

ISKA KICKBOXING & MUAY THAI STANDARDS AND GENERAL SAFETY PROTOCOLS

Event Notification

The State Athletic Commission will be notified a minimum of 10 days prior to any event, contest, bout or exhibition.

Event Advertising

All advertising for exclusively amateur events must make it clear and obvious that the event is an AMATEUR competition. All advertising is subject to approval of the sanction body

Insurance

Health and Accidental Death Benefit Policy for Athletes must meet or exceed the minimum state standard of \$10K/\$10K Medical/Accidental death for amateur events and \$50k/\$50k Medical/Accidental death for professional events. Claims forms with the promoter information and policy number already written in shall be provided to the ringside physician prior to the start of the event. The promoter is responsible for the payment of the deductible amounts for any injured athletes if their personal insurance doesn't cover said medical expense.

General Liability Insurance Policy naming sanction body as co-insured: \$1 Million per claim / \$2 Million aggregate minimum

Medical

All fighters will receive an onsite physical examination clearing them to compete performed by a medical doctor (MD or DO). All female fighters will be required to take a pregnancy test. Pregnant women will not be approved to compete.

There will be a minimum of one medical doctor (MD or DO) at ringside during all bouts. It is highly recommended that two physicians be in attendance so that if one must leave ring-side the event may continue. Competition may not occur in the ring if the physician is not present at ringside.

There will be a minimum of two licensed paramedics or EMT's in attendance at the event with at least one of these present at ring-side while competition is occurring in the ring. These paramedics/EMT's will have in the facility, at ringside all equipment necessary for treatment and or transportation of an injured athlete, including: Oxygen, Backboard and Neck Collar.

There will be an ambulance (mobile medical unit) on site at all times during the event. If an athlete needs to use the ambulance for transport to the hospital another unit must arrive before the competition can continue.

Medical and Punitive Suspensions

Every fighter will be subject to a minimum of a 7 day mandatory rest period after each bout (if not a preapproved tournament format bout). The ringside physician will be responsible for determining the duration and other provisions regarding medical suspensions but will qualify according to the following minimums. A TKO shall merit a minimum of a 30 day medical suspension; A KO defeat shall merit a minimum or a 60 day medical suspension.

Fighters are subject to punitive or disciplinary suspensions for infractions determined to merit such action by the sanctioning body

No fighter shall participate in a bout while under suspension by any approved sanction organization or state athletic commission.

Fight Card

The fight card (matches) will be submitted to the sanction body in advance for approval. Amateurs will not compete against Professionals. Combatant applying to compete as amateurs may not have previously competed or participated in any commission regulated combat sport as a professional. The matches will be evaluated by the event supervisor to make certain that the matches are suitable regarding experience and skill level. Any changes to the fight card will be subject to the approval of the event supervisor. The promoter is responsible for guaranteeing that each fight camp is fully informed regarding their opponent, the weight limit set for the match, the length of the match, the specific rules governing that match and the general event schedule (mandatory report times).

Bouts between male and female combatants will not be approved

WEIGHT DIVISIONS AND PERMISSIBLE INTERDIVISIONAL WEIGHT SPREADS

<u>DIVISION</u>	<u>WEIGHT LIMITS</u>	<u>NO MORE THAN</u>
ATOM	(108 LBS/49.1 KG & BELOW)	4 LBS
SUPERATOMWEIGHT	(108.1 – 111 LBS 49.2 –50.5 KGS)	4 LBS
FLYWEIGHT	(111.1 – 114 LBS/50.6-51.8 KGS)	4 LBS
SUPERFLYWEIGHT	(114.1-117 LBS/51.9-53.2 KGS)	4 LBS
BANTAMWEIGHT	(117.1-120 LBS/53.3-54.5 KG)	5 LBS
SUPERBANTAMWEIGHT	(120-124 LBS/54.6-56.4 KG)	5 LBS
FEATHERWEIGHT	(124.1-128 LBS/56.5-58.2 KG)	5 LBS
LIGHTWEIGHT	(128.1-132 LBS/58.3-60.0 KG)	6 LBS
SUPERLIGHTWEIGHT	(132.1-137 LBS/60.1-62.3 KG)	6 LBS
LIGHT WELTERWEIGHT	(137.1-142 LBS/62.4-64.5 KG)	6 LBS
WELTERWEIGHT	(142.1-147 LBS/64.6-66.8 KG)	7 LBS
SUPERWELTERWEIGHT	(147.1-153 LBS/66.9-69.5 KG)	7 LBS
LIGHT MIDDLEWEIGHT	(153.1-159 LBS/69.6-72.3 KG)	7 LBS
MIDDLEWEIGHT	(159.1-165 LBS/72.4-75.0 KG)	8 LBS
SUPERMIDDLEWEIGHT	(165.1-172 LBS/75.1-78.1 KG)	8 LBS
LIGHT HEAVYWEIGHT	(172.1-179 LBS/78.2-81.4 KG)	8 LBS
LIGHT CRUISERWEIGHT	(179.1-186 LBS/81.5-84.6 KG)	9 LBS
CRUISERWEIGHT	(186.1-194 LBS/84.7-88.2 KG)	9 LBS
SUPERCRUISERWEIGHT	(194.1-202 LBS/88.3-91.8 KG)	9 LBS
HEAVYWEIGHT	(202.1-212 LBS/91.9-96.4 KG)	12 LBS
SUPERHEAVYWEIGHT	(212.1 LBS/96.5 KG & ABOVE)	20 LBS

Catchweight or interdivisional bouts will be approved as long as the weight spread between the two athletes does not exceed the allowable weight spread of the weight class corresponding to the lighter of the two combatants.

All fighters are prohibited from losing more than 1% of their body weight from the time of the official weigh-in to the time of the contest. We recommend that every fight team read and understand the materials available on the real danger of rapid dehydration, how it negatively effects your health and performance.

Amateur status as a kickboxer requires that the athlete HAS NOT competed as a professional (paid to perform) in ANY regulated combat sport or full contact martial art. Amateur status is subject to approval of the sanction body.

Amateur matches will not be scheduled for more than five rounds with each round lasting no more than two minutes. There will be a rest period of not less than one minute between each round. Generally, bouts will be scheduled for three, two-minute rounds with title bouts being scheduled for four rounds (state / regional titles) or five rounds (national / continental / world titles). Professional bouts will not be scheduled for more than 10 rounds with each round lasting no more than three minutes. There will be a rest period of not less than one minute between each round.

Fighters 18 years and older do not fight minors (17 years and under). All minor matches are subject to approval. Minor matches must meet established weight spread requirements and age spread requirements (not more than 18 months difference in age). Minor match fighters must each provided a liability release signed by a parent or legal guardian.

Fighters 35 and over may be subject to additional medical testing requirements.

The Ring

The ring shall be a regulation Boxing ring not less than 17 feet (5.3m) square within the ropes. The ring floor shall extend beyond the ropes not less than 18 inches (.58m). The ring floor shall be padded in a manner as approved by the ISKA. The ISKA recommends a one inch (1") layer of Ethafoam which is a closed-cell product manufactured by Dupont. Padding must extend beyond the ring ropes and over the edge of the platform. The ring platform shall not be more than four feet (4') above the floor of the building and shall be provided with suitable steps for use by fighters. Ring-side tables must be no higher than ring platform level on elevated rings; no ringside tables will be permitted next to floor level on non-elevated rings. Ring posts shall be metal not more than four inches (4") in diameter extending from the floor of the building to a height of 58 inches (1.6m), (4'10") above the ring floor, and shall be properly padded. The ring ropes shall be a minimum of three in number and not less than one inch (1") in diameter. The lower rope shall be 18 inches (.5m) above the ring floor, the middle rope 35 inches (.9m) above the floor, the upper rope 52 inches (1.3m) above the floor. The lowest rope shall have applied around it padding of a thickness not less than one-half inch (1/2") and of type and construction to be approved by the ISKA. All rope ties will be vertical, approximately 6 feet apart, made of a soft material.

The ring should be surrounded on all sides by rectangular tables pressed up against the ring and chairs. These seats are reserved for officials, and production staff. The promoter will provide three raised chairs (bar stools with seat backs are suitable) for the judges. There will need to be a buffer zone of no less than 6 ft. measured from the back of the official's chairs at ring-side to the barricade separating ring-side from the paid spectators. This barricade safeguarding the ring-side area is required. During the event, no alcoholic beverages may be served or consumed with-in the ring-side zone. The Event Supervisor will designate the exact seating for the official ring-side personnel which will include the Event Supervisor, Time Keeper, Score Keeper, Three Judges, the "off" Referee, the Shadow Officials, the Event Physicians, the EMT's, The Fighter's Seconds and The Ring Maintenance Personnel. A space must be reserved within the barricaded ring-side area for the emergency stretcher and EMT medical supplies.

The ring will be fully inspected for approval by a sanction body appointed official prior to the start of the first bout.

Sanitation

All promoters are held responsible for ensuring acceptable sanitary standards are met, with respect to dressing rooms, showers, water bottles, towels or other equipment. Physicians and ISKA Representatives are to make a particular examination at every event for violations of these rules. The ring must be swept, dry-mopped, or otherwise adequately cleaned before the event and prior to the fights.

Fighter Equipment

The wrapping of hands or feet is not mandatory. Fighters who wish to wrap their hands or feet shall be responsible for their own gauze and tape or approved commercial hand wraps. Gauze shall be of the soft or soft-stretch type, and shall not exceed 2 inches in width. Tape shall be of the soft adhesive type and shall not exceed 1.5 inches in width. One ten yard roll of gauze, and not more than two yards of tape, is the maximum allowable amounts for each hand. Gauze shall be for the protection of the hand only, and the amount shall be the discretion of the Event Supervisor. Tape shall be present only to hold the gauze in place, with NO TAPE allowed over the front of the knuckles (striking surface) and only 1 strip between the fingers not to exceed 1/4 in width and 4" in length. Up to twelve (12) feet of tape may be used to wrap each foot and ankle. The Event Supervisor, or his designee, must inspect all hand and foot wrappings, and must sign across the knuckles of the hand wrappings before the gloves are secured on the hands.

Neoprene or Elastic knee braces may be worn if there are no plastic or metal braces, hinges or joints.

Neoprene or Elastic ankle supports may be worn subject to the approval of a supervisory inspector.

For approved amateur bouts the Promoter will provide approved 10 oz. gloves when both fighters weigh 147 lbs. or less and 12 oz. gloves when one or both fighters weigh 148 lbs. or more. All gloves will be in good condition. Minor fighters may be required to wear larger or more padded gloves subject to the approval of the event supervisor. All gloves will be secured by approved tape.

For approved professional bouts the Promoter will provide approved 8 oz. gloves when both fighters weigh 147 lbs. or less and 10 oz. gloves when one or both fighters weigh 148 lbs. or more. All gloves will be in good condition.

The Promoter will provide specified Amateur fighters with approved Headgear designed to lessen the impact of strikes directed to the head and reduce the likelihood of cuts.

All fighters will wear an approved mouthguard and have one additional mouthguard available with their chief second.

All male fighters will wear an approved groin protector

The Promoter will provide specified fighters approved shin and instep pads.

A light coat of Vaseline may be applied to the mask area of the face for both kickboxing and muay thai bouts and Namman Muay is allow for muay thai bouts. All other products are prohibited

The only products allowed for the purposes of treating a laceration or to stop/slow bleeding is a 1/1000 solution of Adrenalin and Avitine, or their generic equivalents as approved by a physician and in their original labeled containers

No rings, jewelry, or items other than those authorized may be worn. Elbow pads and forearm pads shall not be worn. All piercing shall be removed prior to leaving the locker room.

ISKA PROFESSIONAL MUAY THAI RULES

The Minimum Standard For Each Professional Event
And Every Professional Bout Shall Include The Following As Fouls:

- a. Head butting
- b. Downward pointed elbow strikes – *ceiling to floor or 12 to 6 elbow strikes are prohibited*
- c. Strikes to the groin – *hits to the groin area/lower abdomen just below the navel called “neb” are permitted. Strikes to the testicles (cup area) are prohibited*
- d. Direct attacks to the knee – *side-kicks to the front of a combatants leg are illegal*
- e. Strikes to the back of the head (rabbit punches)
- f. Strikes to the spine
- g. Strikes to the throat
- h. Striking a downed opponent
- i. Failure to obey the referees commands
- j. Striking an opponent under the referee’s or physician’s care
- k. Shoving, throwing, or wrestling an opponent except when pushing in a legal clinch
- l. Striking when the Referee calls a break
- m. Striking after the bell has sounded
- n. Holding the ropes or using the ropes as a weapon – *pushing an opponent’s face across the ropes in attempt to cut them is illegal*
- o. Timidity or intentionally avoiding contact
- p. The use of abusive language or abusive gestures
- q. Causing intentional delays such as repeatedly spitting out the mouth piece
- r. Eye gouging
- s. Hair pulling
- t. Biting or spitting
- u. Holding the opponent’s shorts
- v. Interference from the fighters corner
- w. Tripping or sweeping an opponent – *it is legal to kick an opponent off their feet. In Muay Thai a kick is considered an action that uses the top of the foot and/or front of the shin. It is possible to hook the foot and kick as long as the top of the foot and/or shin, not the side of the foot make contact with the opponent’s leg*
- x. Hip throws, shoulder throws or leg throws
- y. Grasping the opponent’s lower back while also forcing an opponent’s spine to hyperextend
- z. Intentionally falling on an opponent pressing an elbow or knee upon him/her
- aa. Wrestling, back or arm locks or any similar judo or wrestling hold
- bb. Lifting and throwing an opponent to the canvas
- cc. Attempting to “pile drive” an opponent’s head to the canvas

dd. Catching an opponent's kick and pushing an opponent for MORE than three steps without attempting to deliver an attacking technique – it is permissible to catch your opponents kick, hold the opponent's leg and take up to three steps

ee. Intentionally falling to the canvas when a fighter's kick is caught is prohibited – it is considered taking advantage over his opponent

ff. Stepping on a fallen opponent

PROFESSIONAL MUAY THAI RULE SUPPLEMENT

ISKA has adopted the ASSOCIATION OF BOXING COMMISSIONS UNIFIED MUAY THAI RULES

(which will apply unless they conflict with the minimum requirement listed above)

Pre-Fight Rituals

The referee should order the fight to start only after the contestants have completed their pre-fight rituals, in accordance with Thai traditions. The Referee should instruct the seconds/corner men to remove any ceremonial garb when their fighter returns to his corner after he/she has performed the pre-fight ritual.

However, Commissions may wish to notify the contestants of a time limit on their pre-fight rituals. (for example, three minutes maximum)

Amulets are sacred and highly respected items believed to bestow blessings and protection. All Muay Thai fighters must use the mongkon, a head circlet, which is worn until completion of the Ram Muay ritual dance, and the prajed, a woven armband. The prajed contains a small Buddha image and is worn throughout the match. Such must be neatly wrapped and covered with cloth.

