

Full Contact Kickboxing Rules

Legal Strikes/Techniques: Amateur Full Contact

- Closed fist or back fists.
- Kicks above the waist
- Sweeping: Leg sweeps, boot to boot, to the inside and outside of opponent's foot (not above the ankle)

Explanation of Knockdowns or Standing 8 Count:

Standing 8s and knockdowns *MAY* be determined by the referee if the fighter is knocked down or stunned as a result from opponent's damaging strikes.

Turning your back on your opponent will result in a standing 8 count.

Balance shots where the knocked down fighter rises up immediately after being knocked down *MAY* not be counted as a knockdown or standing 8 count if determined by the referee to be a balance shot. However, if the knocked down fighter does not get up immediately, this may result in a standing 8 count even if originally deemed a balance shot.

Throws/Sweeps are never considered knockdowns.

Fouls: Amateur Full Contact Kickboxing

- Kicks to the legs
- Knee strikes
- Elbow and forearm strikes
- Clinch and neck wrestling
- Stepping on a fallen opponent. Twisting and pulling an opponent over the side of your body (*and then landing on top*).
- Illegal Trip: It is not permitted to position your foot next to your opponent and twist them over your stationary foot. You must clear the leg as your opponent falls or it is an illegal trip. An athlete *CAN* spin or pull an opponent over the inside or outside of the leg and dump him on the ground. However the leg being used to manipulate and dump the opponent to the ground can *NOT* stay in that position as the opponent goes to the floor. If it is set and stays in that position, that too is an illegal throw (*tripping*). In other words, the leg must clear immediately after the opponent is pulled or tripped over the knee. Clear means that the leg must be moved out of the way *BEFORE* the opponent hits the

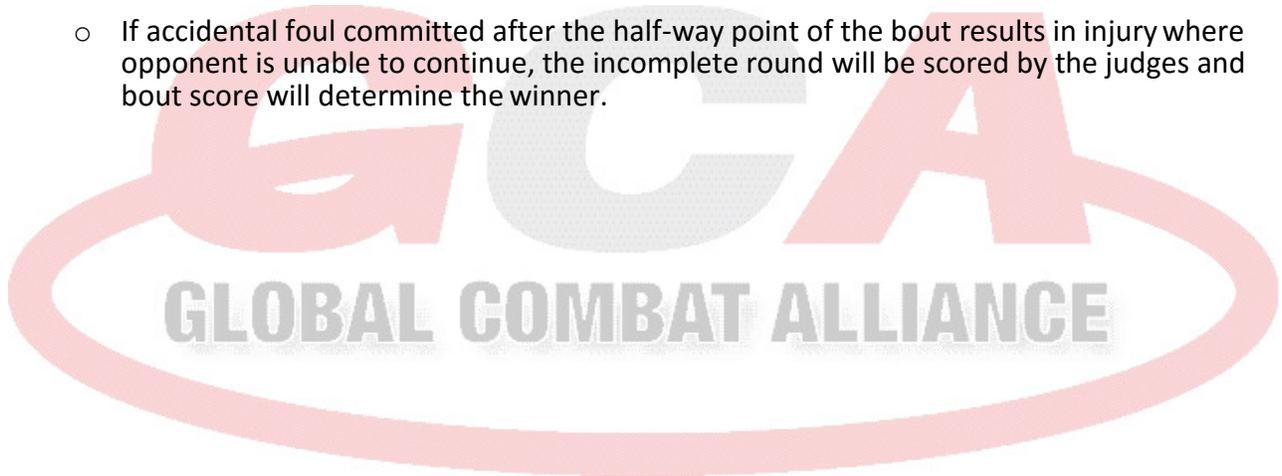
canvas. This means skipping the leg or slightly jumping to the side (*as long as it is moved from the original position*). Strangely, this means an athlete can trip over a leg but must move the tripping leg while the opponent falls to the ground, or it will be deemed illegal and called a trip.

