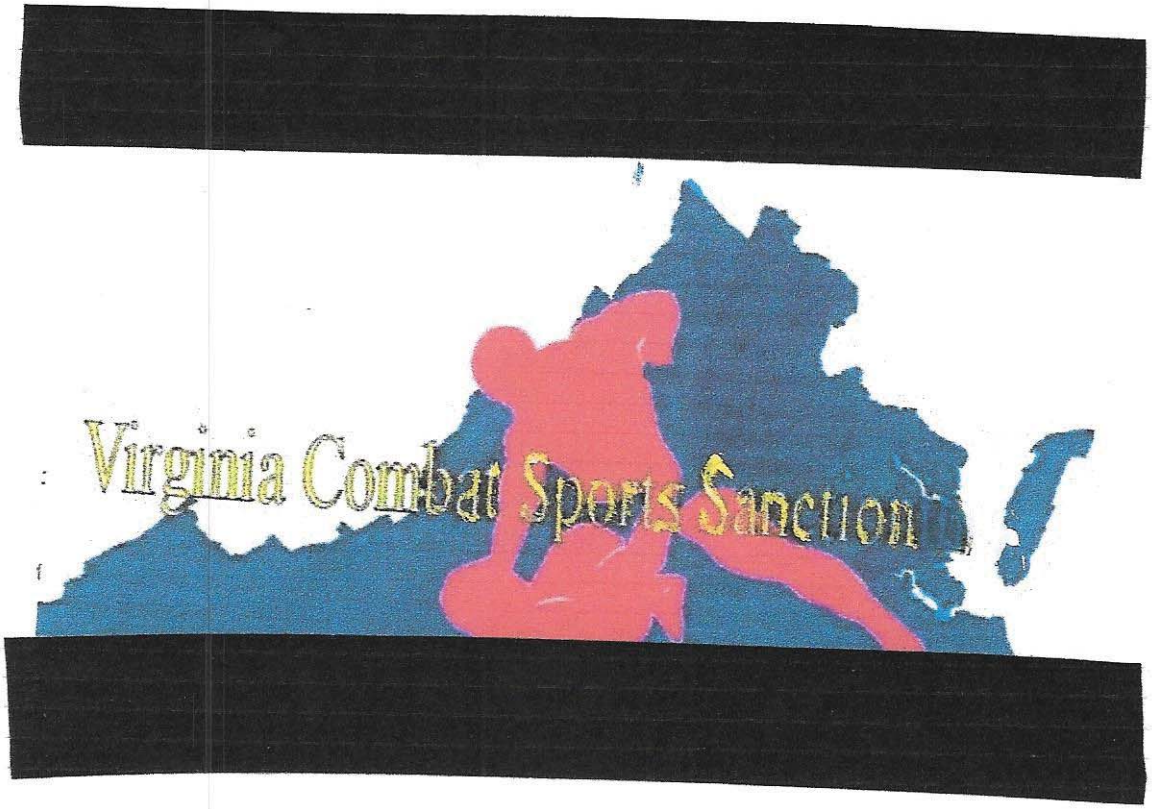

VIRGINIA COMBAT SPORTS SANCTION, LLC

Policies & Procedures

1. Introduction

Competitive experiences at the amateur level are an integral part of an athlete's development. VCSS believes that these experiences should be positive learning opportunities.

The mission of Virginia Combat Sports Sanction, LLC (VCSS) is to encourage and support the growth of combat sports at the amateur level by assisting event organizers in providing their local community with opportunities to participate and learn about the sport through high quality, well organized events.

The VCSS organizational model was designed to bring together experienced practitioners of the sports. VCSS is overseen by board of directors that consist of lifelong martial artists, former fighters and experienced instructors.

The organization understands the nature of the sport, the needs of participants and the challenges of the future.

2. Organization Code of Conduct

The Organization must, at all times, comply with all applicable laws and regulations. The Organization does not permit any activity that fails to stand the closest possible public scrutiny.

All business conduct should be well above the minimum standards required by law. Accordingly, officers, members, directors and officials must ensure that their actions cannot be interpreted as being, in any way, in contravention of the laws and regulations governing the Organization's operations.

Members uncertain about the application or interpretation of any legal requirements should refer the matter to the Executive Director, who, if necessary, should seek appropriate legal advice.

1. Conflicts of Interest:

A conflict of interest exists when any officer, member, director, or official directly or indirectly, has any pecuniary interest in, or holds any position with, any business associated with a licensee.

» Pecuniary interest means the opportunity to profit or share in economic benefit in the form of financial gain (e.g., money, property, commercial interest).

» Licensee means a promoter of amateur events.
It does NOT include matchmakers; trainers; seconds and cut Men; contestants; martial artist; and professional wrestlers.

a. All Officers and Directors will be required to attest to their familiarity with this policy and to provide information concerning any possible conflict of interest so that disclosure, if necessary, is made.

b. Event officials must provide proof of compliance with conflict of interest certification prior to each event.