The special relationship between a Muay Thai fighter and his trainer are gracefully expressed during the Ram Muay that precedes every Muay Thai match. This ancient tradition is a further demonstration of the fighter's respect and gratitude. The Ram Muay is a series of gestures and movements performed in rhythm to ringside musical accompaniment. The Ram Muay developed differently in various regions under different teachers. Two fighters performing identical Ram Muay rituals would know they studied under the same teacher or came from the same school, and likely would not compete against each other. Today, it is not so easy to tell the difference in rituals. Wearing the traditional mongkon head circlets created from monk's writings that are wrapped in silk thread, the fighter moves gracefully in the center of the ring, bowing in all directions. The ritual is a gesture of respect for the fighter's trainer and family.

The sarama or musical accompaniment to Muay Thai accompanies the Ram Muay as well as the contest itself. The music is performed by musicians playing oboes, Thai drums and cymbals. The tempo of the music varies. During the Ram Muay it is slow and to respect the mood of the ritual. When the fight commences the tempo is increased.

Use of Ointments, Etc. (Namman Muay)

As in boxing and mixed martial arts, the application of limited Vaseline to the face at ringside is permissible. Unlike boxing and mixed martial arts, the use of Thai liniment (Namman Muay) is permissible and typically expected, to be applied to the fighter's body.

Namman Muay, however, is a specific item and should not be confused with other oils, greases, ointments, balms or butters such as Tiger Balm, IcyHot or Cocoa Butter.

Groin Protection

Unlike boxing or mixed martial arts, Commissions should mandate and require that muay thai contestants, at any level, wear a steel cup.

Suggested Weight Classes

Mini Flyweight	From 100 pounds but not over 105 pounds
Light Flyweight	Must be over 105 pounds but not over 108 pounds
Flyweight	Must be over 108 pounds but not over 112 pounds
Super Flyweight	Must be over 112 pounds but not over 115 pounds
Bantamweight	Must be over 115 pounds but not over 118 pounds
Super Bantamweight	Must be over 118 pounds but not over 122 pounds
Featherweight	Must be over 122 pounds but not over 126 pounds
Super Featherweight	Must be over 126 pounds but not over 130 pounds
Lightweight	Must be over 130 pounds but not over 135 pounds
Super Lightweight	Must be over 135 pounds but not over 140 pounds
Welterweight	Must be over 140 pounds but not over 147 pounds
Super Welterweight	Must be over 147 pounds but not over than 154 pounds
Middleweight	Must be over 154 pounds but not over than 160 pounds
Super Middleweight	Must be over 160 pounds but not over than 168 pounds
Light Heavyweight	Must be over 168 pounds but not over 175 pounds
Cruiserweight	Must be over 175 pounds but not over than 190 pounds
Super Cruiserweight	Must be over 190 pounds but not over 210 pounds
Heavyweight	Must be over 210 pounds but not over 230 pounds
Super Heavyweight	230 pounds and up

It is recommended that the unwritten custom of the one pound allowance for non-title bouts be continued, but only if provided for in the written bout contract or by regulation. Commissions may also approve catch weight bouts, subject to their review and discretion. For example, the Commission may still decide to allow the contest if it feels that the contest would still be fair, safe and competitive if a set catch weight is set in advance. In addition, if one athlete weighs in at 227 pounds while the opponent weighs in at 232, the Commission may still decide to allow the contest if it feels that the contest would still be fair and competitive. This would be despite the fact that the two athletes weighed in at differing weight classes.

No Fighter shall be permitted to lose more than 2% of his/her bout weight after initially failing to make weight. The weight loss described in subsection 3 must not occur later than 1 hour after the initial weigh-in.

Commissions should establish and make known to promoters the maximum allowable weight differences for contestants for each weight class. For example,

. No unarmed combatants may engage in a contest or exhibition, without the approval of the Commission or the Commission's representative if the difference in weight between unarmed combatants exceeds the allowance shown in the following schedule:

up to 118 lbs..... not more than 3 lbs.

118 lbs.-126 lbs..... not more than 5 lbs.

126 lbs.-160 lbs..... not more than 7 lbs.

160 lbs.-175..... not more than 9 lbs.

175 lbs.-195 lbs..... not more than 12 lbs.

195lbs.and over no limit.

Training for Referees and Judges

The Committee suggests that parties who hold training courses to educate current or prospective muay thai and/or referees, submit their full course training materials to this specific ABC Committee for our review and comment.

Upon approval of a submitted course curriculum, this Committee will notify the ABC President as to which courses have been reviewed and approved.

The ABC President can then list on its website or issue a press release noting that a course has been reviewed and endorsed by the ABC.

The Committee strongly suggests that each Commission utilize properly trained muay thai judges and referees and continually evaluate their performances and competency. In addition, post-event performance reviews should be conducted, and training and review courses should be regularly held for all officials, including inspectors.

Handwraps

All contestants shall be required to gauze and tape their hands prior to all contests.

In all weight classes, the bandages on each contestant's hand shall be restricted to soft gauze cloth not more than 20 yards in length not more than two inches in width, held in place by not more than 10 feet of surgeon's tape, not more than two inches in width, for each hand.

The tape may cross the back of the hand twice, but may not extend within three-fourths of an inch of the knuckles when the hand is clenched to make a fist. Strips of tape may be used between the fingers to hold down the bandages. The bandages shall be evenly distributed across the hand. It is absolutely prohibited to "top – up" on the knuckles.

Bandages and tape shall be placed on the contestant's hands in the dressing room in the presence of the inspector and, if warranted, in the presence of the manager or chief second of his or her opponent.

Substances other than surgeon's tape and gauze shall not be utilized. For example, pre wraps should not be used.

Females

Females competitors should be allowed to compete in the same round time lengths and number of rounds as men.

Gloves

Gloves should be supplied by the promoter and approved by the commission. No contestant shall supply their own gloves for participation.

Gloves must weigh a minimum of eight ounces or above. Weight Class of 160 lbs. and above must wear 10 ounce Gloves. With Commission approval, six ounce gloves may be permitted for weight classes up to, and including featherweight.

Gloves must not be squeezed, kneaded or crushed to change the original shape.

The gloves used in the competitions must have the leather portion not heavier than one-half of the glove's total weight and the glove's inner pads must weigh at least one-half of the glove's total weight.

Gloves must only be placed on the Fighter in the presence of an Inspector.

New replacement Gloves must be kept at ringside.

All gloves must have the distal portion of the thumb attached to the body of the glove so as to minimize the possibility of injury to an opponent's eye.

Gloves should be wiped by referee after knockdown, slip or fall of contestant before the fallen contestant may resume competing, the referee shall wipe the gloves with a damp towel or the referee's shirt.

Downward Pointed Elbow Strikes-

Ceiling to floor or 12 to 6 elbow strikes should be prohibited.

Double Knockout Situations-

The referee shall stop a contest or exhibition of unarmed combat at any stage if the referee determines that both unarmed combatants are in such a condition that to continue might subject the unarmed

combatants to serious injury. If a contest or exhibition is stopped pursuant to this subsection, the decision shall be deemed to be a technical draw.

Scoring-

Muay Thai suggests that techniques should be strong and delivered with power to score. Judges should not only make an assessment of the actions of the contestant delivering the blow. They must also assess the effect of the technique on the opponent. These assessments include stopping an opponent's advance, unbalancing the opponent, slowing the opponent's own offense, and causing the opponent to show pain.

The winner in Muay Thai is the stronger fighter over the entire contest length. This means that the fighter needs to maintain physical and mental equilibrium as well as demonstrating their superiority in technique. Landing a strike, in and of itself, does not always mean that it is a scoring strike.

The 10 point must system, as utilized in boxing, is the preferred scoring method at this time.

The 10 point must system is defined as follows:

All bouts will be evaluated and scored by three judges.

The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and nine points or less must be awarded to the loser, except for an even round, which is scored (10-10).

Effective striking is judged by determining the number of legal strikes landed by a contestant and the significance of such legal strikes.

Fighting area control is judged by determining who is dictating the pace, location and position of the bout

Effective aggressiveness means moving forward and landing a legal strike.

Effective defense means avoiding being struck while countering with offensive attacks.

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

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

TECHNIQUES which have a visible impact on the Opponent should be weighed most heavily.

a. Consider the Effectiveness of the Strike, its Strength, and Target and how much it causes Disadvantage to the Opponent.

b. Knocking the Opponent to the ground with a legal Strike.

c. Unbalancing the Opponent with a legal Strike.

d. Techniques that cause the Opponent to stop advancing.

e. Techniques that force an Opponent to cover up and limit his/her offense.

f. Defense and ability to evade the Opponent's attack.

g. Maintenance of proper Footwork, Balance, Stance and Stamina.

ROUND ONE: Generally Scored as 10/10 but a note is made as to the better Fighter, unless clear Dominance or Knock Downs are present.

ROUND TWO: Can also be scored as 10/10 if is close or the losing Fighter in Round One wins by a small margin.

Rounds one and two are commonly scored as 10-10 rounds because it is usually difficult to declare a winner when both fighters are fresh, strong and utilizing proper technique. The reason for the later rounds being scored decisively is because the judge can now see the accumulative effect of the earlier blows and more clearly determine which fighter is fresher, stronger, and still maintaining proper technique.

ROUNDS THREE, FOUR AND FIVE: Are to be Decisively Scored for one Fighter.

In the sport of muay thai, a much greater emphasis is placed on how a fighter finishes the fight. Analogies are often made to a marathon race. Although one fighter may begin strongly and dominate early in the fight, it is the finish that is important and a boxer behind early can be overtaken and lose. Greater emphasis is given to a fighter finishing strongest over the last three rounds.

For amateur bouts, it may be preferable to promote 5 rounds of 1.5 minute rounds, rather than 3 rounds of 2 minutes. If using 3 round bouts, it is advisable to notify all involved parties that the first round will be scored on its own merits and should not be assumed to be a 10-10.

Scoring Techniques:

The technique, preferably should be a muay thai technique and not a kick or strike from another form of martial art. The technique should have a visible effect on an opponent. If a technique strikes the opponent's arms or shin, then generally the technique doesn't score. However, there are exceptions. For example, if a kick makes contact with a fighter's arm and physically moves the person being kicked or causes them to lose balance, solely due to the kick's power, that kick would score; although not as highly as a kick that had the same effect but cleanly made contact with the body.

The most scored techniques are those that have the greatest effect on the opponent. It is not the number or variety of techniques delivered but their effectiveness that is important in determining the winner of a fight. For example, it is possible for one competitor to use one type of technique exclusively and win if the use of that technique results in that competitor delivering more, effective techniques than their opponent (one competitor may win by only kneeing their opponent.)

The judges must ignore the sounds at ringside and focus on looking carefully at each technique. Corner persons and the crowd at muay thai events are very vocal and typically yell each and every single time that their chosen contestant seems to land a strike. Judges should only score techniques which they actually see land.

Scoring of incomplete rounds-

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

Bout Results

1. KNOCKOUT: a. When an Opponent is unable to regain his/her feet prior to the Count of Ten.
- b. When any Fighter falls out of the Ring, the Referee shall Count immediately.
 - (i) If the Count reaches 20, the fallen Fighter cannot come up on the Ring and he/she will lose by K.O.
 - (ii) If the fallen Fighter can come up on the Ring before Counting up to 20, he/she can continue the Fight.

2. TECHNICAL KNOCKOUT: a. When the Referee orders the Fight stopped because it is determined that one Fighter is not fit to continue.
b. When a Fighter cannot answer the Bell for the upcoming Round or is so badly cut that it is too dangerous to continue.
3. SUBMISSION: a. When one Fighter notifies the Referee that he/she no longer wishes to continue.
b. When a licensed Second assigned to a Fighter throws in the towel.
4. UNANIMOUS DECISION: All three Judges score in favor of one Fighter.
5. MAJORITY DECISION: Two Judges score in favor of one Fighter and one Judge has is a draw.
6. SPLIT DECISION: Two Judges score in favor of one Fighter, while one Judge scores in favor of the other.
7. DISQUALIFICATION: Due to an intentional fouls or fouls, a Referee may Disqualify a Fighter.
8. TECHNICAL DRAW: In case of an intentional violation which causes injury AND the Fight is continued BUT is later stopped because of the initial foul, the Referee should stop the Fight and give a TKO Draw
a. If the scores are equal OR
b. If the fouled Fighter is behind on the cards.
9. TECHNICAL DECISION: a. In case of an intentional violation which causes injury AND the Fight is continued BUT is later stopped because of the initial foul, the Referee should declare a Victory for the fouled Fighter if he/she is ahead on the cards.
b. If a Fight cannot continue due to an unintentional foul but enough Rounds have been completed, the Referee shall declare a Victory for the Fighter ahead on the score cards.
10. NO CONTEST: In case of an unintentional violation which causes injury so serious that the Fight cannot be continued BUT less than enough Rounds have been completed.
11. DRAW: When the score cards result in a three way tie.
12. MAJORITY DRAW: When two Judges score the Fight a Draw AND one Judge has declared a Victor.

Fouls-

The following are fouls and will result in penalties if committed:

1. Head Butting
2. Strikes to the Groin- hits to the groin area/lower abdomen just below the navel called 'neeb' is permitted and is classic technique. This is the reason why Thai boxers wear a steel cup to protect the testicles as opposed to a western style boxer full groin protector. Thus, strikes to the testicles (cup area) are what are to be considered as fouls.
3. Direct Attacks to the Knee- it is considered unsporting in Thai to side kick an opponent to the front of the knee
4. Strikes to the Back of the Head
5. Strikes to the Spine
6. Strikes to the Throat

7. Striking a Fighter while he/she is Down
8. Striking a Fighter while he/she is under the Referee's care
9. Shoving, Throwing or Wrestling an Opponent except when Pushing in a legal Clinch
10. Striking when the Referee has called a Break
11. Striking after the Bell has sounded
12. Holding the Ropes or using the ropes as a weapon, for example pushing an opponent's face across the ropes in an attempt to cut them.
13. Timidity or intentionally avoiding contact
14. The use of abusive language or abusive gestures
15. Causing intentional Delays in the action, such as repeatedly spitting out the Mouth Piece
16. Eye Gouging
17. Hair Pulling
18. Biting or Spitting
19. Holding the Opponent's shorts
20. Interference from a Fighter's Seconds
21. Tripping or Sweeping an Opponent- Using trips and sweeps; it is legal to kick an opponent off their feet. A kick is considered to be an action that uses the top of the foot and/or front of the shin. It is possible to hook the foot and kick as long as the top of the foot and/or shin, and not the side of the foot, make contact with the opponent's leg.
22. Hip Throws, Shoulder or Leg Throws
23. Grasping the Opponent's Lower Back while also forcing an opponent's spine to hyperextend.
24. Intentionally falling on a down Opponent, pressing Elbow or Knee upon him/her
25. Wrestling, back or arm locks or any similar judo or wrestling hold
26. Attempting to 'pile-drive' an opponent's head into the canvas
27. Catching an opponent's kick and pushing an opponent for MORE than three steps without attempting to deliver an attacking technique. (i.e. permissible to catch your opponent's kick, hold your opponent's leg, and take up to three steps)
28. After kicking with his kicking leg being caught, the boxer pretends to throw himself down on ring floor. It is considered taking advantage over his opponent.