- It is not permitted to grab an opponent in the clinch and then sweep his legs out using the back of one's own leg or calf. It is only permitted to *KICK (roundhouse or using the top of your foot)* an opponent's legs out (*shin, instep*).
- Lifting: It is not permitted to lift an opponent off of the ground in any way to throw them.
- Plowing: It is not permitted to take multiple steps forward after catching opponent's leg driving them into ropes
- Intentionally falling on top of an opponent to either strike with their knee or to intentionally hurt their opponent, by making it look like an accident.
- Head butts
- Punches to the back of the head
- Striking to the spine area
- Slapping (striking with the lace side of the glove)
- Spitting
- Biting
- Holding opponent's head or arm and hitting
- Strikes to the knees
- Palm heel strikes
- Joint attacks
- Take downs, throwing, or grappling other than what is listed as legal sweep
- Clubbing
- Strikes to the groin area
- Spinning sweeps
- Karate chopping style strikes
- Striking opponent while he has slipped or fallen to one knee or more
- Using abusive language
- Attacking on the break
- Striking after the bell has indicated the end of the round
- Pushing or shoving

Consequences of Rule Infractions

Referees are responsible for enforcing the rules of the contest and shall not permit fouls or other unfair practices that may cause an injury to a contestant. Referees shall warn contestants who commit fouls during the contest. If a contestant commits a foul in the ring, the referee shall have the discretion to determine the following:

- Warning may be given to the contestant
- Point deduction may occur from the offending fighter's score if referee deems infraction as intentional, flagrant) or after warning has been issued
- Disqualification may occur after multiple infractions or after an infraction deemed extremely severe or flagrant
- If injury occurs to a fouled fighter, up to 5 minutes may be given for recovery time
- If accidental foul committed before the half-way point of the bout results in injury where opponent is unable to continue after the recovery time, the bout is ruled as no- contest
- If accidental foul committed after the half-way point of the bout results in injury where opponent is unable to continue, the incomplete round will be scored by the judges and bout score will determine the winner.



Clothing and Equipment Guidelines: Full Contact

REQUIRED:

- Trunks for male contestants (two pair shorts for mixed martial arts, one being tight fitting) or long pants if required and trunks with tight upper body covering for female contestants
- Protective groin cup
- Protective mouthpiece properly fitted
- Chest protection/sports bra and padded pelvic girdle (females only)
- Handwraps
 - Tape permitted on wrists and hands, but not knuckles
 - Regular handwraps secured by tape permitted
 - Handwraps must be signed off by GCA representative
 - Bandaging of each contestant's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide, 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 3/4 inch of the knuckles when the hand is clenched to make a fist. Soft surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used. Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles. Bandages shall be adjusted in the presence of GCA official.
- 10oz Gloves (taped and signed off by GCA representative)
- Foot pads secured to the foot with elastic strap and medical athletic tape covering toes and heel (laces must not be exposed)
- For those matches that include a fighter with less than three (3) fights, headgear and shin guards will be required unless both parties agree to fight without it.

PERMITTED:

- Shin, instep, elbow, and/or knee supports
- Oil on face
- Shin pads must be made of a soft material and secured with elastic straps and medical athletic tape

PERMITTED APPAREL:

- Kickboxing pants
- Shirt

*FORBIDDEN:

- Tape over knuckles
- Oil or grease on any part of the competitor's body (other than face & thai oil on legs)
- Apparel or equipment which includes metallic and/or hard plastic and/or edge or surface

