



AMATEUR PANKRATION 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. Pankration competitions shall be held inside a ring or cage or on mats of an adequate size. Competitions not held in a ring or cage must have a safety mat surrounding the competition area of at least 2 meters on all sides.
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 five ropes for a pankration match.
4. The minimum diameter of each of the five ropes shall be 2.5cm (1").
5. The lowest rope must be placed 20cm (8") 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

WEIGHT CLASS	WEIGHT in lbs.	WEIGHT in kg.	MAXIMUM WEIGHT SPREAD	GLOVE SIZES
Strawweight	108.1 lbs. and *Below	49.09 kg and *Below	5 lbs. - 2.27 kg.	6 oz.
Atomweight	108.1 lbs. - 112 lbs.	49.13 kg - 50.90 kg	5 lbs. - 2.27 kg.	6 oz.
Flyweight	112.1 lbs. - 117 lbs.	50.95 kg - 53.18 kg	5 lbs. - 2.27 kg.	6 oz.
Bantamweight	117.1 lbs. - 122 lbs.	53.22 kg - 55.45 kg	5 lbs. - 2.27 kg.	6 oz.
Featherweight	122.1 lbs. - 127 lbs.	55.50 kg - 57.72 kg	5 lbs. - 2.27 kg.	6 oz.
Lightweight	127.1 lbs. - 132 lbs.	57.77 kg - 60 kg	5 lbs. - 2.27 kg.	6oz.
Super Lightweight	132.1 lbs. - 137 lbs.	60.04 kg - 62.27 kg	5 lbs. - 2.27 kg.	6 oz.
Light Welterweight	137.1 lbs. - 142 lbs.	62.31 kg - 64.54 kg	5 lbs. - 2.27 kg.	6 oz.
Welterweight	142.1 lbs. - 147 lbs.	64.59 kg - 66.8 kg	7 lbs. - 3.2 kg.	6 oz.
Super Welterweight	147.1 lbs - 153 lbs.	66.9 kg - 69.5 kg	7 lbs. - 3.2 kg.	6 oz.
Light Middleweight	153.1 lbs. - 159 lbs.	69.6 kg - 72.3 kg	7 lbs. - 3.2 kg.	6 oz.

WEIGHT CLASS	WEIGHT in lbs.	WEIGHT in kg.	MAXIMUM WEIGHT SPREAD	GLOVE SIZES
Middleweight	159.1 lbs. - 165 lbs.	72.4 kg - 75 kg	7 lbs. - 3.2 kg.	6 oz.
Super Middleweight	165.1 lbs. - 172 lbs.	75.1 kg - 78.2 kg	7 lbs. - 3.2 kg.	6 oz.
Light Heavyweight	172.1 lbs. - 179 lbs.	78.3 kg - 81.4 kg	7 lbs. - 3.2 kg.	6 oz.
Light Cruiserweight	179.1 lbs. - 186 lbs.	81.5 kg - 84.5 kg	7 lbs. - 3.2 kg.	6 oz.
Cruiserweight	186.1 lbs. - 195 lbs.	84.6 kg - 88.6 kg	12 lbs. - 5.5 kg.	6 oz.
Super Cruiserweight	195.1 lbs. - 215 lbs.	88.7 kg - 97.7 kg	20 lbs. 9.1 kg.	6 oz.
Heavyweight	215.1 lbs. - 235 lbs.	97.8 kg - 106.8 kg.	20 lbs. 9.1 kg.	6 oz.
Super Heavyweight	235.1 lbs. and UP	106.8 kg. And UP	No Limit	6 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 one pound 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 three rounds of three minutes or less with a one minute break between rounds unless otherwise approved by the Commissioner. Championship matches may have up to five rounds of two minutes each.

Novice Amateur Class matches may not exceed three rounds.