Fouls are subject to the Discretion of the Referee. Fouls may result in a Warning, a Point Deduction of one to two Points or Disqualification. The Referee will base his Decision on the Severity of the Foul and the Intent of the Fouling Fighter.

The referee may consider :

1. A Fighter who Violates the Rules intentionally but does not put the Opponent at a Disadvantage or Injure him/her shall be given one Warning or be assessed a one Point Deduction.

2. A Fighter who Violates the Rules intentionally and puts the Opponent at a Disadvantage or makes him/her unable to continue the Fight shall be Disqualified and lose the Fight.

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3. In case of an unintentional Violation, the Referee shall give no more than two Warnings before assessing a Point Deduction.

Fouls Further Explained:

1. DIRECT (SIDE KICK STYLE) KICKS to the Front of a Fighter's Legs are illegal.

2. HIP THROWS: a. Over the Hip Throws such as in Japanese arts like Judo, Jujitsu, Karate, Sambo, or San Shou are illegal.

b. A Fighter is not allowed to use the Hip or Shoulder to Throw an Opponent in any kind of Judo Throw or Reap.

c. A Fighter is not allowed to Step across or in front of an Opponent's Leg with his/her own Leg and bring the Opponent over his/her Hip.

d. Taking an Opponent around the Waist with both Arms and Twisting him/her off balance so the Opponent will fall is legal.

3. A Fighter is not allowed to Twist and Pull an Opponent over the side of his/her body and then land on top.

4. It is an Intentional Foul when a Fighter plans, with the sole intention of falling on top of his/her Opponent, to either strike with the knee or to intentionally hurt the Opponent while down, by contriving to make it look like an accident.

5. Stepping on a fallen Opponent is illegal.

6. ILLEGAL TRIPS: a. If a Fighter positions a Foot next to the Opponent and Twists him/her over the Leg, it is an illegal Trip unless the Leg is cleared as the Opponent falls.

b. If a Fighter Spins or Pulls the Opponent over the inside or outside of the Leg and Dumps him/her on the ground, it is an illegal Trip when the Leg being used to Manipulate and Dump the Opponent stays in that position as he/she goes down.

c. If the Leg is Set and stays in that position, it is an illegal Throw or Trip.

d. 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 by skipping the leg or slightly jumping to the side, as long as it is moved from the original position. Taking out an Opponent's Footing is legal only if the Tripping Leg is withdrawn from contact as he/she falls to the ground.

7. NECK WRESTLING: a. If in a Clinch with Arms around each other's Shoulder, such as to deliver or defend from an Elbow Strike, twisting the Opponent using the Upper Body in such a way that he/she will fall to the ground is allowed.

b. By using Neck and Shoulder manipulation, it is legal for a Fighter to Spin and Throw/Dump an Opponent to the canvas without using any part of his/her body as a barrier.

8. SWEEPING: a. A Fighter is allowed to Roundhouse Kick the Opponent's supporting Leg with the Top of his/her own Foot or Shin, taking out the Opponent's footing, but Karate style Sweeps with the Foot's Instep is illegal.

b. It is illegal to take out the Opponent's footing in the Clinch by Sweeping the back of his/her supporting leg with the back of Fighter's own Leg or Calf.

9. LIFTING: It is illegal in any way to Lift an Opponent off the ground and Throw him/her on the canvas. If a Fighter Clinches the Opponent around the Waist and Lifts the Opponent off the ground, Twisting and Throwing the Opponent around to the side and onto the canvas in a Suplex.

Scoring the foul to be performed by the Scorekeeper

Fouls may result in a point being deducted by the official scorekeeper from the offending mixed martial artist's score. The scorekeeper, not the judges, will be responsible for calculating the true score after factoring in the point deduction.

Only a referee can assess a foul. If the referee does not call the foul, judges shall not make that assessment on their own and cannot factor such into their scoring calculations.

Foul Procedures-

If a foul is committed, the referee shall:

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

Time Considerations for Fouls

Low Blow Foul

A fighter who has been struck with a low blow is allowed up to five minutes to recover from the foul as long as in the ringside doctor's opinion the fighter may possibly continue on in the contest. If the fighter states that they can continue on before the five minutes of time have expired, the referee shall as soon as practical restart the fight. If the fighter goes over the five 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.

Fighter who is not fouled by low blow but another foul:

If a contest or exhibition of mixed martial arts is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. If the unarmed combatant's chance of winning has not been seriously jeopardized as a result of the foul and if the foul did not involve a concussive impact to the head of the unarmed combatant who has been fouled, the referee may order the contest or exhibition continued after a recuperative interval of not more than 5 minutes. Immediately after separating the unarmed combatants, the referee shall inform the Commission's representative of his determination that the foul was accidental.

If a fighter is fouled by blow that the referee deems illegal, the referee should stop the action and call for time. The referee may take the injured fighter to the ringside doctor and have the ringside doctor examine the fighter as to their ability to continue on in the contest. The ringside doctor has up to 5 minutes to make their determination. If the ringside doctor determines that the fighter can continue in the contest, the referee shall as soon as practical restart the fight. However, unlike the low blow foul rule, the fighter does not have up to 5 minutes of time to use at their discretion.

For a foul other than a low blow, the fouled fighter is not guaranteed 5 minutes of recovery time. If deemed not fit to continue by the referee or ringside physician, the referee must immediately call a halt to the bout. If the fighter is deemed not fit to continue by the referee or ringside physician but some of the five minute foul time is still remaining, the fighter cannot avail himself 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.

Fouls: Intentional.

1. If the referee determines that a contest or exhibition may not continue because of an injury caused by an intentional foul, the unarmed combatant who committed the intentional foul loses by disqualification.
2. If the referee determines that a contest or exhibition may continue despite an injury caused by an intentional foul, the referee shall immediately inform the Commission's representative and the judges and shall deduct two points from the score of the unarmed combatant who committed the intentional foul.
3. If an injury caused by an intentional foul results in the contest or exhibition being stopped in a later round:
 - (a) The injured unarmed combatant wins by technical decision, if he is ahead on the scorecards; or
 - (b) The contest or exhibition must be declared a technical draw, if the injured unarmed combatant is behind or even on the scorecards.
4. If an unarmed combatant injures himself while attempting to foul his opponent, the referee shall not take any action in his favor and the injury must be treated the same as an injury produced by a fair blow.

Fouls : Accidental.

1. If a contest or exhibition is stopped because of an accidental foul, the referee shall determine whether the unarmed combatant who has been fouled can continue or not. If the unarmed combatant'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 unarmed combatant 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 Commission's representative of his determination that the foul was accidental.
2. If the referee determines that the contest or exhibition may not continue because of an injury suffered as the result of an accidental foul, the contest or exhibition must be declared a no decision if the foul occurs during the first three rounds of a contest or exhibition that is scheduled for six rounds or less or the first four rounds of a contest or exhibition that is scheduled for more than six rounds.
3. If an injury inflicted by an accidental foul later becomes aggravated by fair blows and the referee orders the contest or exhibition stopped because of the injury, the outcome must be determined by scoring the completed rounds and the round during which the referee stops the contest or exhibition.

Rings

The ring specifications must meet the following requirements. The ring may be no smaller than twenty feet square and no larger than thirty-two feet square within the ropes. One of the corners must have a blue designation, the corner directly across must have a red designation. The ring floor must extend at least eighteen inches beyond the ropes. The ring floor must be padded with ensolite or similar closed-cell foam, with at least one inch layer of foam padding. Padding must extend beyond the ring ropes and over the edge platform, with a top covering of canvas, duck or similar material tightly stretched and laced to the ring platform. Material that tends to gather in lumps and ridges may not be used. The ring platform must not be more than four feet above the floor of the building and must have suitable steps for the use of the contestants. The steps should be placed in both of the fighter's corners, and a third set of steps should be located in a neutral corner for Commission use. Ring posts must be made of metal, not more than three inches in diameter, extending from the floor of the building to a minimum height of fifty-eight inches above the ring floor, and must be properly padded in a manner approved by the commission. Ring posts must be eighteen inches away from the ring ropes. There must be at least four ring ropes not less than one inch in diameter and wrapped in soft material. The lowest rope must be no higher than twelve inches from the ring floor. There must not be any obstruction or object, on any part of the ring floor. There should be at least two rope ties per side of the ring.

Rule Meetings:

In many jurisdictions, group rule meetings have been commonplace in the reviewing of rules, fouls and other considerations. It is recommended that individual meetings between the bout supervising referee and each competitor in the contest be conducted backstage in the locker room or another appropriate location. Many times contestants will ask questions of the official when the rules are covered individually in private, when they would have been hesitant to ask the same question in front of their competitor. This also provides the referee to observe any peculiar idiosyncrasies of the fighter, such as an odd speech pattern, nervous ticks, or different eye colors.

This does not supersede the ability of the Commission to have a general rules meeting about the requirements and also discuss items such as a fighter's time to report, the location, interaction with the inspectors, available liquids and foods, taping requirements and so on, with all the fighters gathered en masse.

Weight Loss

Athletes shall be examined at the pre-fight examination to screen for in excessive or extreme weight loss practices leading to dehydration.

Consumables

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

Time Between Bouts-

Unless otherwise cleared by a Commission ringside physician, a Contestant shall not appear in a subsequent event unless:

Four days have elapsed since his last contest or exhibition if the contest or exhibition lasted not more than 4 rounds. Seven days have elapsed since his last contest or exhibition if the contest or exhibition lasted 5 or 6 rounds.

Fourteen days have elapsed since his last contest or exhibition if the contest or exhibition lasted 7 or 8 rounds.

Twenty-one days have elapsed since his last contest or exhibition if the contest or exhibition lasted 9 or 10 rounds.

Thirty days have elapsed since his last contest or exhibition if the contest or exhibition lasted 11 or 12 rounds.

Protective Equipment:

1. All male fighters must wear a steel cup to protect their groin.
2. Women must wear Breast Protection and Rash Guards for shirts.
3. All fighters must wear an approved mouth guard.

Appearance:

1. Shirts and rashguards are not permitted. (males only)
2. Shoes are not permitted.
3. No Head Bands during the Contest.
4. No jewelry or body piercing.
5. Hair must be trimmed or tied back. No hair lotions, creams or sprays.
6. Beards are subject to trimming.
7. Thai shorts are to be worn by the contestants, as opposed to other types of shorts or long pants.
8. Knee or ankle braces are not permitted.

During the bout, the fighters may wear an inscribed cloth, ad amulet, or an inscribed charm around the upper arm or strung around the waist, but neatly wrapped and covered with cloth. However, wrapping the ankles or legs with pieces of cloth is prohibited.

Referee:

The Referee uses the following three orders. (Thai version in brackets).

1. Stop! (Yed!) When he or she wants the Fighters to stop the fight.
2. Break! (Yak!) When he or she wants the Fighters to separate.
3. Fight! (Chok!) When he or she wants the Fighters to continue the fight.

ROUND LENGTH – PROFESSIONAL: Are up to five Rounds, three minutes each, with a one minute rest period between each Round.

ROUND LENGTH – AMATEURS: Are up to five Rounds, up to two minutes each, with a one minute rest period between each Round.

EXPERIENCE CLASSES – AMATEURS:

CLASS "A" AMATEURS: Elbows with Pads or Knees to the Head may be permitted.

CLASS "B" AMATEURS: Entry level competitors. Elbows or Knees to the Head are not permitted. Head Guards, Shin Guards, Elbow Pads and Body Protectors may be worn.

Considerations:

A fighter cannot be saved by the bell in any round, including the final round.

The three knockdowns rule could be in effect for knockdowns caused by strikes to the head.

The standing eight count can be utilized.

Duration of fight cards:

Minimum number of rounds for program. a promoter shall not schedule fewer than Twenty-five rounds on any one program, without prior Commission approval. Maximum number of rounds for program. a promoter shall not schedule more than Fifty rounds on any one program, without prior Commission approval.

Seconds: Only one of the seconds may be inside the ring ropes during a period of rest. Any excessive or undue spraying or throwing of water on an unarmed combatant by a second during a period of rest is prohibited.

One-sided contest or exhibition; risk of serious injury.

1. The referee may stop a contest or exhibition at any stage if the referee determines that the contest or exhibition is too one-sided or if either unarmed combatant is in such a condition that to continue might subject the unarmed combatant to serious injury.

2. The referee shall stop a contest or exhibition of unarmed combat at any stage if the referee determines that both unarmed combatants are in such a condition that to continue might subject the unarmed combatants to serious injury. If a contest or exhibition is stopped pursuant to this subsection, the decision shall be deemed to be a technical draw.

Procedure for counting; knockdown; knockout; technical draw.

1. When an unarmed combatant is knocked down, the referee shall order the opponent to retire to the farthest neutral corner of the ring, by pointing to the corner, and shall immediately begin the count over the unarmed combatant who is down. The referee shall audibly announce the passing of the seconds, accompanying the count with motions of his arm, with the downward motion indicating the end of each second. 2. The timekeeper, by effective signaling, shall give the referee the correct 1second interval for his count. The referee's count is the official count. Once the referee picks up the count from the timekeeper, the timekeeper shall cease counting. No unarmed combatant who is knocked down may be allowed to resume competing until the referee has finished counting to eight. The unarmed combatant may take the count either on the floor or standing.

3. If the opponent fails to stay in the farthest corner, the referee shall cease counting until he has returned to his corner and shall then go on with the count from the point at which it was interrupted. If the unarmed combatant who is down arises before the count of 10, the referee may step between the unarmed combatants long enough to assure himself that the unarmed combatant who has just arisen is in condition to continue. If so assured, he shall, without loss of time, order both unarmed combatants to go on with the contest or exhibition. During the intervention by the referee, the striking of a blow by either unarmed combatant may be ruled a foul.

4. When an unarmed combatant is knocked out, the referee shall perform a full 10-second count unless, in the judgment of the referee, the safety of the unarmed combatant would be jeopardized by

such a count. If the unarmed combatant who is knocked down is still down when the referee calls the count of 10, the referee shall wave both arms to indicate that he has been knocked out.

5. If both unarmed combatants go down at the same time, the count must be continued as long as one is still down. If both unarmed combatants remain down until the count of 10, the contest or exhibition must be stopped and the decision is a technical draw.