Corner-men and Trainer Guidelines: Full Contact

- Every fighter is required to have at minimum one corner man and a maximum of two
- Must stay **seated** in their fighter's corner during rounds
- Must stay off the ring floor
- Must obey the referee at all times
- Must conduct themselves with appropriate and proper sportsmanship
- During round breaks, only one corner-man is allowed in the ring/cage.
- Corner-men may spray (not pour) water and apply ice to a fighter in between rounds. No other substance may be applied to the body. The following substances may be applied to cuts with referee observing: petroleum jelly, adrenaline hydrochloride, avitene, and thrombin. Corner-men are responsible to dry the corner area before the next round continues.
- Corner shall not enter the ring until the bell signals the end of the round. Corners shall leave the ring at the sound of the timekeeper's warning that 10 seconds remain before the start of the next round, removing all buckets, stools, and other equipment promptly.
- Corners shall not use Monsol's solution, alcoholic beverages, stimulants, or other substances not approved during any contest.
- Throwing in the towel is not permitted by any second. If a second enters the ring during the round, the contestant shall be disqualified by the referee. The referee is the only person who can stop the bout.
- Each corner shall provide the following equipment for use at the event: approved solution to stop hemorrhaging, scissors, and one extra mouthpiece.

How to Win: Amateur Full Contact

- **Knockout:** Opponent is unable to intelligently defend himself following a strike
- **TKO:**
 - The physician or referee decides the opponent cannot continue due to a cut or other injury.
 - Opponent is taking excessive punishment, fails to show a willingness to continue, or for any reason the referee believes is necessary to preserve the fighter's safety
 - A contestant who is knocked from his feet by a blow (leg sweeps and tripping are not considered blows) from his opponent may receive a count of 10 seconds from the referee. The count shall begin when the contestant is down or helpless on the ropes and after the opponent is in a neutral corner. If the contestant is unable or unwilling to reenter the contest before the count of 10, the referee shall rule a knockout and the contestant's opponent shall win the contest.
 - Referee determines opponent is unable to continue after 8-count issued
 - Opponent receives third 8-count within one round, of 4th within bout or is unable to re-enter the ring after leaving during a break after the 20 second count issued.
- **Forfeit:** Opponent simply cannot or refuses to continue
- **Decision:** When the bout has ended after the specified time without a winner, the decision shall be determined by three judges.
 - Unanimous: All three judges award same contestant
 - Split decision: Two judges score for one contestant, one judge scores for the opponent
 - Majority decision: Two judges score for one contestant, one judges scores a draw

When the event inspector has examined the score cards and checked them for accuracy, he will inform the ring announcer of the decision.

The department shall not change a decision rendered at the end of any contest unless:

1. It is determined that there has been wrongful or illegal collusion affecting the results of the contest;
2. An error is found in the compilation of the score cards that shows that the decision favored the wrong contestant; or
3. The department determines through investigation there was a violation of this chapter that adversely impacted on the fairness of the contest or decision.

- **Draw:**
 - Unanimous draw – All three judges score the contest a draw
 - Majority draw – Two judges score the contest a draw
 - Split draw – All three judges score differently
- **Disqualification:** Opponent is disqualified by the referee

Bout Time Lengths: Amateur Full Contact

Non-Title Amateur Bouts:

Three (3) rounds, two (2) minutes each, with one (1) minute rest in between rounds.

Title Amateur Bouts:

Five (5) rounds, two (2) minutes each, with one (1) minute rest in between rounds.