ATTIRE

- Competitors may compete in board shorts, fight shorts, rash guard, or tight fitting T-Shirt. All competitors are encouraged to wear traditional rash guard and grappling style shorts.
- Clothing with griping material is not allowed.
- “Sliders” or padding is permitted under shorts.
- All clothing must be clean and in good repair. Buttons, zippers, metal or sharp objects are not allowed on clothing. Shorts may have pockets as long as closures are Velcro only.
- Shoes are not allowed.
- It is **STRONGLY** recommended that contestants have and use red and blue rash guards or competition T-Shirts available in order to be able to wear the appropriate colour for their match.

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.

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.

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

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

Contestants must be well groomed and presentable.

The nails of contestant’s 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.

Use of grease or similar substances is prohibited.

The use of body grease, gels, balms, lotions, oil or other substances is a violation and is prohibited from being applied to the hair, face, or body.

Contestants or seconds may not apply excessive amounts of water to a contestant's body and could be penalized or subject to disqualification for doing so.

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 match.

No person will compete in any sanctioned BCAC pankration event unless they are 16 years or older on the day of the match. Athletes under 19 years of age may not compete against anyone greater than one year older or one year younger than them.

THE CONTESTANT'S EQUIPMENT

All contestants must be equipped in all divisions with approved safety equipment as follows:

1. An individually fitted groin-protector for all male contestants is mandatory and recommended for females.

2. Female mixed martial artists may wear a chest protector or other properly fitted sports bra during competition. Chest protectors shall be subject to the approval of the Commissioner or representative.
3. Individually fitted mouth guards are required for all contestants.
4. All contestants shall be required to gauze and tape their hands prior to all contests.
5. Bandages and tape shall be placed on a contestant's hands in the dressing room in the presence of the room supervisor and, if desired, in the presence of the chief second of his or her opponent. Under no circumstances are gloves to be placed on the hands of a contestant until the approval of the room supervisor is received.
6. Substances other than surgeon's tape and soft gauze shall not be utilized. For example, pre-wraps shall not be used.
7. Bandaging of each contestant's hands shall not exceed 10 feet of surgeon's adhesive tape, not over 1.0 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.
8. Soft surgical bandage, not over two inches wide and a maximum of 15 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. The bandages shall be evenly distributed across the hand.
9. A contestant must place a layer of medical adhesive tape over the closures of his or her gloves in order to hold them in place.
10. Contestants may tape an ankle or knee joint providing no more than one layer of soft surgeon's tape is applied and the taping is approved by a supervisor. No sleeves or other wraps are allowed.
11. Gloves shall be in good condition for all contests or they must be replaced.
12. All contestants shall wear gloves at least **six ounces** supplied by the promoter and approved by the Commissioner. No contestant shall supply his or her own gloves for participation unless approved by the Commissioner.
13. Shin, instep guards, and headgear are required.
14. Gloves and other safety gear will be inspected prior to entering the competition area

15. Other protective gear such as knee pads, elbow pads, forearm guards are optional and subject to approval by officials.

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 tournament 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 event. 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 Commissioner 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

Referee assignments:

- Center Referee – Starts and stops that match; gives warnings and penalties; scores the match as it progresses and protects fighters from injury.

- Mat Official – Assists the center referee in scoring striking points; ensures the score is recorded correctly; keeps track of penalties and warnings; ensures the competition area is kept clean and clear of distractions; and protects fighters from obstacles or unforeseen events.
- Side Referee (Used in a three to five referee team) – Assists the mat official in scoring striking points; physically checks competitors gloves and safety equipment; and protects fighters from obstacles or unforeseen events.
- One referee will be assigned to physically check competitor's nails, ensure no unauthorized substance is applied on the body and check gloves hand wraps, clothing and other safety equipment prior to entry of competition area. This check will be additional to inspections conducted by Supervisors.