6. If an unarmed combatant is down and the referee is in the course of counting at the end of a period of unarmed combat, the bell indicating the end of the period of unarmed combat must not be sounded, but the bell must be sounded as soon as the downed unarmed combatant regains his feet.

7. When an unarmed combatant has been knocked down before the normal termination of a period of unarmed combat and the period of unarmed combat terminates before he has arisen from the floor of the ring, the referee's count must be continued. If the unarmed combatant who is down fails to arise before the count of 10, he is considered to have lost the contest or exhibition by a knockout in the round containing the period of unarmed combat that was just concluded.

8. If a legal blow struck in the final seconds of a period of unarmed combat causes an unarmed combatant to go down after the bell has sounded, that knockdown must be regarded as having occurred during the period of unarmed combat just ended and the appropriate count must continue.
Procedure when unarmed combatant has fallen through or been knocked through ropes.

1. An unarmed combatant who has been knocked or has fallen through the ropes and over the edge of the ring platform during a contest or exhibition: (a) May be helped back by anyone except his seconds or manager; and (b) Will be given 20 seconds to return to the ring.

2. An unarmed combatant who has been knocked or has fallen on the ring platform outside the ropes, but not over the edge of the ring platform:
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(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 unarmed combatant who has been knocked or has fallen pursuant to subsections 1 and 2 helps the unarmed combatant back into the ring, such help may be cause for disqualification.

4. When one unarmed combatant has fallen through the ropes, the other unarmed combatant shall retire to the farthest corner and stay there until ordered to continue the contest or exhibition by the referee.

5. An unarmed combatant 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.

. An unarmed combatant shall be deemed to be down when:

1. (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.

2. A referee may count an unarmed combatant out if the unarmed combatant is on the floor or is being held up by the ropes.

ISKA AMATEUR MUAY THAI RULES

**The Minimum Standard For Each Amateur Event
And Every Amateur Bout Shall Include The Following As Fouls
(in addition to all minimum standards addressing fouls for professional bouts)**

a. Novice Amateur Division (two or less fights)

- Elbow strikes to the head are prohibited
- Knee strikes to the head are prohibited

- Head guards, shin guards, elbow pads and body protectors may be worn

b. Advanced Amateur Division (three or more fights)

- Elbow strikes with pads to the head are permitted
- Knee strikes to the head are prohibited

AMATEUR MUAY THAI

supplemental (Abbreviated)

- The traditional Muay Thai pre-bout ritual will be allowed
- Bouts will generally be scheduled for three (3), two (2) minute rounds with one (1) minute rest periods. Approved title bouts may be scheduled for four (4) or five (5) rounds.
- Bouts will be scored by three judges using the "10 point must system" with use of ½ points.
- There is NO Three Knockdown Rule. It is the referee's discretion when to stop the bout.
- You may NOT be saved by the bell in any round; including the final round.
- Participants may be asked to wear protective head gear and shin / instep protection at the discretion of ISKA
- Participants shall wear ISKA approved boxing gloves (10 oz. for fighter 147 lbs. and below / 12 oz. for fighters 148 lbs. and above)
- Strikes MAY BE directed above the belt, to the hips and to the entire leg (excluding linear kicks directly to the knee joint)
- You MAY grab the leg of your opponent and take ONE STEP for EACH ATTACK you launch
- Extended Neck Wrestling IS ALLOWED to set up KNEE STRIKES (which may be executed only to legal targets below the collarbone) and to off-balance opponents (will be broken after ~5 seconds of inactivity or when it is clear that neither fighter is in a position to be effective)
- Spinning Backfist IS NOT allowed
- In Novice bouts Elbow and Knee strikes to the head ARE NOT allowed, and head guards, shin guards, elbow pads and body protectors may be worn

- u. The use of abusive language or abusive gestures**
- v. Causing intentional delays such as repeatedly spitting out the mouth piece**
- w. Eye gouging**
- x. Hair pulling**
- y. Biting or spitting**
- z. Judo techniques or wrestling submissions**

PROFESSIONAL KICKBOXING RULES SUPPLEMENTAL

WEIGHT DIVISIONS

Fighters shall compete in weight divisions as approved by the Sanction Body – Commonly used examples provided below:

ATOMWEIGHT	(108 LBS/49.1 KG & BELOW)
SUPERATOMWEIGHT	(108.1 – 111 LBS 49.2 –50.5 KGS)
FLYWEIGHT	(111.1 – 114 LBS/50.6-51.8 KGS)
SUPERFLYWEIGHT	(114.1-117 LBS/51.9-53.2 KGS)
BANTAMWEIGHT	(117.1-120 LBS/53.3-54.5 KG)
SUPERBANTAMWEIGHT	(120-124 LBS/54.6-56.4 KG)
FEATHERWEIGHT	(124.1-128 LBS/56.5-58.2 KG)
LIGHTWEIGHT	(128.1-132 LBS/58.3-60.0 KG)
SUPERLIGHTWEIGHT	(132.1-137 LBS/60.1-62.3 KG)
LIGHT WELTERWEIGHT	(137.1-142 LBS/62.4-64.5 KG)
WELTERWEIGHT	(142.1-147 LBS/64.6-66.8 KG)
SUPERWELTERWEIGHT	(147.1-153 LBS/66.9-69.5 KG)
LIGHT MIDDLEWEIGHT	(153.1-159 LBS/69.6-72.3 KG)
MIDDLEWEIGHT	(159.1-165 LBS/72.4-75.0 KG)
SUPERMIDDLEWEIGHT	(165.1-172 LBS/75.1-78.1 KG)
LIGHT HEAVYWEIGHT	(172.1-179 LBS/78.2-81.4 KG)
LIGHT CRUISERWEIGHT	(179.1-186 LBS/81.5-84.6 KG)
CRUISERWEIGHT	(186.1-194 LBS/84.7-88.2 KG)
SUPERCRUISERWEIGHT	(194.1-207 LBS/88.3-94.1 KG)
HEAVYWEIGHT	(207.1-223 LBS/94.2-101.4 KG)
SUPERHEAVYWEIGHT	(224 LBS/101.55 KG & ABOVE)

ELIGIBILITY

Any fighter applying for eligibility to compete must meet or exceed the medical standard and licensing requirements established for combat sports athletes by the state commission in which the event will be held and must not be currently on suspension by any approved sanction organization or athletic commission

PHYSICIAN IN ATTENDANCE

In order for a bout to begin or continue there must be at least one licensed Medical Physician (MD or DO) present at ringside.

PARAMEDIC / EMT IN ATTENDANCE AND AMBULANCE ON-SITE

In order for a bout to begin or continue there must be a dedicated ambulance/mobile medical unit on-site with appropriate personnel and emergency medical equipment in proximity to the ring as approved by the sanction body supervising the event.

GLOVES

All fighters will wear regulation, approved boxing/kickboxing gloves colored to be coordinated with the corner out of which the fighters will be appearing (*NOTE that a neutral color gloves may be used in which case the fighters will be distinguished by colored tape covering the wrists of the gloves*). No breaking, roughing, or twisting of gloves shall be permitted. The gloves shall not be placed on the hands until after the SANCTION BODY inspector has signed off on the fighter's handwraps. The gloves shall be put on the hands under the supervision of an inspector who will then endorse the gloves by signature, initials or emblem written on the tape holding the glove closure in place.

All gloves must be of a professional quality and must be approved by the Sanction Body. If both fighters weigh 147lbs./66.8 kg. or lighter, than the bout may be contested wearing 8 oz. gloves or heavier. If one or more of the fighters weigh more than 147lbs./66.8 kg. than both fighters shall contest the bout wearing 10 oz. gloves or heavier. All fighters must use the gloves provided by the promotion and approved by the Sanction Body.

GROIN PROTECTORS AND MOUTHPIECES

All male fighters must wear an approved groin protector. All fighters must wear a fitted mouthpiece and have second fitted mouthpiece available with their chief second. Fighters must furnish their own groin protectors and mouthpieces.

HAND AND FOOT WRAPPINGS

The regulations regarding hand and foot wrapping will be determined and communicated by the SANCTION BODY.

DURATION AND NUMBER OF ROUNDS

Each round will be no more than three minutes in duration. The time runs continuously and may be called or stopped only by the referee in special cases such as an equipment adjustment, the need for a physician to examine a fighter or the deduction of points due to a foul.

Professional non-title bouts shall be scheduled for three rounds. Professional title bouts (and/or main event bouts as approved by the SANCTION BODY) shall be scheduled for five rounds.

REST PERIODS

Rest periods between rounds will be no less than one minute in duration.

AUTHORIZED OFFENSIVE TECHNIQUES

Punches; striking with the padded part of the glove to a legal target (*NOTE: including spinning back-fist*)
Kicks; striking with the foot or lower leg to a legal target (*excluding linear or thrusting kicks to the knee joint*)
Knees; striking with the knee to a legal target

FOULS

The referee may caution, warn, penalize or disqualify a fighter for fouling behavior based on his perception as to the severity, repetitive nature or intent of the fighter committing the foul and the result of the foul. If the referee will be deducting points for a foul infraction, he will stop time, indicate whether he is classifying the foul as accidental or intentional and the number of points that will be deducted. Fouls include but are not limited to:

Prohibited Techniques and Conduct / Fouls supplemental

- Head butts, or coming in too low with one's head
- All techniques targeting the back of the head, neck, throat or spine
- Techniques targeting the groin;
- Biting
- Elbow strikes; *striking with any part of the arm or wrist above the padded portion of the glove*
- Palm heel strikes
- Linear or thrusting kicks directed at the knee joint
- Attacks to the foot
- Hitting or punching with open gloves or the palm side of the glove or jabbing an opponent's eye with the thumb of the glove
- Holding and hitting
- Wrestling or judo techniques, strangulation techniques or submissions;
- Throws, leg sweeps, foot sweeps or pushing of any kind as an effort to off-balance or down an opponent; *Any attempt to off-balance or down an opponent with anything other than a legal strike may be considered a foul.*
- Grabbing, clinching or holding for any reason other than to immediately attack with a knee strike or strikes; *this includes holding to rest or grabbing an opponent in order to stop them from striking. If a fighter clinches, they must immediately attack with a legal knee strike or it may be considered a foul. If the knee attack and/or counter attack by the opponent is persistent and productive the referee may allow it to continue in his estimation for up to five seconds, otherwise the fighters should disengage the clinch.*
- Holding on to an opponent's leg without striking; *a fighter may grab an opponent's leg in order to immediately execute a single legal strike that may be accompanied by a single step in any direction. The leg must be released immediately after that single legal strike.*
- Pulling an opponent towards one with both arms in the lower back
- Continuing to fight if either fighter has any other part of his body other than his feet on the ground
- Techniques used following the command "Break" or "Stop" by the referee or continuing to attack while the opponent is under the referee or physician's care or after the referee commands the fighter to stop because the bell has sounded ending the round.
- Techniques used if the opponent is outside the ring or tied up in the ropes

- Throwing or pushing an opponent out of the ring or pushing an opponent backwards over the ropes
- Holding on to the ring ropes for any reason; *including as an asset for offense or defense or locking in an opponent.*
- Actions/moves that are used to evade or hold off the fight; *this includes but is not limited to continuously pulling up the front leg or stretching out the front arm without carrying out a particular technique*
- Passivity; *this includes but is not limited to fighting only when the opponent attacks.*
- Continuously allowing oneself to fall to the ground
- Deliberately falling on the opponent in any way
- Deliberately evading or halting the fight
- Voluntarily leaving the ring during the match;
- Unsportsmanlike conduct including but not limited to spitting, cursing, talking, making rude sounds or obscene gestures
- Insulting the referee, officials, opponent or his team
- Deliberately ignoring the referee's commands;
- Undisciplined conduct of any kind
- Unnecessarily causing danger to oneself or an opponent
- Simulating being hit too low
- Deliberately spitting out the mouth guard

SCORING THE FOUL

When the referee determines that a point or points will be deducted because a foul has been committed the point deduction(s) will be reflected on either the judge's ballots or the master scoresheet according to the prescribed policies of the Sanction Body.

INJURY RESULTING FROM A FOUL

If the referee determines that a fouled fighter needs time to recover; for a low blow the referee may stop time and award the injured fighter a maximum of five (5) minutes to recover. If the injury resulting from a foul is not a low blow the referee may at his discretion call in the ringside physician who will have up to five (5) minutes to assess the injured fighter and determine if the bout may resume. If the referee and physician make the determination that it is safe for the fouled fighter to continue, the bout will resume immediately upon the command of the referee. If the five (5) minutes allowable for the physician to assess the injured athlete is exceeded the bout will not resume.

INJURY RESULTING FROM A FOUL ENDING THE BOUT

ACCIDENTAL FOUL; If the referee classifies the foul as an accidental foul; if it occurs after the bell sounds ending the 2nd round of a three round bout, or, after the bell sounds ending the 3rd round of a five round bout, the partial round is scored and we go to the score cards for the technical decision. If it occurs at any earlier time, the bout will be declared a "no contest".

If the injury from the accidental foul is not severe enough to stop the bout but then later it is further aggravated by legal techniques enough to warrant an end to the match, if it occurs after the bell sounds ending the 2nd round of a three round bout, or, after the bell sounds ending the 3rd round of a five round bout, the partial round is scored and we go to the score cards for the technical decision. If it occurs at any earlier time, the bout will be declared a "no contest".

Only in rare instances, such as subsequent to repeated warnings for the same foul, will the referee take a point or points from a fighter for an accidental foul.

INTENTIONAL FOUL; If the referee classifies the foul as an intentional foul then the fouled fighter will win by disqualification.

If the injury from an intentional foul is not severe enough to stop the bout but then later is further aggravated by legal techniques enough to warrant an end to the match, the partial round is scored and then we go to the score cards for the technical decision (the bout does not need to have progressed past a minimum number of rounds). If the fouled fighter is ahead on the score cards, the fouled fighter will be declared the winner by technical decision. If the fouling fighter is ahead or it is tied, the bout will be declared a "no contest".

MOUTHPIECES

No fighter will be permitted to begin any round without a mouthpiece. Failure to begin a round with the mouthpiece inserted shall be deemed by the referee to be "delay of bout" foul, and shall draw a caution, warning or penalization as determined by the referee. Whenever the mouthpiece is dropped, spit out or knocked out, the referee shall wait for a lull in the immediate action, call time out, and replace the mouthpiece, allowing the licensed seconds in either corner clean off the mouthpiece if necessary. Willful dropping, or spitting out of the mouthpiece by a fighter, shall also be deemed as a "delay of bout" foul, and the fighter shall be penalized accordingly by the referee.