2. **Organization** Records, **Reporting and Communications:**

Accurate and reliable records of many kinds are necessary to meet the Organization's legal and financial obligations and to manage the affairs of the Organization. The Organization's books and records must reflect in an accurate and timely manner all business transactions.

a. The Secretary-Treasurer of the board is responsible for maintaining records for the Organization and overseen by the Board of Directors. Financial records will be retained for a minimum of five years. The President will ensure timely and accurate filing of tax returns; submit annual corporate registration; and oversee the preparation of federal, state and local tax returns.

b. The Director of Records will be responsible for the accurate record keeping and reporting results and suspensions for VCSS registered participants and all other event data. Fighter information will be entered into the VCSS database at the time of registration. Event results and fighter suspensions will be entered within 24 hours post-event. All reports will be submitted to regulatory agencies according to requirements. Event Results and Fighter information are required to be kept by the organization for a period of ten (10) years.

3. Event Tickets **and** Reporting Gate Fees:

The Executive Director will appoint an official to monitor Event Tickets at each licensed and VCSS sanctioned event to verify ticket counts and collect gate fees due from the promoter. The information will be documented and verified on the reporting form supplied by the state. The Director of Records will ensure that the required forms and fees due are paid to the Department of Regulation within 24 hours following each event.

4. **Department of Regulation Inspection:**

   a. The Director of Records will make all event and participant records available for inspection upon request by the Department of Regulation representatives.

   b. Event Officials will permit the Department of Regulation representatives access to all areas of an event and its facilities to monitor performance or other authorized purpose.

5. **Prompt Communications:**

   In all matters relevant to participants, promoters, regulatory authorities, the public and others, members of VCSS must make every effort to achieve complete, accurate, and timely communications by responding promptly and courteously to all proper requests for information and to all complaints.

6. **Privacy and Confidentiality:**

   When handling financial and personal information about participants or others with whom the Organization has dealings, observe the following principles:

   a. Collect, use, and retain only the personal information necessary for the Organization's business. Whenever possible, obtain any relevant information directly from the person concerned. Use only reputable and reliable sources to supplement this information.

   b. Retain information only for as long as necessary or as required by law. Protect the physical security of this information.

   c. Limit internal access to personal information to those with a legitimate business reason for seeking that information. Use only personal information for the purposes for which it was originally obtained. Obtain the consent of the person concerned before externally disclosing any personal information, unless legal process or contractual obligation provides otherwise.

   d. Board members, directors or other staff who will have access to confidential information must sign the confidentiality agreement which serves to verify that they been made aware of the strict prohibition against inappropriate use of sensitive or confidential information.

7. **Board Responsibilities:**

   All VCSS Directors bear significant responsibility for ensuring the responsible, vigorous, timely and fair enforcement of the principles contained in this statement and other requirements. The following responsibilities are in addition to others they have concerning the operation of competitive events and tournaments.

1. Ensuring the integrity of sport, compliance with this statement and other applicable federal/state regulatory requirements and enhancing confidence in the integrity of all competitors.
2. Training officials and event representatives to carry out their responsibilities and the resources available to them to facilitate their knowledge of responsibilities under state regulations and VCSS policies.
3. Monitoring performance and compliance; ensuring regulatory compliance.
4. Ensuring that there is a clear chain of command of responsibility for record keeping, reporting procedures, monitoring compliance, handling misconduct and policy violations.

While the ultimate responsibility for ensuring compliance rests ultimately with the Executive Director, it is important that specific responsibility exists for the event-to-event enforcement of all rules and requirements. A clear chain of responsibility must exist, as that the people in that chain carry out their duties fully.

Without written instruction from the executive director to the contrary, primary responsibility for implementation of this statement, including ensuring the successful completion of each of the tasks identified rests:

A. **Executive Director** - Approve, reject, forward, or edit a request for sanctioning services.

B. **Executive Director** - Notify the regulatory authority of scheduled events, at least 30 days prior to each event, or immediately upon change or cancellation; ensure compliance with regulatory requirements.

C. **Executive Director** - Assign inspectors, officials and other positions to each event.

D. **Event Inspector** -Inform event promoter of all responsibilities and the requirements for competitors; monitor compliance.

E. **Event Inspector** - Register fighters and corner men; verify completed registration forms, blood test results, physicians' statements and proof of insurance; verify licensure and certification requirements of all officials, event participants and competitors for compliance.

F. **Event Scorekeeper/Timekeeper** - Record event results and event data; confirm the accuracy of results; timely submission of final reports to the director of records.

G. **Event Inspector** - Prepare event summary reports; timely submission of event

reports to the executive director.