Scoring:

- The center referee will signal points as the match progresses.
- The center referee will use the color wrist band to identify which competitor receives the point(s). The thumb signals 1 point; the thumb and index finger signals 2 points; the thumb, index and middle finger signals 3 points; and four fingers without the thumb signals 4 points.
- Flip charts or electronic score boards may be used to display the score.
- The scorekeeper will mark points as announced by the referee.
- Striking points may be scored separately by two to four side referees. Under this method striking points will be divided by the number of side referees and added to the grappling points as scored by the center referee. If four side referees are used the score with the wisest margin will be thrown out with the three remaining scores divided by three.
- If only a center and one side referee are utilized, the center referee will also score striking points with the side referee positioned at an opposing angle to score strikes not in center referees view.

Section 1: Takedown (2 points)

A takedown occurs when a grappler has at least three supporting points on the mat. Supporting points are: feet/foot; knee(s); hands; forearm(s); head; buttocks; lower back; upper back/shoulder(s).

The top grappler must settle in a weighted and controlled top position for three seconds to receive the takedown point(s). A take down that results in a controlled back mount position is considered a takedown even if the grappler is not on top.

Additional takedown points cannot be scored unless one grappler reestablishes the neutral standing position for three seconds or if the match is restarted in the neutral standing position.

Section 2: Push out (1 Point)

- This rule is waived if match is conducted inside a cage or ring.

Section 3: Attempted Submission (2 points)

Section 4: Ground Control (2, 3 or 4 points)

Each Ground Control Position may be scored only once adding up to a maximum of nine points unless the controlled grappler reestablishes a neutral position with a full guard, reversal or neutral standing position.

- Side Control (2 points)
- Full Mount (3 points)
- Back Mount (4 points)

Section 5: Re-Start Positions

- **Neutral Position:** neutral position occurs at the beginning of the match, when one or both grapplers go out of bounds before a takedown is established or upon a stale mate. Both grapplers stand opposite one another in the center of the mat with both feet inside the inner circle. When in neutral position, neither wrestler has control.
- **Guard Restart Position:** The guard restart is ordered when both grapplers go out of bounds in any guard position. Both grapplers assume the same top and bottom role at the center of the mat when the action is restarted. The referee will re-start the match in the “closed guard”, “half guard” or “butterfly guard” closely resembling the last position prior to going out of bounds. Arm positions should also closely resemble that of the previous position. When in the guard position, neither grappler has ground control.
- **Mount Position Restart:** The mount position restart is ordered when a grappler has been awarded points for the mount position and the action goes out of bounds while maintaining control over the opponent. Both grapplers assume the same top and bottom role at the center of the mat when the action is restarted. The referee will start the match in the mount position with the top grapplers’ knees straddling the torso of the bottom grappler. Arm positions should closely resemble that of the previously controlled position.

- **Side Control Restart Position:** The side control restart position is ordered when a grappler has been awarded points for a side control position and the action goes out of bounds while maintaining control over the opponent. Both grapplers assume the same top and bottom role at the center of the mat when the action is restarted. The referee will re-start the match in either “side mount”, “reverse side mount”, “scarf hold”, “north/south” or “knee on belly” closely resembling the last position prior to going out of bounds. Arm positions should also closely resemble that of the previously controlled position.
- **Back Control Restart Position:** The back control restart position is ordered when a grappler has been awarded points for the back mount and the action goes out of bounds while maintaining control over their opponent. Back control restart occurs at the center of the mat with the down wrestler sitting up with legs extended and bent. The top grappler is centered on the back either with the “grapevine” or “triangle” leg position as before the match was halted. The top grappler will have the seat belt lock under opponent’s arm upon re-start.
- **Attempted Submission Restart:** If the grapplers go out of bounds due to a natural progression during an attempted submission attempt, officials may allow the match to progress out of bounds as long as it is safe to do so. The match must be halted and restarted center mat if the grapplers are in danger of coming off the mat or entering another competition area. The grappler who had the advantage will have choice of re-start in the last dominant position or neutral standing or guard position. Note: If a grappler forces the action out of bounds in an attempt to escape a submission, he/she will be called for a “catch” and lose the match.