METHOD OF JUDGE'S SCORING

Bouts will be scored by three judges who will each select the winner of each round, marking their ballots accordingly using the 10-point-must system. An advantage in points will be awarded according to the following priority: 1. Number or Quality of Knockdowns, 2. Cumulative Impact on the Opponent, 3. Number of Clean Scoring Strikes, 4. Aggressiveness or Ring Generalship

10-10 Indicates an even round. Neither fighter distinguished themselves as being more effective in consideration of the four criterion points by which the judges must evaluate each fighter's performance. This score should be used very rarely if at all since the judge has a responsibility to issue a judgment and an advantage in ring generalship is enough to earn a 10-9 score.

10-9 Indicates a round in which one fighter distinguished themselves as the more effective fighter according to the established criteria - usually without scoring a knockdown. This score is used most often.

10-8 Indicates a round in which one fighter distinguished themselves as the more effective fighter according to the established criteria - usually including having scored a knockdown - or having demonstrated dominance and/or overwhelming impact on the opponent for the vast majority of the round.

10-7 Indicates a round in which one fighter distinguished themselves as the more effective fighter according to the established criteria - usually including having scored two knockdowns - or having scored one knockdown and demonstrated dominance and/or overwhelming impact on the opponent for the vast majority of the round.

10-6 This score is almost never used as it would indicate a round in which one fighter must have been so completely dominated as to have been knocked down at least three times, and never to have really been in the fight at all.

MATCH DECISION

The winner of a match may be decided in the following ways

- A. Points Decision: When both contestants finish the scheduled rounds, victory is awarded by majority decision of the judging panel.
- B. Knockout : If a contestant is incapable of resuming the fight within the referee's ten-count due to legal strikes.
- C. Technical Knockout :
 - 1. If the official determines a contestant shows no will to, or is incapable of resuming the fight due to a legal technique
 - 2. If the official determines the contestant can no longer intelligently defend him/herself
 - 3. If the contestant does not leave his corner to take part in the fight following the sounding of the bell.
 - 4. If the referee is of the opinion that one contestant is outmatched by the opponent and continuing the match would jeopardize the athlete's health and safety
 - 5. If the bout is terminated for medical reasons due to injury resulting from a legal technique.
 - 6. Where an athlete's corner indicates to the official they no longer wish to continue the contest and "throws in the towel") If a contestant or his coach/corner man gives up the fight. The contestant or his coach/corner man will indicate this to the referee or the regulatory representative assigned to his corner (The corner "throws in the towel").
- D. Disqualification :
 - 1. The referee disqualifies the fighter for any reason including intentional, deliberate, flagrant or repeated fouling.
 - 2. The referee disqualifies the fighter if anyone from their corner enters the ring during the bout or touches one of the fighters during the contest, other than during the rest period, or when permitted by the commission representative.
- E. Draw :
 - 1. If following the end of all rounds, at least two of the three judges do not pronounce one of the fighters a winner.
 - 2. If both fighters go down at the same time and neither can resume the fight within the referee's ten-count.
- F. No Decision:
 - 1. If a fighter cannot continue as the result of an accidental foul and the bell has not yet sounded completing the second round of a three round bout, or the third round of a five round bout.
 - 2. If the referee decides both fighters must be disqualified
 - 3. Where the commission determines any other determination would result in a miscarriage of justice.

OVER-RULING AND UNWRITTEN RULES

The above rules will always be subordinate and consequently may be revoked or modified depending on the applicable laws and/or ethical standards of the country or state where the event is organized and the rules and regulations of the presiding regulatory body. All affairs or disputes that have not been provided for in this rules document or by the rules and regulations of the Sanction Body will be adjudicated by the Sanction Body event supervisor or director.

ISKA AMATEUR KICKBOXING RULES

**The Minimum Standard For Each Amateur Event
And Every Amateur Bout Shall Include The Following As Fouls
(in addition to all minimum standards addressing fouls for professional bouts)**

In all amateur bouts

- a. Knee strikes to the head are prohibited
- b. Spinning back fists are prohibited

In Novice Amateur (when either fighter has completed two fights or less)

- a Head gear & shin guards are mandatory

AMATEUR KICKBOXING SUPPLEMENTAL

(Abbreviated)

Rounds and Minutes

Bouts will be generally be scheduled for three (3), four (4) or five (5), two (2) minute rounds with no less than one (1) minute rest intervals between each round.

Required Equipment

Bouts in which both fighters weigh 147 lbs. or less shall wear 10 oz. gloves. Bouts in which at least one fighter weighs 148 lbs. or greater shall wear 12 oz. gloves. All fighters shall wear approved protective headgear, mouthpieces and shin/instep pads. Male fighters shall wear approved groin protection.

Legitimate Scoring Techniques / Legal Strikes

- Punches – striking with the padded part of the glove to a legal target: i.e. straight punches, hooks, uppercuts and spinning back-fist executed with the padded, back of the glove
- Kicks – striking with the foot or lower leg to a legal target: i.e. front kicks, low kicks inside and outside the leg, middle kicks, high kicks, sidekicks, back kicks, ax kicks, spinning kicks, (excluding linear or thrusting kicks to the knee joint)
- Knees – striking with the knee to a legal target: i.e. front knee, round-house knee, jumping knee, knee on the leg inside and outside (please note the clinch limitations explained below regarding the use of knee strikes). Knee strikes to the head are prohibited

Prohibited Techniques and Conduct / Fouls supplemental

- Head butts, or coming in too low with one's head
- All techniques targeting the back of the head, neck, throat or spine
- Techniques targeting the groin;
- Biting
- Elbow strikes; *striking with any part of the arm or wrist above the padded portion of the glove*
- Palm heel strikes

- Knee strikes directed to the head
- Spinning backfist
- Linear or thrusting kicks directed at the knee joint
- Attacks to the foot
- Hitting or punching with open gloves or the palm side of the glove or jabbing an opponent's eye with the thumb of the glove
- Holding and hitting
- Wrestling or judo techniques, strangulation techniques or submissions;
- Throws, leg sweeps, foot sweeps or pushing of any kind as an effort to off-balance or down an opponent; *Any attempt to off-balance or down an opponent with anything other than a legal strike may be considered a foul.*
- Grabbing, clinching or holding for any reason other than to immediately attack with a knee strike or strikes; *this includes holding to rest or grabbing an opponent in order to stop them from striking. If a fighter clinches, they must immediately attack with a legal knee strike or it may be considered a foul. If the knee attack and/or counter attack by the opponent is persistent and productive the referee may allow it to continue in his estimation for up to five seconds, otherwise the fighters should disengage the clinch.*
- Holding on to an opponent's leg without striking; *a fighter may grab an opponent's leg in order to immediately execute a single legal strike that may be accompanied by a single step in any direction. The leg must be released immediately after that single legal strike.*
- Pulling an opponent towards one with both arms in the lower back
- Continuing to fight if either fighter has any other part of his body other than his feet on the ground
- Techniques used following the command "Break" or "Stop" by the referee or continuing to attack while the opponent is under the referee or physician's care or after the referee commands the fighter to stop because the bell has sounded ending the round.
- Techniques used if the opponent is outside the ring or tied up in the ropes
- Throwing or pushing an opponent out of the ring or pushing an opponent backwards over the ropes
- Holding on to the ring ropes for any reason; *including as an asset for offense or defense or locking in an opponent.*
- Actions/moves that are used to evade or hold off the fight; *this includes but is not limited to continuously pulling up the front leg or stretching out the front arm without carrying out a particular technique*
- Passivity; *this includes but is not limited to fighting only when the opponent attacks.*
- Continuously allowing oneself to fall to the ground
- Deliberately falling on the opponent in any way
- Deliberately evading or halting the fight
- Voluntarily leaving the ring during the match;

- Unsportsmanlike conduct including but not limited to spitting, cursing, talking, making rude sounds or obscene gestures
- Insulting the referee, officials, opponent or his team
- Deliberately ignoring the referee's commands;
- Undisciplined conduct of any kind
- Unnecessarily causing danger to oneself or an opponent
- Simulating being hit too low
- Deliberately spitting out the mouth guard

ISKA GRAPPLING / JIU JITSU RULES

General Rules

1) No unsportsmanlike conduct will be allowed. You may be disqualified or ejected for unsportsmanlike conduct. **The referees will be shown maximum respect at all times. Their decisions are final and will not be overturned.**

2) No striking, biting, eye gouging (includes chin to eye), head butting, small joint manipulation (finger or toe locks), hair pulling, grabbing the windpipe, or ear pulling will be permitted.

3) **No slamming allowed.** Illegal slamming will be defined as slamming your opponent to escape submissions and/or to pass the guard; or standing from the guard and/or jumping from a standing position to slam your opponent. **Slamming will result in an automatic DQ.** There are no exceptions to this rule. Takedowns are NOT considered slams, but you must deliver your opponent safely to the mat.

4) No infectious skin diseases (such as ringworm, staph, and MRSA) or open wounds will be permitted. No lubricants, oils, or lotions of any kind will be permitted on any part of the body or clothing.

5) Competitors will be allowed to continue grappling anywhere on the matted area, provided they don't interfere with another match. If the competitors near the edge of the mat, they will be restarted from the same position, unless the referee is unable to duplicate the position for any reason. In case the referee is unable to duplicate the position, the competitors will restart from a standing position.

6) If a competitor flees the ring when a submission is locked in and the competitor is obviously fleeing to avoid submission, he or she will be automatically disqualified.

7) Women will not be permitted to compete in Men's divisions. Men will not be permitted to compete in Women's divisions. Teens (13+) may compete in Men's or Women's divisions with permission from their parent or coach. Men over age 30 are eligible to compete in the 30+ divisions, but may choose to compete in the Men's divisions instead. Competitors will not be able to enter multiple age divisions (teens must select juvenile or adult divisions and men over 30 must select men's divisions or 30+ divisions).

8) In Juvenile (ages 4-17) matches, the referee has the discretion to call a match if the referee believes that a submission will cause immediate damage or injury, especially in the beginner divisions.

Note: U.S. Grappling reserves the right to expand or combine divisions to accommodate competitors.

Brazilian Jiu Jitsu (Gi) Rules

- 1) **The only submission below the waist that is legal for white, blue, and purple belts are straight ankle locks (AKA straight footlock).**
- 2) Kneebars, figure-four toeholds, and compression locks (AKA “slicers”, “crushers”) are legal in brown and black belt divisions only.
- 3) Heel hooks, reaping the knee, twisting knee locks, “flying scissor” takedowns, and neck cranks are never legal in gi matches.
- 4) All adult competitors must compete using the rank awarded to them by their Brazilian Jiu Jitsu instructor. Competitors will not be permitted to compete at a higher belt level than their current belt.
- 5) Wristlocks and any submissions below the waist are illegal in all Juvenile divisions.
- 6) BJJ divisions require a clean, properly fitted Jiu Jitsu or Judo Gi. Mouthpiece and groin protection are optional, but recommended.

Match Lengths

Men, 30+, and Women Gi Divisions

- White Belt: 5 minutes
- Blue Belt: 6 minutes
- Purple Belt: 7 minutes
- Brown Belt: 8 minutes
- Black Belt: 10 minutes

Juvenile (4-17) Gi Divisions

- Beginner: 4 Minutes
- Intermediate: 4 Minutes
- Advanced: 4 Minutes
- Teen Blue Belt: 6 Minutes

Super Fights and Pro Divisions Finals

- 10 Minutes

Submission Grappling (No Gi) Rules

- 1) **The only submissions below the waist legal for novice, beginner, intermediate, and 30+ divisions are straight ankle locks (AKA straight footlock) and kneebars.**
- 2) All submissions are allowed in Advanced Men’s and Women’s no-gi divisions. Neck cranks, spine locks, bicep/calf slicers (crushers), and flying scissors takedowns are legal ONLY in Advanced Men’s and Women’s no-gi divisions.
- 3) No grabbing of any clothing, including your own, will be permitted.
- 4) Anyone who is a blue belt in Brazilian Jiu Jitsu MUST compete in intermediate or higher, and anyone who is a purple belt or higher in Brazilian Jiu Jitsu MUST compete in the advanced division. There will be no exceptions to this rule.
- 5) Wristlocks and any submissions below the waist are illegal in all Juvenile divisions.
- 6) Gis are optional for submission grappling divisions. Mouthpiece and groin protection are optional, but recommended. All competitors must wear a tight-fitting T-shirt or rashguard.

Match Lengths

Men, 30+, and Women No Gi Divisions

- Novice: 4 minutes
- Beginner: 4 minutes
- Intermediate: 5 minutes
- Advanced: 6 minutes

Juvenile (4-17) No Gi Divisions

- Beginner: 4 Minutes
- Intermediate: 4 Minutes
- Advanced: 4 Minutes

Super Fights and Pro Divisions Finals

- 10 Minutes

Scoring

- Takedown or Throw = 2 points
- Sweep = 2 points
- Pass opponent's guard = 3 points
- Mounted position = 4 points
- Back Mount with Hooks in = 4 points
- Back Mount knees on ground, opponent flat on stomach = 4 points (Additional 4 points are scored by putting the hooks in from this position)
- Body triangle from the back = 4 points
- Knee on stomach = 2 points

1) To gain points for a position, the competitor must show clear control for 3 seconds (including takedowns and throws).

2) Advantages are used as a tiebreaker. The referee will score advantages in the event of a near submission or score (near takedown, near guard pass, etc).

3) No Stalling: Referee will issue warnings for the 1st offense of stalling (i.e. backing out of the guard without engaging, hugging the opponent's hips inside the guard, backing away from the opponent out of bounds, etc). A 2nd offense will result in an advantage for the staller's opponent. A 3rd offense will result in a 2 point deduction. A 4th offense will result in a disqualification.

4) If a competitor flees the ring to avoid a takedown and it is obvious that the competitor is going to be

taken down, his or her opponent will be awarded two points.

5) There are no points for reversals. It is a person's obligation to escape a bad position (mount, rear mount, or side control). No points are awarded for these escapes.

Adult Weight Classes

Men / 30+

- Rooster: Up to 122.5
- Super Feather: 122.6 – 135.5
- Feather: 135.6 – 149.0
- Light: 149.1 – 162.0
- Middle: 162.1 – 175.5
- Medium Heavy: 175.6 – 188.5
- Heavy: 188.6 – 202.0
- Super Heavy: 202.1 – 215.0
- Ultra Heavy: Over 215.0

Women

- Super Feather: Up to 113.50
- Feather: 113.6 – 124.5
- Light: 124.6 – 135.5
- Middle: 135.6 – 147.0
- Medium Heavy: 147.1 – 158.0
- Heavy: Over 158.0

All adult and 30+ belt and skill divisions offer absolute (open weight) classes. There are no absolute (open weight) classes for juveniles.

Adult and 30+ No Gi Skill Levels

Skill levels are determined by time spent training in any comparable grappling art. Any wrestler with extensive experience (3 or more years in high school, or any collegiate experience) must enter at least intermediate no-gi. Judo, Sambo, and MMA experience count the same as BJJ.