H. **Director of Records**- Analyze event results; monitor compliance; enter fighter information to the VCSS database; submit event results to regulatory agencies; ensure compliance with regulatory requirements.

I. **Executive Director** - Prepare annual reports, submit reports to regulatory agencies; ensure compliance with regulatory requirements..

J. **Director of Officials** - Instruct VCSS referee and judge training courses; ensure the training requirements are taught; issue letters of completion and Applications for Certification; report participant outcomes to the executive director; monitor officials' performance and event rules compliance.

K. **Executive Director** - Review applications for VCSS certification; ensure all certification requirements are met; notify applicants of request approval or denial.

9. Event Officials Conduct:

A. The Organization expects its officials and representatives to conduct themselves in a businesslike manner. Drinking, fighting, swearing, and similar unprofessional activities are strictly prohibited while serving events.

B. Officials are prohibited to serve as a referee or judge for any bout where a personal relationship exists with a contestant (e.g., a teammate). These types of situations could influence or create the impression of influencing their decisions in the performance of their duties on behalf of the Organization.

10. Regulatory Compliance Procedures:

A. Notify the regulatory authority of scheduled events, at least 30 days prior to each event, or immediately upon change or cancellation; ensure compliance with regulatory requirements.

B. Unless an engagement is specifically exempted by law (§ 54.1-830), the regulations and requirements found in Section 3 through Section 17 will be enforced at all events.

C. The Director of Records will ensure that the required forms and fees due are paid to the Department of Regulation within 24 hours following each event.

3. Qualifications for Contestants

A. All contestants must be 18 years of age. A Government-issued ID must be presented at registration.

B. All contestants must complete the AMATEUR FIGHTER CONFIRMATION FORM at the time of registration. Any contestant meeting the definition of professional (paid for their excellence of experience, knowledge and ability of their given sport) on or before the date of the event will be ineligible to compete in the amateur event.

C. All contestants must certify their personal health and safety risk prior to each competition.

D. All contestants must submit to VCSS a statement from a licensed physician, issued within 180 days prior to event, certifying that the applicant is in good physical health and that the physician has not observed any abnormalities or deficiencies that would prevent the applicant from participation in a combat sport event or endanger the applicant, the public, officials or other contestants participating in the event.

E. All contestants must provide evidence of health insurance coverage for expenses for any injuries which may be incurred during the event. The policy must have a minimum coverage of $50,000 and accidental death insurance benefit coverage in the minimum amount of $50,000.

F. Each contestant must provide a negative test for the following prior to an event or contest: (1) Antibodies to the human immunodeficiency virus; (2) Hepatitis B surface antigen (HBsAg); and (3) Antibodies of virus hepatitis C. Such tests shall be conducted within the 180 days preceding the event. A contestant who fails to provide the required negative test results shall not be permitted to compete in the event or contest.

G. VCSS shall obtain information on each contestant from a contestant registry and examine that information, for records, experience, and consecutive losses. Contestants with 10 or more consecutive losses must obtain a special exception before being placed on the fight card. The results of the prefight physical, and any other pertinent information available, will be used to determine, to the extent possible, that both contestants are substantially equal in skills and ability and are medically fit to compete. No contest shall take place without the approval of the event inspector and the ringside physician assigned to the event.

H. No contestant shall participate in a contest that has:

- Been knocked out in the 60 days immediately preceding the date of the contest;
- Been technically knocked out in the 30 days preceding the date of the contest;
- Been a contestant in a boxing, kick boxing or martial arts event of more than six rounds during the 15 days preceding the date of the contest or six or fewer rounds during the seven days preceding the date of the contest;

- Suffered a cerebral hemorrhage;
- Suffered a serious head injury or other serious physical injury. VCSS may require an additional, specific medical examination to determine the contestant's suitability;
- Been found to be blind in one eye or whose vision in one eye is so poor that a physician recommends the contestant not participate in the contest. A contestant who is totally unsighted (uncorrected vision worse that 20/400) in one or both eyes shall be prohibited from competing; or
- Been denied a license or approval to fight by another jurisdiction for medical reasons.

I. Any promoter or contestant may request reconsideration by the executive director of the event inspector's decision by immediately providing in writing additional information or contradictory evidence concerning the contestant's skill, ability, or medical fitness.

4. Qualifications of Event Officials and Other Participants

A. Ringside Physicians must provide evidence of (I) licensure by the Virginia Board of Medicine as a physician and (ii) a current certification in cardiopulmonary resuscitation or osteopathic medicine.

B. VCSS Event Officials must have completed VCSS certification training and a certified as a VCSS official; must provide proof of compliance with conflict of interest certification prior to each event, current criminal history disclosure and minimum age requirements.

C. Contestants' trainers must be registered with VCSS and have proof of compliance with health and safety knowledge requirements on file.