Weight Classes: Amateur Full Contact

Weight Class	Weight in Lbs	Weight in KG	Max Weight Spread	Glove sizes
Atomweight	112 & below	50.9 & below	3 lbs - 1.36kg	8-10 oz
Flyweight	112.1 - 117	50.95 - 53.18	3 lbs - 1.36 kg	8-10 oz
Bantamweight	117.1 - 122	53.22 - 55.45	4 lbs - 1.8 kg	8-10 oz
Featherweight	122.1 - 127	55.50 - 57.72	4 lbs - 1.8 kg	8-10 oz
Lightweight	127.1 - 132	57.77 - 60	4 lbs - 1.8 kg	8-10 oz
Super Lightweight	132.1 - 137	60.04 - 62.27	5 lbs - 2.3 kg	8-10 oz
Light Welterweight	137.1 - 142	62.31 - 64.51	5 lbs - 2.3 kg	8-10 oz
Welterweight	142.1 - 147	64.59 - 66.8	7 lbs - 3.2 kg	8-10 oz
Super Welterweight	147.1 - 153	66.9 - 69.5	7 lbs - 3.2 kg	10 oz
Light Middleweight	153.1 - 159	69.6 - 72.3	7 lbs - 3.2 kg	10 oz
Middleweight	159.1 - 165	72.4 - 75	7 lbs - 3.2 kg	10 oz
Super Middleweight	165.1 - 172	75.1 - 78.2	7 lbs - 3.2 kg	10 oz
Light Heavyweight	172.1 - 179	78.3 - 81.4	7 lbs - 3.2 kg	10 oz
Light Cruiserweight	179.1 - 186	81.5 - 84.5	7 lbs - 3.2 kg	10 oz
Cruiserweight	186.1 - 195	84.6 - 88.6	12 lbs - 5.5 kg	10 oz
Heavyweight	195.1 - 215	88.7 - 97.7	20 lbs - 9.1 kg	10 oz
Super Heavyweight	215.1 and up	97.8 and up	No limit	10 oz

No contestant may engage in a contest without the approval of the department or its contractor if the difference in weight between the contestants exceeds the allowance in subsection A of this section.

If one of the two boxers in a contest is above or below the weights shown in subsection A of this section, both boxers shall wear the gloves of the higher weight.

When weigh-ins occur within 24 hours, but not less than 12 hours prior to the event's scheduled start time, the boxer shall not exceed the weight specified in his contract with the promoter. If a boxer exceeds the weight specified in the contract he shall not compete unless he:

1. Loses the weight exceeded in the contract at least 12 hours prior to the event's scheduled start time;
2. Loses all but two pounds of the weight exceeded in the contract at least 12 hours prior to the event's scheduled start time and loses the final two pounds at least six hours prior to the event's scheduled start time; or
3. Renegotiates the contract.

Boxers who weigh-in 24 hours prior to the scheduled event shall be required to re-weigh two hours prior to the event's scheduled start time and will not be permitted to exceed the weight specified in the contract by more than 10 pounds.

When weigh-ins occur less than 12 hours prior to an event's scheduled start time, the boxer shall not exceed the weight specified in the contract. No boxer shall be permitted to lose more than two pounds within 12 hours of a contest. If a boxer weighs more than two pounds over the weight specified in the contract, he shall not compete unless he:

1. Loses up to two pounds at least six hours prior to the event's scheduled start time; or
2. Renegotiates his contract.

All contestants and their seconds must be present at the official weigh-in. Contestants will be allowed to witness their opponent's weigh-in. All contestants and their seconds must be present at the prefight meeting. Any second who does not attend the prefight meeting will not be permitted in the corner of their contestant.

All contestants will report to the event location and their locker rooms at the specified time on the night of the event. Once the contestant reports to the event facility and to the locker room he will be disqualified if he leaves the locker room before time for the bout or leaves the facility before the end of the bout.

Contestants are allowed a 1lb allowance when weighing.

GCA may approve catch weight bouts subject to their review and discretion.

Other Regulations for **Contestants**

Access to Contestant's Locker Rooms

On the day of the contest, only the following individuals are allowed in the locker room of a contestant:

1. The contestant's licensed manager;
2. The contestant's licensed trainers, seconds, or cut men;
3. The promoter or the promoter's representatives;
4. Any representative of the GCA in the conduct of his official duties; and
5. Any representative of a law-enforcement agency of competent jurisdiction while discharging his official duties.

Referee Instructions

The referee shall, before starting the contest, ascertain from each contestant the name of his chief second, and shall hold the chief second responsible for the conduct of the assistant seconds during the progress of the contest. The referee shall call contestants together before each bout for final instructions, at which time each contestant shall be accompanied by his chief second only.

Regulations for Promoters

Process to apply for a license to conduct a kickboxing event and promoter's required responsibilities leading up to and during the event may be found in GCA Standards of Practice and GCA Sanctioning Agreement.