SCORING OF STRIKING TECHNIQUES

Section 1: Stand-up striking techniques:

Visible contact with shock or displacement of the body must be observed to award body striking points. Strikes must be executed in good form with torque, distance and follow through.

2 points – Body kick or combination of punches

1 point- Punch, knee or leg kick

0 points

- Any strike not witnessed by the referee.
- Any strike which is partially blocked before landing to a target area.
- Any body strike lacking clear contact and/or displacement to the opponent’s body.

- Any striking technique in which the striker falls to the mat.
- A clash of strikes when there is no clear advantage to either competitor.
- Strikes in excess of three from a clinched position. (May be grounds for a stalling call)
- Leg kicks in excess of three without an alternating attack. (May be grounds for a stalling call)

Section 2: Ground control striking techniques

- Striker must be in top position; “side mount”, “reverse side mount”, “scarf hold”, “north/south”, “knee on belly”, back mount or inside any “guard” position to earn ground striking points.

1 point: A punch or knee strike

A maximum of three striking points may be earned within any guard position or combination of guard positions.

0 points (May be grounds for a stalling call)

- Excess of three strikes to a downed opponent from the same position of control.
- Striking without position of control.
- Punches from a “clinched” or non-upright posture while on the ground.
- Striking legal areas of the legs.
- Legs kicks to a downed opponent with control of a limb are allowed only as a set up for an actual scoring technique and score no points.

Section 3: Stalling (1 point)

Stalling is a technical penalty but cannot be used for disqualification or a technical submission. Competitors must constantly attempt to improve their position and earn points by positional control, strikes and submission attempt. The burden of action is applied to the competitor who initiated the position causing inactivity.

Some examples of passivity:

- Refusing to ground grapple after executing a takedown.
- Avoiding takedown by “butt scooting”.
- Continuously backing up without any offensive techniques.
- Holding a mount, side control or back control position without attempting to advance the match (score points).
- Holding a closed guard with no serious attempt to score with submission or reversal attempts.
- Laying or remaining static inside the guard with no serious attempt to pass, submit or score striking points.

- Executing excessive non-scoring strikes on the ground without change of position.
- Executing excessive non-scoring strikes in a stand up clinch.
- Executing excessive non-scoring leg kicks.
- Defending a submission or scoring attempt is not considered passivity.
- In general 15 seconds of inaction (after a warning) is considered passivity before the point is awarded.
- Referees will award the opponent 1 point for each occurrence of passivity and restart to the neutral position unless the passive fighter was in a disadvantaged controlled position.

BOUGHT RESULTS

1. TECHNICAL KNOCKOUT (TKO):

- a. When the referee orders the fight stopped because it is determined that one contestant is not fit to continue.

2. SUBMISSION (SUB):

- a. When one contestant notifies the referee that he/she no longer wishes to continue. This may be by tap out, a verbal surrender, or when the contestant makes audible sounds such as screams indicating pain or discomfort.
- b. When a second assigned to a contestant throws in the towel.
- c. Technical Submission: when a submission is executed to its completeness which causes the referee to intervene and stop the contest. Example, a choke causes a contestant to go unconscious, or a joint lock causes a fracture.

3. WINNER BY POINTS:

One competitor is ahead by more than two points at the end of the match.

In single round bouts, a two or less point advantage can be considered a tie and send the match into overtime. Following the overtime period, the highest scoring contestant will be declared the winner.

Overtime - The overtime period score will be added to the actual end of regulation score to determine winner of the match. A sudden victory grappling period will follow if the score still remains a true tie.

4. 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.

5. 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 in points.

6. 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 points.
- 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 points. 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.

7. 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.

8. 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.

9. 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.

OTHER:

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.

20 Point advantage is considered a technical superiority and can end the match at referee's discretion. (20 points per round if multiple periods) Technical penalty points do not count.