D. Contestants' managers must be registered with VCSS and have proof of compliance with knowledge certification on file.

E. Contestants' matchmaker must be registered with VCSS and provide proof compliance with conflict of interest certification prior to each event.

5. Event Requirements and Procedures

A. Each competitor shall be examined prior to entering the ring by a physician who is licensed to practice medicine in the Commonwealth for at least five years. The physician shall certify in writing that the contestant's physical condition is such that he is physically able to engage in the contest.

B. A ringside physician is required to remain ringside on a continuous basis during all events.

C. An ambulance is required to be on site at every event.

D. Each referee or judge shall submit the following certification prior to each event:

» I understand that I am not entitled to receive any compensation in connection with a combat sport match until I provide a statement of all consideration, including reimbursement for expenses that will be received from any source for participation in the match.

1. Duties of Event Inspectors

The executive director will assign a sufficient number of officials to each event. The duties of each event official are as follows:

a. An event inspector shall be assigned by the department or its contractor to each event and shall be in overall charge of the conduct of the event and shall assure that all assigned inspectors, referees, timekeepers, judges, and ringside physicians are present and perform their duties.

b. The event inspector shall officiate at weigh-in to assure that all boxers are properly weighed and licensed and VCSS registered, and shall assure that the boxers have no weights or other objects which could influence the accuracy of the weigh in.

c. The assigned event inspector shall comply with all procedures established by the department and assure compliance with Chapter 8.1 (&54.1-828 et seq.) of Title 54.1 of the Code of Virginia and this chapter.

d. The assistant event inspector shall perform all duties assigned by the event inspector.

2. Duties of Locker Room Inspectors

Locker room inspectors shall be assigned to each event to assist the event inspector in the discharge of his duties.

a. Locker room inspectors shall be assigned by the event inspector to be in charge of the locker room and the corners and shall accompany the boxers to the corner. A locker room inspector shall remain in each corner and assure compliance with this chapter.

b. A locker room inspector shall assist the event inspector during the weigh-in and, when requested, assist the ringside physician during the physical examination.

c. Locker room inspector shall comply with all procedures established by the department and perform other duties as assigned to assure compliance with this chapter

3. Duties of Referees

All referees shall pass a prefight physical performed by the ringside physician in accordance, comply with all procedures established by the organization, perform other duties as assigned to assure compliance, and perform the following duties before, during, and after each assigned contest:

a. Provide the prefight instructions to contestants;

b. Assure that each contestant is properly gloved and wearing the required safety equipment;

c. Exercise supervision over the conduct of the contest to assure compliance with this chapter and to take immediate corrective action when a failure to comply is observed;

d. Immediately stop any contest when, in his judgment, one of the contestants is outclassed by the other, injured, or otherwise unable to safely continue to participate in the contest;

e. Endeavor to perform his duties in a manner which does not impede the fair participation of either contestant;

f. Consult, when he feels it appropriate, with the ringside physician on the advisability of stopping the contest if either contestant appears injured or unable to continue;

g. Determine fouls and stop contests as provided in the rules and regulations of the contest; and

h. Assure the health and well-being of the contestants to the greatest extent possible.

4. Duties of Judges

An assigned judge shall comply with all procedures established by the organization, perform other duties assigned to assure compliance with this chapter, and perform the following duties before, during, and after each assigned contest:

a. Be present and attentive during the entire contest;

b. Provide his scorecards to the event inspector or his designee at the end of each round; and

c. Report to the event inspector promptly at the time directed.

5. Duties of Scorekeepers

a. Record and tabulate the scores and point deductions from all of the judges.

b. All actual scores must be placed on the master score sheet as they are indicated by the judges' scorecards. In the event there is a knockout or the referee stops the match for any reason, the scorekeeper must ascertain the exact time from the timekeeper. This will be recorded on the area marked on the score sheet.

c. At the end of each match, the scorekeeper will take the ballot slips from the assistant scorekeeper or VCSS representative, who will collect them from the three judges.; and then will tabulate the results on to the master scorecard and attach the original ballots to the master score sheet. The scorekeeper shall tally all foul points, having been instructed by the Referee or event representative at the end of each round as to the amount of penalty, deducting these appropriately from each judge's score under the ten-point scoring system and entering the results on the master scorecard. At that time, the scorekeeper shall make the final tallies and deliver the totals to the VCSS Representative, who will verify the accuracy of the scores. The scorekeeper will then report the results of the contest to the Referee and the announcer. All bouts shall be determined a majority decision unless the scores indicate there is no majority at which time the bout shall be determined by overall points. The scorekeeper shall additionally note the outcome.