Adult Divisions (Men and Women)

Novice: Up to 9 months (white belts only).

Beginner: Up to 2 years (white belts only).

Intermediate: 2 – 5 years, or blue belt.

Advanced: Over 5 years, or purple belt and above.

30+ Men

Beginner: Up to 2 years (white belts only).

Intermediate: 2 – 5 years, or blue belt.

Advanced: Over 5 years, or purple belt and above.

Juvenile (ages 4-17) Weight Classes

Brackets for competitors aged 4-17 are made using the Madison Bracketing System. There are no preset weight classes for children and teens. At the end of weigh ins, the children and teens will be sorted by weight. Brackets will then be made by grouping them into sets of 4 or 8 (depending on turnout).

Juveniles will be divided by weight, experience, and age (whenever possible). Using the Madison system means children and teens will no longer cut weight since they won't know the weight classes in advance.

Juvenile (ages 4-17) Skill Levels

Beginners: Up to one year of training any grappling art.

Intermediate: Up to three years of training any grappling art.

Advanced: Over three years training any grappling art.

Any Juvenile that has been awarded a blue belt (adult level) must compete in the Juvenile Advanced skill level, regardless of time training. Juvenile blue belts can also compete in the adult blue belt and adult intermediate or advanced no gi divisions.

Juvenile division skill levels are commonly combined. US Grappling manually creates juvenile divisions, and sorts competitors by age and weight, and then by skill to ensure that matches are safe for all competitors.

KARATE

ISKA KARATE, TAE KWONDO and KEMPO RULES

(SPORT KARATE RULES)

COMPETITOR: Each competitor must present him/herself to the referee suitably attired with proper uniform and equipment and physically prepared to compete. If he/she is not prepared to compete as **deemed by the center referee**, the competitor may be penalized for delay of time.

DELAY OF TIME PENALTY: Sparring: An automatic warning will be issued to the competitor. A penalty point will be issued for each minute the competitor is not properly ready to compete. Upon 3 penalty points the offending competitor will be disqualified. **Form:** .01 points will be deducted from the offending competitor's final score. Each minute the competitor is not ready to compete, .01 points will be deducted for his/her final score. If a competitor is still not ready to compete after 3 minutes, he/she will be disqualified.

RANK RULE: A competitor must compete at the highest belt level they have earned in the martial arts. A competitor can never compete in a division of which he/she had not earned that rank. Once a competitor competes as a black belt legally, he/she must always compete as a black belt. A competitor can never compete in a lower belt division than the level of belt he/she has earned in the Martial Arts.

PROOF OF AGE RULE: All competitors must have a proof of age document. If there is a legitimate reason to question a competitor's age, he/she must present a proof of age (birth certificate, driver's license, or other acceptable documents) to prove his/her age.

LEGAL AGE RULE: All competitors have the option of competing in the same division all year long for rating purposes, by establishing a legal competition age for the year. The age a competitor is on June 30th of the current competition year is their legal competition age for that year. They can compete all year at that age so he/she can earn rating points in one age division all year. A competitor can always compete in his/her chronological age if they chose.

UNIFORM: All competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon Do, etc.)

uniform in a good state of repair. The appropriate color belt or sash must be worn in competition. **Sparring:** All sparring uniforms must have sleeves that reach at least to the middle of the **Biceps**. No T-shirts, sweats, tank tops or unapproved shoes are allowed in the sparring divisions (see sparring foot pads). **Form & Weapons:** T-shirts, tank tops and sweatshirts are allowed in form if they are part of the competitor's official school uniform. Uniforms in the form and weapons divisions are allowed more liberties because form is not one-on-one competition where the uniform could cause a decisive disadvantage or advantage to a competitor. Removal of the uniform top is allowed if the removal is considered relevant to the artistic expression or safety of the competitor. Shoes may be worn in form competition if they do not damage or mark the competition floor.

COMPETITOR RESPONSIBILITIES: It is the responsibility of the competitor to know the rules and be ready for competition when called to do so. He/she must be suitably attired, weighed-in and at the appropriate ring when competition begins. Three calls will be made for competition at ringside. If the competitor is not at his/her ring ready to compete when competition begins, he/she will not be able to compete (see delay of time rule). If a competitor leaves the ring after the competition begins and is not present when his/her name is called to compete, his/her name will be called three times at ringside. If he/she is still not present to compete, he/she will be disqualified (see delay of time rule).

REQUIRED AND RECOMMENDED SAFETY EQUIPMENT: ISKA approved headgear; hand and footpads, mouthpieces, groin cups (for male competitors only) and chest guards (for all competitors 17 year old and younger) are mandatory for all competitors in sparring divisions. The competitor's equipment will be checked and if it is deemed unsafe, he/she will be asked to change the equipment before he/she can compete. **Hand Pads:** A soft padded surface must cover the fingers, wrist and any striking surface of the hand. **Foot Pads:** A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot. The bottom of the foot does not have to be padded. **Head Gear:** The front, sides and back of the head must be covered by a soft padded surface. **In addition to the head gear, a face shield is required for all competitors 17 yrs. & under.** **Chest Guard:** All 17 and younger competitors must wear an approved chest protector in sparring. The chest guard must sufficiently cover the abdomen and upper chest such that the sternum is completely protected. Rib guards that cover only the abdomen area are not approved chest guards. Insufficiently padded gloves, foot, chest and head gear will not be allowed. Equipment must be in a good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury. The tournament's official rules arbitrator ultimately determines the approval or denial of the equipment. A properly fitted mouthpiece is required. Shin pads, elbow pads and rib/chest guards are highly recommended for additional safety to all sparring competitors in all divisions.

REFEREES: The referee is the most experienced official in the ring and is thoroughly versed on the rules and order of competition. He/she promotes the safety of the competitors, enforces the rules and ensures fair play. To this end, he/she starts and stops the match, awards points, makes penalty decisions, administers the voting of the other judges, communicates clearly with the scorekeeper and timekeeper, and announces the winner of each match. **Added Powers of the Referee:** 1) Match starts and ends only with his/her command (not the command of the timekeeper); 2) Has final decision on any disputes on score; 3) Has the power to issue warnings and award penalty points without a majority decision; 4) Can overrule a majority call only to issue a warning or a penalty point; 5) Automatically has power to disqualify a competitor who receives (3) penalty points; 6) Has power to issue time-outs. A competitor can ask for a time-out, but it is the determination of the referee to issue one. **The disqualification of a competitor, where disqualification is not automatic, is determined only by a majority vote of the judges.**

OFFICIALS: Each ring should have a **REFEREE**, two to four **JUDGES**, a **TIMEKEEPER/SCOREKEEPER**. The judges call points and rule infractions as they see them. They also vote on disqualifications. The referee also calls points and rules infractions but is also in complete control of the ring and ring personnel. Referees make all final decisions on penalty points and warnings (except for disqualifications) but can consult judges before making their decisions. The majority vote of the judges and referee determines a scoring point and/or a competitor's disqualification.

CALLS AN OFFICIAL MAY MAKE: When the referee believes there has been a significant exchange of techniques, or when signaled to do so by a corner a judge/s, he/she shall call out the word, "**STOP!**" in a loud voice. The referee shall then return the competitors to their starting marks and addresses the judges by saying "**JUDGES CALL!**" All judges and the center referee cast their votes simultaneously and assertively in the following manner.

Judge Sees a Point – He/she should hold up both colors or hold up one arm if colors are not being used. At the same time, he/she yells out the word "**CALL!**" in a loud, clear voice to let the referee know he/she has a call.
Point Calling – When signaled by the referee (referee says "Judges Call" in a loud clear voice) a judge raises the appropriate color (red or white usually) if colors are being used or points to the competitor who scores the point. If

a competitor scores a two point kick, the officials should hold up or point with two fingers (index and middle fingers). If only one point is being called, the judge should point with only one finger (Index finger).

No Point Scored – An official crosses his/her wrist at waist level or holds both colors down to indicate that he/she believes that a point was not scored.

Did Not See If A Point Was Scored – The official holds his/her hand over his/her eyes indicating that he/she could not see whether a point was scored or not. Indicates the official was not in position to see if a point scored. (When using this signal, it has the same effect as saying “no point”, but it indicates to the referee, competitors and fans the reason why you are not calling the point).

Clash – Officials make a motion as though they are hitting both fists together, indicating that both competitors scored at the same time.

Penalty – The judge waves the color of the offending competitor in a circular motion. If no colors are used the judge waves the hand and arm in a circular motion while pointing at the offending competitor.

Disqualification – A disqualification vote is taken separately from any other vote. When a disqualification vote is asked for, the referee will say, “**JUDGES CALL**”. The judges will then hold the color or point to the competitor who is to be disqualified. If the judge does not feel the competitor should be disqualified, he/she crosses his/her wrist or holds both colors down at waist level.

LATE CALLS: All officials should make their calls at the same time. If, in the opinion of the referee, the corner judges are making a late call intentionally, the referee can disqualify the call and/or judge (noise not allowing the judges to hear the referee and the honest mistake of raising the wrong color or pointing at the wrong competitor should be taken into consideration not to disqualify the call or judge).

NUMBER OF OFFICIALS: 2 or 4 ISKA judges and one ISKA referee is allowed in all weapon, form and sparring divisions (4 or 6 judges and 1 referee is allowed in weapons and form grand championships). If only two judges and one referee are used in the weapons and form divisions, the “Maximum Deviation Rule” will be used in all form and weapon divisions.

MAXIMUM DEVIATION RULE: Since the high and low scores are not dropped when three officials are used in form and weapons, the maximum deviation rule limits the impact of a single judge’s score to control with his/her high or low score the outcome of placement. The judge’s score that is between the other two judges scores (middle score) is considered the middle score. Once that score has been determined, the other two judges cannot be higher or lower than .02 points of that middle score. If their score is higher or lower than .02, they must adjust their score up or down accordingly to that .02 maximum deviation. See complete Maximum Deviation Rule for more details.

REMOVAL OF OFFICIALS: If a competitor feels that an official should be removed from a form or weapon division for good reason, he/she must file a protest before the division begins. If a competitor feels that an official should be removed from a sparring division, he/she may file a protest at any time. It is totally up to the center referee and the rules arbitrator to determine if an official should be removed.

PROTEST: A competitor has the right to protest an infraction of the rules or if a possible mistake was made (not a judgment call). If a competitor wishes to protest, he/she should first let the referee know he/she believes there has been an infraction of the rules or a mistake has been made. The referee will summon the arbitrator to the ring (if the referee cannot properly settle the protest to the players satisfaction) to render a decision. **All protests must be made in an orderly, proper and sportsmanlike manner. All protests must be made immediately. Protests are not allowed once competition has resumed (after the fact protest). A competitor may be penalized or even disqualified if he/she is protesting improperly or without proper cause.**

LATE ENTRIES: Once a division has started (the first competitor has started his/her form/weapon routine or the first divisional match has started) no competitor/s can be added to that division. **BE ON TIME! Only exception to this rule is the “Fairness Rule” at the end of this rules summary.**

THE RING: The size of the sparring and form adult black belt rings shall be approximately 20’ x 20’. Starting lines should be marked approximately six feet apart in the middle of the ring. Additionally, each ring should be posted with a ring number visible to competitors, officials, and medical personnel from across the floor. All youth and under black belt adult rings can be a minimum of 16’ to a maximum of 20’.

WEIGHING-IN: It is mandatory for all adult sparring competitors – who are in weighed divisions – to weigh in before competition. Only one official weigh-in is required. All competitors must spar in his/her weight division. A competitor cannot fight up or down in another weight division for which he/she has not made the proper weight. It is the responsibility of the tournament personnel to weigh and properly record the competitor’s weight. If a competitor is caught falsifying their weight, they will be disqualified.

ORDER OF COMPETITION: Form: Once the final call for the form and weapon divisions has been made at ring side and the divisional seeds have been taken out (see seeding rules) the competition cards will be collected and shuffled thoroughly. The competitor cards will then be drawn randomly for the order of competition. As per the **Relative Ranking Rule** the judges will look at all the competitors before they give their final scores. This rule allows judges to adjust their scores if they feel other competitors that come later are better or worse than the competitors who came first (**See Relative Ranking Rule Sheet**). **Sparring:** Once the final call for the sparring division are made at ringside and the seeds have been taken out (See Seeding Rules) the division is ready to be set up. The competition cards should be collected and counted (if competition cards are not used, count the competitors) to see if byes are needed. If byes are needed, they will be picked randomly (seeds may have first priority for byes, see seeding rules). Matches should always be selected by random, but certain allowances **may** be given to competitors from the same school or team that is matched up in the first round of competition. They may be separated randomly from each other in the first round if possible. (**Competitors cannot pick whom they want or do not want to spar.**)

In the youth division, the competitors should be lined up by height (Smallest to the tallest) and split into tall and short divisions if required or offered. Determining tall and short divisions is for **safety reasons**, not just to split the division equally. A true break in size should be found to determine the taller competitors from the shorter competitors. Once the tall and short divisions are determined by height, determine who spars whom by random draw. Consideration should be given to competitors who are from the same school or team that have been drawn to spar each other in the first round.

****New for 2013: All adult Black Belt Sparring competitors 30+ has the option to compete down in age .**

Example: Any 30+, 40+, 50+ and 60+ year old competitor can compete in any younger adult Black Belt Division. A competitor cannot compete up in an age division.

LENGTH OF MATCH: Two minute running-time unless a competitor is seven points ahead (Seven Point Spread Rule) before time has expired. If a match is tied at the end of two minutes, sudden victory (first person to score a point) overtime period will determine the match. **At the 1 minute 45 second mark of a sparring match, the time keeper will shout out "FIFTEEN SECONDS".** **New: Overall Grand Championship matches are two, two minute rounds.**

POINT VALUES AND WINNER DETERMINATION: All legal hand techniques that score will be awarded one (1) point. All legal kicking techniques that score will be awarded two (2) points. **All jump spinning kicks to the head are 3 points.** All penalty points awarded will be awarded one (1) point. The competitor who is ahead by 7 points (**7 Point Spread Rule**) before the two minute time period is automatically declared the winner or whoever is ahead at the end of the two minutes is declared the winner. All grand championship matches are also two-minute running time with a **10 Point Spread Rule** or who is ahead at the end of two minutes. **New for 2013:** If a competitor goes down to the ground, to avoid sparring without being pushed or shoved down, the upright competitor receives a point. Down is when any part of your body is touching the competition floor except your feet and/or one hand. If a competitor goes out of bounds to avoid sparring without be pushed or shoved out, the inbounds competitor receives a point. **New: All Grand Championship matches must win by two points.**

MARJORITY VOTE: Points are awarded by a majority vote of all judges. The majority of judges do not have to agree on the same technique being scored, only that a point was scored. **A majority of the judges calling the point** must call a two (2)-point kick before two points can be awarded. Otherwise only one point is awarded.

