warning. The warning shall be issued clearly and in such a manner that the offending contestant understands the reason for the warning. The referee shall clearly indicate which contestant has received the warning by pointing his or her hand. Following a warning the referee shall let the match proceed.

The referee has the opportunity to immediately give a contestant a point deduction in the case of a clear and brutal foul. After two point deductions in a match, the contestant shall immediately be disqualified simultaneously with the second point deduction being issued.

The warnings and point deductions are given for the use of all illegal techniques or prohibited actions committed by the contestant. Warnings and point deductions can also be given for prohibited actions committed by the contestant's coach and/or seconds.

The referee is responsible to award all warnings and point deductions. All deductions will be tracked and tallied by the scorekeeper, not by judges. Judges will note a point deduction on their scorecards but will not deduct it from their totals.

## **Foul Procedures**

If a foul is committed, the referee shall:

1. call time;
2. check the fouled contestant's condition and safety; and
3. assess the foul to the offending contestant, deduct points, and notify each corner's seconds, judges and the official scorekeeper
4. The referee may terminate a bout based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification

## **Time Considerations for Fouls**

### **Low Blow Foul:**

A contestant 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 contestant may possibly continue on in the contest. If the contestant 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 contestant 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.

### **Non Low Blow Foul:**

If a contestant is fouled by a blow that is not a low blow, the referee should stop the action and call for time. The referee may take the injured contestant to the ringside doctor and have the ringside doctor examine the contestant as to their ability to continue on in the contest. The ringside doctor has up to five minutes to make their determination. If the ringside doctor determines that the contestant can continue in the contest, the referee shall, as soon as practical, restart the fight.

However, unlike the low blow foul rule, the contestant does not have up to five minutes of time to use at their discretion.

If deemed not fit to continue by the referee or ringside physician, the referee must immediately call a halt to the bout. If the contestant is deemed fit to continue by the referee or ringside physician but some of the five minute foul time is still remaining, the contestant cannot avail themselves 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.

### **Intentional Foul:**

If the referee determines that a contest or exhibition may not continue because of an injury caused by an intentional foul, the contestant who committed the intentional foul loses by disqualification.

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 contestant who committed the intentional foul.

Before the contest or exhibition begins again, the referee shall inform the Commissioner of his determination that the foul was intentional.

### **Accidental Foul:**

If a contest or exhibition is stopped because of an accidental foul, the referee shall determine whether the contestant who has been fouled can continue or not. If the contestant'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 contestant 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 Commissioner of his determination that the foul was accidental.

### **OTHER:**

The standing eight count may be utilized up to three times in one round for each contestant. Upon the referee calling for a fourth standing eight count in any one round for a single contestant, the match shall be ended and the contestant receiving the fourth standing eight count shall be declared the loser.

### **Procedure for counting, knockdown, knockout, technical draw.**

1. When a contestant 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 contestant 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 contestant who is knocked down may be allowed to resume



competing until the referee has finished counting to eight. The contestant 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 contestant who is down arises before the count of 10, the referee may step between the contestants long enough to assure himself that the contestant who has just arisen is in condition to continue. If so assured, he shall, without loss of time, order both contestants to go on with the contest or exhibition. During the intervention by the referee, the striking of a blow by either contestant may be ruled a foul.
4. When a contestant is knocked out, the referee shall perform a full 10-second count unless, in the judgment of the referee, the safety of the contestant would be jeopardized by such a count. If the contestant 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 contestants go down at the same time, the count must be continued as long as one is still down. If both contestants remain down until the count of 10, the contest or exhibition must be stopped and the decision is a technical draw.
6. If a contestant is down and the referee is in the course of counting at the end of a round, the bell indicating the end of the round must not be sounded, but the bell must be sounded as soon as the downed contestant regains his feet.
7. When a contestant has been knocked down before the normal termination of a round and the round terminates before he has arisen from the floor of the ring, the referee's count must be continued. If the contestant 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 that was just concluded.
8. If a legal blow struck in the final seconds of a round causes a contestant to go down after the bell has sounded, that knockdown must be regarded as having occurred during the round just ended and the appropriate count must continue.

**Procedure when a contestant has fallen through or been knocked through ropes.**

1. An contestant 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 contestant 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 contestant who has been knocked or has fallen pursuant to subsections 1 and 2 helps the contestant back into the ring, such help may be cause for disqualification.
4. When one contestant has fallen through the ropes, the other contestant shall retire to the farthest corner and stay there until ordered to continue the contest or exhibition by the referee.
5. A contestant 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.

A contestant shall be deemed to be down when:

- 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.

A referee may count a contestant out if the contestant is on the floor or is being held up by the ropes.

### **Consumables**

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

### **PROTESTS AND ALTERATION OF DECISIONS**

The scoring of the judges is final.

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's decision, given at the conclusion of any match shall be binding and may be altered only in the event that the Commissioner deems that one of the following circumstances has occurred:

1. A conspiracy has taken place or an illegal agreement has been entered into that affects the result of the match.
2. The addition of the scorecards is faulty or one judge has mixed up the corners, resulting in the victory being given to the wrong contestant.
3. A clear violation of the rules or regulations, not including conduct of the match in the ring, directly affecting the outcome of the match, has been perpetrated. Inside the ring, the decision of the referee will remain the final decision.

Protests shall be directed, in writing, to the office of the Commissioner and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made.

The Commissioner will decide on the protest after hearing evidence from the protesting side and the referees concerned.

## **VARIANCES**

These rules may be varied, at the discretion of the Commissioner, when such variance is applied for in writing in advance of the competition.