5. Duties of Timekeepers

An assigned boxing timekeeper shall comply with all procedures established by the department, perform other duties as assigned to assure compliance with this chapter, and perform the following duties before, during, and after each assigned contest:

a. Provide a chronometer of a type suitable for timing the rounds of a boxing contest;
b. Assure that a warning is sounded 10 seconds before the start of each round by blowing a whistle or other sound easily heard by the boxers and distinct from the sound signaling the beginning and end of each round;
c. Assure that each round and the interval between each round is correctly and uniformly times and that a bell or gong with a distinctive tone which is easily heard by the boxers is sounded at the beginning and end of each round;
d. Assist the referee in the counting for a knockdown to assure the downed boxer receives the correct amount of time allowed by this chapter to return to the contest; and
e. Report to the event inspector or his designee promptly at the time directed.

6. Duties of Ringside Physicians

The assigned ringside physician shall comply with all procedures established by the department and perform the following duties before, during, and after each assigned contest:

A. Conduct a physical examination of each referee immediately before the contest to assure his fitness to act as a referee.

B. Conduct a physical examination and take a medical history of each contestant immediately before the contest to assure his or her fitness to compete;

C. Report to the event inspector or his designee promptly at the time directed and remain at ringside during the entire duration of all contests assigned;

D. Signal the referee immediately in the event an injury is observed which the referee has not observed and enter the ring only after the referee has stopped or suspended. the action;

E. Render immediate medical aid to any competitor injured during a contest and, where appropriate, accompany the competitor to the hospital or other place where competent medical aid may be delivered. In no case shall the assigned ringside physician cease the direct application of his skills as a physician to an injured contestant until such time as the ringside physician, in his best medical judgment, determines that his services are no longer necessary or the injured contestant is under the care of other medically competent individuals;

F. Assure all substances in the possession of seconds, trainers, or cut men are appropriate for use on competitors during the course of the contest; and

G. Report immediately to the organization his determination of the fitness of each contestant to participate in the combat sport contest. A written report summarizing the results of his examination of each contestant shall be provided to the

organization within 24 hours after the date of the event.

6. Equipment to Be Provided by Promoters.

The promoter shall assure that each event shall have the following:

A. A fighting ring that will be in the shape of a square, a hexagon, or an octagon. A square ring shall not be less than 18 feet square inside the ropes and shall not exceed 20 feet square inside the ropes. A hexagon or octagon ring shall not be less than 18 feet (from any side to the opposite side) inside the ropes and shall not exceed 32 feet (from any side to the opposite side) inside the ropes.

The ring floor shall be padded with ensolite one inch thick or another similar closed-cell foam. The padded ring floor must extend at least 18 inches beyond the ropes and over the edge of the platform with a top covering of canvas or other similar material tightly stretched and laced to the ring platform. Material that tends to gather in lumps or ridges shall not be used.

The ring platform shall not be more than five feet above the floor of the building and shall have suitable steps for use of the contestants in their corners and by the ringside physician in a neutral corner.

Ring posts shall be of metal, not more than three inches in diameter, extending from the floor of the building to a height of 58 inches above the ring floor. The ring posts shall be at least 18 inches away from the ring ropes.

There shall be four ring ropes, no more than one inch in diameter, evenly spaced, with the bottom ring rope not less than 18 inches above the ring floor and the top ring rope not more than 52 inches above the ring floor. The bottom ring rope must be padded with a padding of closed cell padding of not less than 1/2 inch (recommend all ring roped be padded of the same thickness and material). Ropes are to be connected with soft rope ties six feet apart. All ring ropes are to be tight and approved.

All corners must be padded with approved pads. All turnbuckles are to be covered with a protective padding.

A ring stool and bucket shall be provided for each contestant's corner. The ring shall have bright lights and light all four corners and middle of the ring equally. No lights shall shine into the face of the contestants or ringside judges, lights may only shine downward and not shine at any angle directly into the fighting ring area that may blind the contestants or judges.

The promoter shall provide a ringside restrictive barrier between the first row of ringside seats and the event official's area that will prevent the crowd from confronting either the contestants or event officials. The ringside barrier must be a minimum of eight feet from the outside edge of the ring.

B. Locker rooms adequate in number and equipment to reasonably facilitate the contestant's activities before and after the contest. Separate locker rooms shall be provided when both male and female contestants are scheduled to compete. Locker rooms shall have restroom facilities easily available.

C. A fully equipped ambulance with a currently trained ambulance crew at the site of any event for the entire duration of the event.

D. A notice to the nearest hospital and the persons in charge of its emergency room of the date, time and location of event.

E. Gloves shall be provided by the promoter and meet the following:

- Gloves must be in good condition for all contests or they must be replaced.
- All contestants shall wear gloves at least four (4) ounces supplied by the promoter and approved by the sanctioning organization. No contestant shall supply his or her own gloves for participation unless approved by the organization.

F. A bucket containing ice, zip-lock bags, water, surgeon's adhesive tape and surgical gauze for contestants.

G. A sealed OTC pregnancy test kit, for each female contestant that will be given to the event inspector or his designee.