WHAT IS A POINT: A point is a sport karate technique that is scored by a competitor in-bounds and up-right (not considered down) without time being called that strikes a competitor with the allowable amount of **focused touch contact** and **focused control** to a legal target area. **Focused Touch Contact:** the legal amount of contact allowed to certain scoring areas. **Focused Control:** an amount of controlled force that would have incapacitated the opponent, at least momentarily, if the technique had not been controlled.

LEGAL TARGET AREAS: Entire head and face, ribs, chest, abdomen, collarbone and kidneys. **ILLEGAL TARGET AREAS:** Spine, back of neck, throat, sides of the neck, groin, legs, knees and back. **NON-TARGET AREAS:** Hips, shoulders, buttocks, arms, and feet. **LEGAL TECHNIQUES:** Legal techniques are all controlled sport karate techniques, except those listed as illegal. **ILLEGAL TECHNIQUES:** Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs on a hard surface floor, ground sparring on a hard surface, any stomps or kicks to the head of a downed competitor, slapping, grabbing for more than one second, uncontrolled blind techniques, any uncontrolled throws, takedowns or sweeps and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

GRABBING: A competitor may grab the uniform top of his/her opponent in an attempt to score with a sport karate technique for only one second (**immediately**), after which time he/she must release the uniform. Likewise, the uniform pants may be grabbed for one second to an upright opponent in an attempt to score.

SWEEPS, TAKEDOWNS, GRABS AND GROUND SPARRING: Sweeps not to take down an opponent, but only to obstruct the balance so as to follow up with a sport karate technique can only be executed to the back of the front leg at mid-calf or below. A sweep must be deemed a proper sweep and not a kick, to be legal. Controlled Takedowns and sweeps that are meant to take down an opponent are not allowed. A point is awarded only when the legal sweep or takedown is followed up effectively legally and **immediately** with an appropriate sport karate technique.

LIGHT TOUCH CONTACT: Means there is no penetration or visible movement of the competitor because of the contact. Light touch is required to all legal target areas in all black belt sparring divisions. The face shield of a headgear along with the headgear is a legal target area.

MODERATE TOUCH CONTACT: Means slight penetration or slight target movement. Moderate touch contact may be made to all legal target areas except the headgear, face shield and face.

WARNINGS AND PENALTIES: One and only one warning is allowed for breaking the rules before a penalty point is awarded. After the first warning is given, a penalty point is awarded for each and every rules violation. If a competitor receives four warnings (three penalty points) in any one match, he/she will be disqualified. If the severity of the first rules violation is deemed by the referee to be too severe, a penalty point can be issued immediately and the first warning will be forfeited.

Other Penalty Rules: A competitor cannot be penalized and still receive a point on the same call. A competitor can receive a point for a proper technique and another point from a penalty call against his/her competitor. If, in the opinion of the referee and/or the medical personnel, a competitor cannot continue because of an injury caused by an **illegal penalized attack** executed by his/her competitor, the offending competitor shall be automatically disqualified.

Other Cause for Penalization: Attacking illegal and non-target areas, using illegal techniques, running out of the ring to avoid sparring, falling to the floor to avoid sparring, continuing after being ordered to stop, excessive stalling, blind, negligent or reckless attacks, uncontrolled techniques, showing unsportsmanlike behavior by the competitor, his/her coaches, friends, etc., excessive contact, and delay of time are just some examples of possible penalization. See new **Limiting Contact between Officials and Competitors for other possible penalizations.**

DISQUALIFICATION: Requires a majority vote by all officials, unless it is an automatic disqualification. **Non-Competing Penalty:** If, in the majority opinion of the officials, it is considered that one or both competitors are not making an obvious attempt to compete in the sparring match in the true spirit of competition, one or both competitors will be warned and if it continues, will be disqualified. **Wrong Division:** If any competitor competes in a division he/she does not qualify to compete in due to age, weight, rank, gender, style, etc., he/she will be disqualified.

COACHING: The luxury of having a coach is something that most competitors do not have access to. Therefore, it sometimes can become an unfair advantage over a competitor who does not have a coach. The rules are made and enforced so no one competitor has an advantage or disadvantage over another competitor. Therefore, coaching is allowed but only under the following guidelines:

1. Never, at any time, can a coach enter the ring without the referee's permission,
2. No abusive, violent, unsportsmanlike or overzealous coaching;
3. Coaches cannot ask for a time out unless they are protesting a rules violation (only the competitor may ask for a time out),
4. Coaches can never, at any time, interfere with the proper running of the ring or the decisions of the judges.

A **Coach** is defined as anyone who is trying to help one competitor in anyway. A coach could be but is not limited to a friend, parent, teammate, or an official coach. The center referee can issue a warning to a competitor for each time his/her coach is interfering with a match or disrupting fair play between contestants. A referee can ask for a disqualification of a contest, but requires a majority vote of all judges.

OUT-OF-BOUNDS: A competitor is out-of-bounds as soon as he/she does not have at least one foot touching inside or on the boundary line. An out of bounds competitor cannot score a point while out of bounds. In bounds competitor can score on an out of bounds competitor if the center referee has not called stop.

TIME LIMIT: Each divisional form or weapons routine must be three (3) minutes or less. The time starts once the competitor enters the competition ring. Four (4) minutes is allowed for each form or weapons routine in the Night Time Finals. Each team form and/or demo routine as a four (4) minutes time limit. Any competitor, team form or team demo that goes over the allowed time limit is automatically disqualified. **At the 2 minute 45 second mark of a competitor's form the time keeper will shout out "FIFTEEN SECONDS".**

SCORING RANGES OF FORM AND WEAPONS: The Scoring range should always be discussed by the center referee and judges before the divisions starts.

TIES: If there is a tie for 1st thru 4th place, the majority of the judge's scores determine the winner. If there is not a majority of judges for one competitor and one judge or more gave the same score for the tied competitor, the judge that gave the same scores must be ask to make a decision and break the tie. All judges must make scoring decisions by giving different scores to the competitors. Ties for 5th through 8th place are never broken. They will remain tied and all will receive points and awards. If there is a tie and there is not a majority judge's decision and no judge gave the same score to any one competitor, the tied competitors will compete again and be scored again.

TRADITIONAL, CREATIVE, MUSICAL AND EXTREME

STARTING A FORM OVER: If a competitor starts his/her form over because of a memory lapse or any other reason due to his/her own negligence, he/she may perform the form again. The officials will score as though there was not a mistake, but the center referee will instruct the scorekeeper to subtract **.50 points** from the competitor's final score. The three-minute time limit will start over. A competitor can only start over one time for scoring. If a competitor has to start over not due to his/her negligence, he/she will not be penalized on the start over.

FAIRNESS RULE: If a question arises that is not completely covered by this rule book, the official rules arbitrator may at his/her discretion, overrule, modify or change a delineated rule if he/she believes that enforcing such a rule would result in a inherent unfair outcome to a competitor. However, the rules arbitrator should overrule, modify or change a delineated rule only in extreme cases.

ISKA separates forms and weapons competition into following four categories:

1. Traditional

These forms must capture the essence of classic martial arts movements, displaying the traditional techniques, stances, footwork, and weapons. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances, and focus. Forms may be unmodified or modified from what a system or school considers to be the original version of the form; however, performance of the following movements will result in a downgrade of the form, or upon unanimous vote of the judges, a "no score" as a form inappropriate for the division: Movements that involve more than a 360 degree spin, require the body to be inverted more than parallel to the floor, more than two kicks with the same leg without putting the foot down in between; front or back flips; cartwheels; front or side leg splits; releases of the weapon other than simple hand switches; or any other gymnastic movements or extreme exhibitions of flexibility or agility with the body or weapon that are deemed in the opinion of the judges to be inappropriate for the division pursuant to the general guidelines set forth here. (**Forward Roll is a legal Traditional Technique.)

Commentary: *There has been a great deal of debate among reputable martial artists regarding whether a form or series of moves are outside of the bounds of the Traditional Division. Because ISKA is a tournament circuit open to all styles and schools (across the nation and around the world) and from which judges are utilized, each competitor must make his or her own decision regarding whether to include movements, which might be to be objectionable for the Traditional Division. Just like the extreme and creative competitors, the traditional competitors will try to extend the base of the rules that govern the traditional divisions to gain an advantage over their competition. If there is something performed in a traditional form or weapon division that is not covered by the above rules, the ISKA Rules Official/s will make the decisions if a technique is a legal or illegal move.*

2. Creative Forms and Weapons

The Creative Division allows forms to include contemporary martial arts techniques that have evolved over the last 30 years. These may be added to a traditional form, or the form may be devised in its entirety by the competitor. The Creative Division was formerly known as the Open and before that the *American* Division. A form in the Creative Division must **ONLY** include techniques which originate from martial arts and like the Traditional Division, emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus. Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits, weapon twirls, weapon releases, and other *creative* martial arts techniques are permitted. Movements that involve more than a 360 degree spin, require the body to be inverted more than parallel to the floor, or are similar to movements found in gymnastics and/or non martial arts disciplines, or forms that meet the above definition of strictly traditional forms, will result in a downgrade by the judges or, upon a unanimous vote of the judges, a "no score" as a form inappropriate for the division. **Although one creative move qualifies a competitor for the creative divisions, it should be expected that an creative form or weapon routine with multiple creative moves of good quality would prevail as the winner, assuming all other criteria is met.**

New: The following are techniques that are legal in the Creative form/weapon divisions: Butterfly Kick, Illusion Kick, Forward Roll and Kip Up. They will be scored as any other techniques: power, speed, balance and proper execution.

Commentary: *The Creative Division is intended for those competitors who do not wish to compete with a strictly traditional form, and/or do not wish to compete against other participants who execute extreme gymnastic-type movements. Over the past several years, it was often observed that judging these "creative" forms in the same division with forms including extreme martial arts "tricks" was essentially comparing apples and oranges, and to be more fair to the participants these divisions should be separated. ISKA has therefore created a separate "Extreme*

Division", as detailed below, separate and distinct from the Creative Division, thus allowing the Creative Division to include only those forms with movements that originate more inherently from the classic martial arts systems. Regarding the Creative Weapons Divisions, it is important to note that any particular weapons movement shall NOT be a factor in determining whether the weapons form constitutes a Creative or Extreme Form. The determining factor shall be the particular body movements as defined below in the Extreme Divisions. Consequently, a Creative Weapons competitor is permitted to perform any weapons move (i.e., twirls, releases, spins, etc.), but is not permitted to perform "Extreme" body movements (i.e., flips, 540 and above spins or any inverted body moves, etc.).

3. Extreme

The Extreme Divisions allow the competitor to perform any movements whether they originate from traditional or contemporary martial arts systems or otherwise. However, (1) at least half of the form must originate from martial arts techniques, and (2) the competitor must execute at least one technique that involves an inverted move or greater than 360 degree spin. Emphasis is placed on the quality of execution of techniques and movements, martial arts skills, balance, speed, power, degree of difficulty, and showmanship. In addition, only those movements that portray a definite offensive or defensive martial arts purpose, or are included to illustrate extreme flexibility or agility, are allowed. Inclusion of other movements, or the performance of a form or weapons form meeting the criteria above for a Traditional or Creative form, will result in a down grade by the judges, or upon a unanimous vote of the judges, a "no score" as a form inappropriate for the division. **Although one extreme move qualifies a competitor for the extreme divisions, it should be expected that an extreme form or weapon routine with multiple extreme moves of good quality would prevail as the winner, assuming all other criteria is met.**

Commentary: As martial arts evolves from the Traditional to Creative to Extreme, this category allows for the integration of techniques and movements from all martial art styles, gymnastics, acrobatics, dance, and athletic disciplines. If a competitor wishes to participate in a division with moves not permitted in the Traditional and Creative Divisions but meeting the guidelines described here, the competitor should compete in the Extreme Division.

4. Musical

The Musical Divisions requires a empty hand form or weapons form to meet all the above criteria for a Traditional, Creative, and Extreme form, and additionally meet the requirements of the "Divisional Music Rule" below.

New "Divisional Music Rule": Music Choreography should be judged as follows:

- 1) The movements of the form must be accented by and performed in conjunction with specific beats, notes, or words in the music. Simply performing your form to the same rhythm or cadence of a song is not satisfactory.
- 2) If sound effects are added to the music, the form should not solely be choreographed to the added sound effects.
- 3) Music and sound effects should appropriately match each other, and set the overall mood for each performance.
- 4) Overall, all music, and sound effects used, must compliment the form, and both the form and music should be judged together and viewed as an overall performance, not simply as a form performed with music playing.

Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the player who must be present at all times during the performance (unless it is advertised that music players will be supplied). As each form begins, a music volume check must be made, during which time the player attendant will look to the center judge for a nod of approval or a signal to lower the volume. Once this volume is set, it may not be increased during the performance of the form.

Commentary: If a competitor chooses to use music in a grand championship division to a form that does not require music, the "Divisional Music Rule" does not apply.

Commentary: If a competitor receives a "no score" decision by the judges because they feel the competitor's form is not appropriate for the division, the competitor is not allowed to redo his/her form or weapon form in that division. It is the responsibility of the competitor to read and understand the rules of the division he/she is competing in before competition starts.

Grand Championships and Over-All Grand Championships:

All competitors must compete in any Grand Championship and/or Over-All Grand Championship with the style of form or weapons (not exact form or weapon) they won with in their division (example: a winner of a creative form cannot compete with an extreme form in the grand championships) If a competitor wins more than one division, they have the option to select the style of form or weapon of the divisions they won.

All competitors may still use music in all "Overall Weapons and Forms Grand Championships and Runoffs" but in Divisional Weapons and Form Grand Championships, music may only be used by competitors in the CMX Divisional Grand Championships (this includes creative and extreme winners). To Compete in an 18+ Divisional Grand Championships, Overall Grand Championships and/or Runoff in Form, Weapons and/or Sparring, a competitor must have won an 18+ Division.

The Relative Ranking Rule has replaced the old "score-as-you-go" system in all divisions at all ISKA tournaments. Since all competitors run their forms before anyone is scored, this system eliminates the possible disadvantage early-running competitors were subject to, and the scoring advantage last-running seeds may have enjoyed. In addition, it prevents judges from getting "boxed-in" by giving scores too high early on, and eliminates

"scoring creep" where judges who starts with very low scores gradually raises his/her scores as the divisions progresses.

For the Relative Ranking Rule to operate properly, all judges must use the scoring worksheets provided in the ring boxes. As each competitor runs their form, they are given a place number relative to the competitor who has already run. For example, each judge gives the first competitor up a "1" next to his/her name on the worksheet. The next competitor gets a "2" if their form isn't as good; or if their form is better, they get a "1" and the first competitor get his "1" changed to a "2". The third competitor then gets a number that grades his form relative to the first two, and so on down the division. When all competitors have run, each judge's Worksheet will have all the competitor's names listed in the order they ran, but with numbers next to their names that reflects their place relative to one another.