FOULS

General Rules

- Takedowns, ground control, submissions and body strikes are allowed. Strikes above the collarbone and other vital points are prohibited.
- Techniques must be executed with no ill intent and matches cannot be won by knockout, brutality or with deliberate intent to cause injury.
- Potentially dangerous strikes, takedowns and submissions are prohibited.
- Submissions must be executed with applied pressure, allowing time to submit before injury.
- Strikes must be focused and delivered in a controlled manner ensuring proper placement.
- Matches are won by score or by properly applied submission technique.

A. Striking Related Fouls

1. Strikes to the face, head, back and spine.
2. Any strike to the knee joint; front, rear or side.
3. Kicks or strikes directed to the shins.
4. Knee, Elbow, or forearm strikes of any kind.
5. All Strikes with the non-gloved portion of the hand.
6. Butting with the head.
7. Heel kicks to the Kidney or any other part of the body from the bottom.
8. Kicking the body of a downed opponent.
9. Stomping of a grounded fighter and up kicks from the grounded fighter.

B. Grappling Related Fouls

1. Takedowns and throws designed or intended to cause injury.
2. Intentional slamming when performing a takedown or defending a submission.
3. Spiking the opponent to the floor onto the head or neck.
4. Flying scissors style takedowns.
5. Back splashing to escape a submission.
6. Small joint manipulation.
7. Clawing, pinching, twisting the flesh or grabbing the clavicle, neck or trachea.
8. Neck cranks.
9. All twisting leg submissions.
10. Spine locks or twisters.
11. All submissions must be executed with applied pressure not “cranked”, to allow reasonable time to submit prior to injury.

C. Other Fouls

1. Holding opponent's shorts or gloves.
2. The use of abusive language or unsportsmanlike conduct in the fighting arena.
3. Biting or spitting at an opponent.
4. Hair pulling.
5. Fish-Hooking.
6. Groin attacks of any kind.
7. Intentionally placing finger or toe into any orifice or into any cut or laceration of your opponent.
8. Eye gouging.
9. Attacking an opponent after the round has ended or when referee halts the match.
10. Maliciously causing injury to an opponent or exploiting an injury.
11. Attacking an opponent on or during the break.
12. Attacking an opponent who is under the care of the referee.
13. Throwing an opponent out of the fighting area.
14. Executing excessive non-scoring techniques.
15. Any Unreasonable conduct of any kind that may causes an injury to opponent or any officials.
16. Interference from a corner.
17. Flagrant disregard of the referee's instructions.
18. Timidity.
19. Holding or grabbing the fence or ropes.

Weight cutting is not permitted.

Penalties from Fouls

- First accidental foul/violation will result in one point for the fouled competitor.
- Second accidental violations will result in one additional point for the fouled competitor
- Third accidental violation will result in disqualification of the fouling competitor
- The match will be restarted in the neutral position if the foul was committed on the ground unless the fouled contestant was in an advantageous position
- Malicious or intentional fouls may result in immediate disqualification on first offense
- Injuries caused by the “fouled” fighter’s negligence will not be charged to the executer. If the injury ends the bout, the “fouled” fighter will lose by injury default

Technical Penalties

- Examples include failure to follow rules of the match or disrespectful conduct
- First offense = Yellow Card and Warning
- Second offense = Yellow card with point deduction
- Third offense = Red card and 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 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 Commissioner'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.

Injuries sustained during competition

- a. If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured contestant loses by technical knockout.

- b. If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.
- c. If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the contestant who committed the foul.
- d. If an injury sustained during competition as a result of intentional foul causes the injured contestant to be unable to continue at a subsequent point in the contest, the injured contestant shall win by technical decision, if he or she is ahead on the score cards. If the injured contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.
- e. If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.
- f. If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have been completed in a three round bout.
- g. If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the contestant who is ahead on points at the time the bout is stopped only when the bout is stopped after two rounds of a three round bout.
- h. 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.

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. A 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 one and two 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 designate 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. Energy drinks may not be consumed prior to, or during, 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.