H. A solution of one part bleach and nine parts water for disinfecting blood on the ring canvas or ropes shall be available ringside for use by staff stationed ringside to clean the area as needed.

I. The promoter shall provide each corner with biohazardous material bags and, after the event, shall discard all regulated medical waste in the proper manner in accordance with the Regulated Medical Waste Management Regulations.

7. Equipment to Be Provided by Corner men. (Seconds)

Each second shall provide the following equipment for use at the event:

A. A solution approved by the Association of Boxing Commissions to stop hemorrhaging;

B. Scissors; and

C. One extra mouthpiece.

8. Equipment to Be Provided by Contestants.

Each contestant shall provide the following equipment for use at the event:

A. 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;

B. Approved groin protector for male contestants and approved pelvic girdle and a padded sports bra for female contestants;

C. A mouth piece properly fitted to each contestant's mouth;

D. Foot pads when required; and

E. Shin pads when required.

9. Event Conduct Standards for Combat Sports Contests.

1. 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 locker room in the presence of the event inspector or his designee.

2. Any contestant who has signed a contract to compete on a promoter's program shall be subject to be called by the organization to appear at any time to be weighed or to be examined by a physician designated by the promoter when the organization has reason to believe the contestant may not be qualified or may not be medically sound to participate in the contest.

3. Each contestant who signs a contract to compete on a promoter's program shall appear at a time and place designated by the organization to be weighed on department-approved scales in the presence of each other and a representative designated by the organization. Contestants shall have all weights removed from their bodies before the weigh-in but may wear shorts in the case of males, and shorts and shirts in the case of females.

4. Each contestant shall be examined immediately before the contest by a ringside physician assigned to the event who certifies in writing on a form provided by the department whether the contestant is physically fit to safely compete. The original health certificate will be submitted to the event inspector or his designee. In addition, each female contestant shall take a pregnancy test in the presence of a female inspector or provide the ringside physician with a negative pregnancy test result taken not more than 24 hours prior to the event. The inspector will give the results to the physician and the results will be noted on the physical form. If the physician's certification fails to certify that the contestant is physically fit to safely compete, the

contestant shall not participate in the contests. All contestants shall submit to a post fight physical if requested by the ringside physician or the organization.

5. Discretional use of petroleum jelly is permitted on the face. In the case of a cut, topical use of a solution approved by the Association of Boxing commissions is permitted. All other solutions are prohibited.

6. Headgear is not permitted.

10. Weight Classes, Weigh-ins and Prefight Meeting.

A. Weight Classes are as follows: VCSS

MMA WEIGHT CLASSES

WEIGHT CLASS	WEIGHT IN LBS	MAX WEIGHT SPREAD
Flyweight	125.9 and under	5 lbs
Bantamweight	126 -134.9	5 lbs
Featherweight	135.144.9	5 lbs
Lightweight	145 - 154.9	5 lbs
Welterweight	155-169.9	12 lbs
Middleweight	170-184.9	12 lbs
Light Heavyweight	185-204.9	12 lbs
Heavyweight	204-264.9	20 lbs
Super Heavyweight	265 and over	No limit

B. No contestant may engage in a contest without the approval of the organization if the difference in weight between the contestants exceeds the allowance in subsection A of this section.

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

- Loses all but two (2) pounds of the weight exceeded in the contract and loses the final two (2) pounds at least six (6) hours prior to the event's scheduled start time; or
- Renegotiates the contract.

D. No contestant shall be permitted to lose more than two (2) pounds within 12 hours of a contest. If a contestant weighs more than two (2) pounds over the weight specified in the contract, he shall not compete unless he renegotiates the contract.

E. All contestants and their seconds must be present at the official weigh-in. The time, date and location of the weigh-in will be approved by the organization. Contestants will be allowed to witness their opponent's weigh-in.

F. 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.

11. Access to Contestants Locker Rooms.

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

A. The contestant's VCSS registered manager;

B. The contestant's VCSS registered trainers, seconds, or cut men;

C. The promoter or the promoter's representatives;

D. Any representative of the organization in the conduct of his official duties; and

E. Any representative of a law-enforcement agency of competent jurisdiction while discharging his official duties.

12. Referee's Instructions to Contestants.

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.

1. Number and Conduct of Seconds.

A. No contestant shall have more than three seconds.

B. All seconds must keep their shoulders below the ring floor level during the bout. Seconds are prohibited from standing up or leaning on the edge of the ring, mat or floor or slapping the ring, cage fence, mat or floor while the bout is in progress, or touching the ring ropes until the bell sounds to end the round. Seconds must keep coaching volume down while the bout is in progress and are prohibited from negatively interfering with the officials in any physical or verbal way.

C. Only one (1) second may be inside of the ring ropes or cage between rounds.

D. Any excessive or undue spraying or throwing of water on any contestant by a second between rounds is prohibited. Seconds are responsible for wiping up any fluids in their corners between rounds.

E. Seconds shall not enter the ring/cage until the bell signals the end of the round. Seconds 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.

F. Seconds shall not use Monsol's solution, alcoholic beverages, stimulants, or other substances not approved by the organization during any contest.

G. If a second enters the ring during the round, the contestant shall be disqualified by the referee.

13. Length of Contest and Duration of Round.

In contests where only kicks above the waist are allowed, the rounds shall be two minutes in length with a one-minute rest period between the rounds. In all other contests the rounds shall be three minutes in length with a one-minute rest period between rounds.

14. Counting by Referee, Determination of a Knockdown.

In events where only kicks above the waist are allowed:

A. 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.

B. The referee may, at his discretion, administer an eight count to a contestant who has been stunned, but who remains standing. The referee will direct the contestant's opponent to a neutral corner then begin the count, examining the stunned contestant during the count. If, after completing the standing eight count, the referee determines the contestant is able to continue, the bout shall resume. If the referee determines the contestant is not able to continue, the referee will stop the contest and declare the contestant's opponent the winner by technical knockout.

C. The referee shall administer a mandatory eight count to a contestant who is knocked down.

15. Fouls, Duties of the Referee, and Deduction of Points.

A. The following are considered fouls:

1. Head butts.
2. Striking the back of the neck or back of the head.
3. Striking to the spine area.
4. Spitting.
5. Biting.
6. Kicking to the front of an opponents' knee.
7. Groin attacks of any kind.
8. Using abusive language in the ring or cage.
9. Downward or spiking elbow strikes.
10. Flagrant disregard of referee's instruction.
11. Unsportsmanlike conduct that causes injury to an opponent.
12. Eye-gouging.
13. Knuckle gouging.
14. Clawing, pinching, or twisting of flesh.
15. One or two-handed chokes applied directly to the throat/windpipe.
16. Knees to the head and neck of a grounded opponent.
17. Kicking or stomping above the waist on a grounded opponent.
18. Fish hooks, (to eyes, nose, ear, or mouth)
19. Putting a finger into any open orifice, (cuts/lacerations)
20. Grabbing of the clavicle.
21. Hair pulling.
22. Single digit manipulation.
23. Small j oint manipulation.
24. Driving opponent's head directly down into the mat. (spiking)
25. Lifting, pushing, throwing or forcing an opponent out of the ring or cage.
26. Intentionally delaying the contest due to improper equipment, or by intentionally dropping or spitting out mouthpiece.
27. Attacking an opponent on or during a break.
28. Attacking an opponent who is under the care of an official.

29. Interference by corner/trainer.

30. Rope or cage grabbing to avoid a submission hold or takedown.

31. Any direct attacks to the kidney area.
(Example: heel strikes to kidneys from the guard position)

32. Any intentional strikes to the opponents throat area.

B. 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.

C. Referees shall follow the Event Rules & Regulations when determining whether to classify a foul as intentional or unintentional and their penalties. (See Rules & Regulations)

D. Any contestant who commits a foul after being warned by the referee may have points deducted by the referee or may lose the contest by disqualification by the referee.

E. The referee shall stop the contest when he determines that a foul has occurred and determine whether the fouled contestant is able to continue. The referee may order the contest suspended for a reasonable period of time to allow the fouled contestant to recover if the referee determines the contestants chance of winning has not been seriously jeopardized.

F. The referee shall inform the event inspector or his designee of any accidental foul. The referee shall stop a contest when it is determined that an injury resulting from an accidental foul is so severe as to adversely affect the fouled contestant's chances of winning. Except as provided in subsection H of this section, the contest shall be a draw if the accidental foul occurs during the first four rounds of a bout scheduled for more than four rounds or before the half-way point of a bout scheduled for four rounds or less. The contest shall be determined by a tabulation of the scores of the completed rounds if after the fourth round of a bout scheduled for more than four rounds or after the middle of a bout scheduled for four rounds or less.

G. The referee shall stop a contest when it is determined that an injury resulting from an accidental foul has been aggravated by fair blows. The outcome of the contest shall be determined by scoring the completed rounds.

H. If the contestant who committed the foul knocks out or causes injury to his opponent and the opponent is unable to continue the bout, the referee will stop the bout. The judges' score cards will be totaled and the decision of the bout will be announced. If the foul is committed in the first round and the fouled contestant cannot continue, the contestant who fouled will be automatically disqualified.

I. If a contestant is injured from a foul and the bout continues but is later stopped in any round after the first round because of additional injury to the fouled area, the judges' score cards will be totaled. If the contestant who committed the foul is ahead on the score cards the bout will end in a technical draw. If the contestant who was fouled is ahead, he will be awarded a technical win.

J. If a contestant becomes injured by something other than a foul or legal strike and the injury occurs in the first round, the bout shall be stopped and declared a no contest. If the injury occurs in the second round or beyond the judges will be asked to score the portion of the round. All judges score cards will be collected and tallied. If the injured contestant is ahead on the score cards he will be awarded a technical draw. If the non-injured contestant is ahead on the score cards he will be awarded a technical knockout (TKO).

16. Scoring of Contest, Decisions and Announcements of Decisions.

A. Each contest shall be scored by the judges assigned by the organization. At the end of each bout, the score and the score cards shall be presented to the event inspector or his designee who shall examine the score cards. At the end of the contest, the winner shall be the contestant who receives the highest score of the majority of the judges. The contest is a declared a draw if neither contestant scores so as to obtain a majority.

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

C. The organization 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 organization determines through investigation there was a violation of this chapter that adversely impacted on the fairness of the contest or decision.

17. Code of Participant Conduct.

The Code of Participant Conduct does not in any way replace the standards and/or regulations of any other martial art/combat sport governing body or organization. Nor

does it replace or modify the terms of compliance regulated by state government authorities. Instead, it reaffirms strong values and reminds all members of the martial arts/combat sports community that conduct inconsistent with those values is inappropriate and cannot be tolerated.

1. **Principles Applicable to all Participants.**

Participants shall treat one another and all others with dignity and respect. They shall avoid conduct that demeans, harasses or threatens any one person. The intent and force of this principle is to prevent any participant at any time from physically or verbally abusing another person; from using excessive profane language or vulgar gestures; from demeaning or belittling another person or making derogatory comments about his or her race, sex, religion, age, disability, national origin or sexual orientation; and from engaging in conduct intended, or so reckless as to be likely, to cause harm to another.

Acts of unsportsmanlike conduct shall include, but are not limited to the following:

A. Striking, attempting to strike or otherwise physically abusing an official, opposing coach, spectator or athlete outside of a combat sport context.

B. Intentionally, or with careless disregard for one's conduct, inciting participants or spectator to violent or abusive action.

C. Using obscene gestures or profane or unduly proactive language or action toward and official, fighter, coach, contestant or spectator.

D. Publicly and unduly criticizing a VCSS official, director, member, VCSS appointed
representative, or any representative of any state regulatory body.

E. Committing any act of unsportsmanlike conduct not specifically described above shall subject violators to any of the penalties outlined in the VCSS Disciplinary Policy.

2. **Disciplinary Policy**
Procedures for Handling Participant Misconduct /Policy Violations

Incidents of misconduct will be identified as (a) Minor (b) Moderate or (c) Severe. The following factors will be considered when deciding the level of seriousness of misconduct: (1) the degree of the misconduct (2) the impact on others, the image and reputation of the sport, VCSS and all other involved organizations, sponsors or parties, (3) culpability and (4) intent.

1. It is recognized that not all instances of participant misconduct are serious enough to be dealt with at a level higher than verbal warning or a discussion with the participant and/or the promoter of the event. In such minor cases, resolution should be immediate, will require no formal procedures and will involve relatively

minor sanctions (i.e., verbal correction). Such sanctions should be applied fairly and consistently. The severity of disciplinary action depends on the circumstances specific to each case.

2. In cases of participant misconduct that is deemed moderate to severe, VCSS members, VCSS officials and all designated representatives have an obligation to inform, in •writing, the VCSS Executive Director a detailed account of the misconduct and the details surrounding the incident. Additionally, any violation of a serious nature or any misconduct that involves violation of any Federal and/ or State laws or regulatory guidelines will be reported in writing to director of the regulatory agency assigned to the sport.
3. Reported issues of misconduct and policy violations will be addressed by the Board of Directors. Sanctions, if determined to be appropriate, shall be imposed consistently. This does not require that all procedures or sanctions be identical, but that similarly situated participants are treated consistently and that there be a general consistency among the treatment of all participants.
4. Sanctions should also be appropriate to the alleged offense, taking into account the circumstances and context of the offense, the perpetrator's university status, whether a pattern of improper conduct exists, the magnitude of the violation and the effect the conduct has had on others.
5. A single offense, particularly where the act of noncompliance is found to be unintentional and resulted in little or no harm to another person, might result in a minor sanction such as: (1) A warning (2) Increased monitoring or (3) Disciplinary probation period.
6. On the other hand, repeated or deliberate noncompliance that threatens or results in physical harm to another person or otherwise demonstrates injury, should be subject to significant sanction, such as: (1) Suspension period determined by the Board of Directors; (2) Fines or (3) Permanent suspension from VCSS events.
7. Serious violations that violate laws and regulatory requirements will be documented by the Executive Director and reported to the regulatory authority as swiftly as possible.

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