The Center Judge will then allow up to two minutes for the judges to assign decimal scores to each competitor based on their relative ranking. Each judge decides how high to score his number "1" competitor – usually a 9.99 or 9.98 in the black belt divisions – and assigns that score to the top competitor. The number "2" competitor will be scored one-hundredth lower at 9.98 or 9.97 (or even lower if the judge feels there was a great gap between the number "1" and number "2" competitors). Number "3" will get a score at least one-hundredth lower than number "2, and number "4" will get a score at least one-hundredth lower than number "3". This is done until all the competitors are ranked relatively to each other. None of the top four competitors ever receives the same score, and the top four scores a judge gives are only given once. A judge may give the same score to competitors he/she has ranked as "5" or lower, though it is discouraged unless there are many competitors in the division and giving incrementally lower scores would take the lower-ranked competitors to scores that were undeservedly low. (Judges may prefer to use slash marks rather than numbers to rank each competitor: I, II, III, IIII and so on. By using this method you do not have to mark out or erase as often, you only add slashes.)

Once all judges are ready, the Center Judge will have each competitor step forward as his or her scores are announced, using the Maximum Deviation Rule procedure listed above.

Divisions with three officials will use the **Maximum Deviation Rule**. Since high and low scores are not dropped when three officials are used, the Maximum Deviation Rule has a similar effect of limiting the impact of a judge's score that is significantly higher or lower than the other judge's scores. This prevents a single score from being so high or so low that it controls the placing order.

When a form or other performance is ready to be scored, the Chief Official will say "Ready", then, "Check", at which point the three judges show their score to each other only (not to the competitors or spectators).

The center judge will then look at the 3 scores to determine which one is the middle score (for example, a 9.92, 9.96 and a 9.95 – the 9.95 is the middle score. The other 2 scores must be .02 from the middle score. So in the example the 9.92 must be upgraded to 9.93.

Other than this mandatory adjustment, a judge may not change his score. If no score is more than .02 higher or lower than the middle score, then there is no adjustment. After assuring that any necessary adjustment has been made, the Chief Official then says, "Score", and the scores to the audience, the competitors, and the scorekeeper as usual.

First Three Tournaments Seeds The previous year's ratings will be used to determine the seeds before the new year's ratings are published. Once the new year's ratings are published they will be used to seed competitors.

Ratings Schedule of Ratings and "Best of Scores" Chart. This is the schedule that the new updated rating will come out and let you know how many of your "Best of Scores" will count in that ratings period.

Seeding Competitors can only be seeded in divisions they are rated. Points earned in one division do not carry over into another division. The only exception to this rule is in the first three tournaments of the year and a competitor is required to move into an older age division. Competitors who have earned points in the division always takes priority over competitors moving into the older division and have not yet earned points in that division. If there are additional seeds needed these competitors can qualify for the seeds needed.

Before New Year's Ratings are Published: Tournaments Seeding Rules Until the current years ratings are published, if there are not four rated competitors in the division you are seeding, additional seeds can be taken (to reach 4 seeds) from competitors who are moving up into another age divisions. These competitors are seeded in front of the competitors in the current division who are currently rated in the division. An exception to this rule is if a competitor moves up into an older division in the last tournament of the year in an attempt to secure a seed over competitors that were ahead of them in points in the younger division but chose to stay in their legal age division all year. The ones moving up into the older division would be rated over the ones who changed age divisions in the last tournament of the year.

Priority Order of Seeding In all tournaments including the first three, the first priority of seeding goes to the #1, #2, #3 & #4 rated competitors in the Division. This group is call Group –A. The second priority of seeing goes to all other rated competitors in the Division. This Group is called Group-B. The third priority of seeding goes to rated competitors who are changing ages and must move into an older division because of their age change (only in the first three tournaments of the year). This group is also part of Group-B. Group-A and Group-B will have separate scuffling for order of placement with Group-A seeds going last and Group-B seeds going before Group-A seeds.

Maximum Seeds: Form and Weapons There is a Maximum of 4 seeds in Form and Weapons Divisions unless there is a tie in points for competitors in Group-A and/or Group-B. Ties can be added into the Group Shuffles.

Form and Weapons Seeding Group-A seeds will be shuffled to determine the order of the seeds in the division. If the #1, #2, #3 and #4 competitors are all present, the number of seeds is complete. If not all the #1, 2, 3, 4 competitors are present; the number of competitors needed to fill the Maximum of 4 seeds will be selected from Group-B. This group is selected by order of their rating in the division. If more than one competitor is needed to reach the Maximum of 4 seeds, these competitors will be shuffled to determine their placement of order. The Group-B seeds will always go before the Group-A seeds. **It is required that the center official either supervise or perform the random selection process of the seeds.**

Match Seeding The Top Seeds (Max 4) will be seeded in the first round of competition with all competitors. The Seeds (Max 4) will be seeded away from each other in the brackets with the number one and four seeds in the top bracket and the number 2 and 3 seeds in the bottom bracket. If Byes are needed, the Seeds will receive the byes in order of their seeded position. No longer are fighters automatically seeded into the quarter finals unless there are eight or less competitors in the division or if by receiving a bye they move into the quarter or semi final brackets. Seeds can refuse byes but still must be bracketed away from other seeds as described above.

Seeding Fairness Rule

If there are question about seeding that arise that cannot be answered by the rules above, the Chief Tournament Arbitrator will make the final decision who and how a competitor will be seeded.

Under Black Belts Will not be seeded

3-Man Team Sparring and 2-Women Team Sparring:

A flip of a coin will determine who sends out the first fighter. The winner of the coin flip can decide to send out the first fighter or have the other team send out first.

All matches are 90 seconds long.

The fighter who earns 10 points spread or is ahead at the end of 90 seconds is declared the winner in the first two matches (first match only in 2-Women Teams). If either or both of the first two matches end in a tie, they remain tied. No run-off of ties in the first two matches.

The final match will be a total point match using the full 90 seconds.

The team with the most accumulative points wins.

If at the end of the final match the accumulative score is a tie, the final match continues using the sudden victory rule (first fighter to score wins).

All regular ISKA light touch point calling rules will apply with the following exceptions:

If a player goes out of bounds for any reason (both feet out) the other fighters receives a point. It is not allowed to push or shove a fighter out of bounds. Warnings and/or penalties can be called for pushing and/or shoving an opponent (Bad sportsmanship rule).

If a player goes down (NFL rule: if a fighter touches the grown with any part of their body except for the bottom of their feet or one hand, they are down) the other fighter receives a point. If a fighter has a hand on the ground, both fighters can still score because he/she is consider an upright fighter.

Example: An upright fighter can score 4 points on one technique exchange if they score with a kick, while knocking their opponent out of bounds and down to the ground.

Any disqualified fighter of a match loses all points earned in that match. The match will be declared a 7-0 match for the non-disqualified fighter. If a fighter is disqualified in the final match, his/her team cannot win. The opposing team will be automatically declared the winner.

Team Synchronize Form:

2 – 5 Members

4 Minute Maximum Time Limit – Time starts when the first team member steps into the competition ring and ends when the team is obviously finished in the opinion of the Center Official.

Empty Hand Forms, Weapons Forms or combinations of both are legal

All the technical Martial Arts skills are graded for execution, presentation and difficulty

Team: Group organized to function cooperatively in a joint effort

Synchronized: Working at same time or rate/ Go together or happen at the same time/ Working in unison/ Use of Techniques in a Domino effect

Synchronize Team Form: Synchronize Team Form will be graded on how well a team is working in a cooperative joint effort with the majority of techniques being executed together, at the same time, in unison and/or in a domino sequence effect.

Team Demonstration:

2 – 10 Members

4 Minute Maximum Time Limit – Time starts when the first team member steps into the competition ring and ends when the team is obviously finished in the opinion of the Center Official

All the technical Martial Arts skills are graded for execution, presentation and difficulty

Team Demonstration is given more liberties and freedoms to exhibit one or a combination of Martial Arts Skills.

Synchronization may or may not be a part of team demonstration.

Props that are considered dangerous or harmful to people and/or to any part of the competition area or that will cause major clean up time will not be allowed. All teams are responsible for their own clean up. If a team has any question about their Team Synchronize Form or Team Demonstration, they should ask the Center Official before competition starts.

UNDER BLACK BELT US OPEN SERIES ADDENDUM TO RULES**Traditional Forms and Weapons:**

Time limit three (3) minutes. Competitors must announce their name, style or system and the name of their Form.

Advanced Forms: (please see TIME IN DIVISION below)

The form does not have to be a "classical form" but shouldn't deviate too far in form and content from the classical forms associated with the competitors announced style or system. Competitors exhibiting forms that are too "free", have gymnastics or other non martial arts techniques in them, or are comprised of elements from more than one style, should probably enter the "open" division. Otherwise the competitor risks downgrading or disqualification from the traditional division.

Intermediate Forms: (please see TIME IN DIVISION below)

All the restrictions and conventions from the advanced division apply plus: No jump-spinning hook kicks, flying side or hook kicks; extreme exhibitions of agility (e.g. back flips) or flexibility (e.g. front splits). A competitor may execute one kick per direction with a maximum of two (2) directions before setting their foot down. Multiple kicks are otherwise allowed only in one direction.

Beginning forms: (please see TIME IN DIVISION below)

All the restrictions from the advanced and intermediate divisions apply plus: No spinning hook kicks, jump spinning crescent kicks, dropping or flying kicks. Competitors may execute a maximum of two (2) kicks in a single direction only before putting their foot down. If a majority of the judges feel that a competitor has violated any of the above criteria a full point will be deducted from the competitors total score for each infraction. If three points or more are deducted the competitor will be considered disqualified and may not place in the division, however few competitors there may be.

TIME IN DIVISION:

ADULT: In all adult underbelt divisions, no competitor may compete for more than 1 year in the beginner division, 2 years in the intermediate division, or 3 years in the advanced division. In the advanced division, any competitor that wins for 2 years in a row, must move up to the black belt division.

CHILDREN: In all children underbelt divisions, no competitor may compete for more than 2 years in the beginner division, more than 3 years in the intermediate division, or 4 years in the advanced division. Any competitor that wins the advanced division for 3 years in a row must move up to the black belt division.

ISKA CLASH SPARRING

COMPETITOR: Each competitor must present him/herself to the referee suitably attired with proper uniform and equipment and physically prepared to compete. If he/she is not prepared to compete as **deemed by the center referee**, the competitor may be penalized for delay of time.

DELAY OF START-TIME PENALTY: An automatic warning will be issued to the competitor. A penalty point will be issued for each minute the competitor is not properly ready to compete. Upon 3 penalty points the offending competitor will be disqualified.

RANK RULE: A competitor must compete at the highest belt level they have earned in the martial arts. A competitor can never compete in a division of which he/she had not earned that rank. Once a competitor competes as a black belt legally, he/she must always compete as a black belt. A competitor can never compete in a lower belt division than the level of belt he/she has earned in the Martial Arts.

PROOF OF AGE RULE: All competitors must have a proof of age document. If there is a legitimate reason to question a competitor's age, he/she must present a proof of age (birth certificate, driver's license, or other acceptable documents) to prove his/her age.

LEGAL AGE RULE: All competitors have the option of competing in the same division all year long for rating purposes, by establishing a legal competition age for the year. The age a competitor is on June 30th of the current competition year is their legal competition age for that year. They can compete all year at that age so he/she can earn rating points in one age division all year. A competitor can always compete in his/her chronological age if they chose.

UNIFORM: All competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon Do, etc.) uniform in a good state of repair. The appropriate color belt or sash must be worn in competition. All sparring uniforms must have sleeves that reach at least to the middle of the forearm. No T-shirts, sweats, tank tops or unapproved shoes are allowed in the sparring divisions (see sparring foot pads).

COMPETITOR RESPONSIBILITIES: It is the responsibility of the competitor to know the rules and be ready for competition when called to do so. He/she must be suitably attired, weighed-in and at the appropriate ring when competition begins. Three calls will be made for competition at ringside. If the competitor is not at his/her ring ready to compete when competition begins, he/she will not be able to compete (see delay of time rule). If a competitor leaves the ring after the competition begins and is not present when his/her name is called to compete, his/her name will be called three times at ringside. If he/she is still not present to compete, he/she will be disqualified (see delay of time rule).

REQUIRED AND RECOMMENDED SAFETY EQUIPMENT: ISKA approved headgear; hand and footpads, mouthpieces, groin cups (for male competitors only) and chest guards (for all competitors 17 year old and younger) are mandatory for all competitors in sparring divisions. The competitor's equipment will be checked and if it is deemed unsafe, he/she will be asked to change the equipment before he/she can compete. **Hand Pads:** A soft padded surface must cover the fingers, wrist and any striking surface of the hand. **Foot Pads:** A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot. The bottom of the foot does not have to be padded. **(ISKA has approved the use of "Ringstar sparring shoes in all sparring divisions, with the same stipulations placed on other approved sparring gear.")** **Head Gear:** The front, sides and back of the head must be covered by a soft padded surface. **In addition to the head gear, a face shield is required for all competitors 17 yrs. & under.** **Chest Guard:** All 17 and younger competitors must wear an approved chest protector in sparring. The chest guard must sufficiently cover the abdomen and upper chest such that the sternum is completely protected. Rib guards that cover only the abdomen area are not approved chest guards. Insufficiently padded gloves, foot, chest and head gear will not be allowed. Equipment must be in a good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury. The tournament's official rules arbitrator ultimately determines the approval or denial of the equipment. A properly fitted mouthpiece is required. Shin pads, elbow pads and rib/chest guards are highly recommended for additional safety to all sparring competitors in all divisions.

OFFICIALS: Each ring should have a **REFEREE**, two **JUDGES**, and a **TIMEKEEPER**.

REFEREES: The referee is the most experienced official in the ring and is thoroughly versed on the rules and order of competition. He/she promotes the safety of the competitors, enforces the rules and ensures fair play. To this end, he/she starts and stops the match, makes all decisions regarding the clash determinations, makes penalty decisions, administrates the voting of the other judges, communicates clearly with all officials, competitors and coaches, and announces the winner of each match. The referee has the power to issue cautions, warnings, award penalties or issue disqualifications. Referees have the power to issue time-outs. A competitor can ask for a time-out, but it is the determination of the referee to issue one.

JUDGES: The judges determine and tally points, and vote for a winner.

TIMEKEEPER: The timekeeper starts time at the command of the referee and announces when 90 seconds of "running time" has elapsed (at the 75 second mark, the time keeper will shout out "FIFTEEN SECONDS!"). The timekeeper will also monitor and adjust the "running time" according to the refereed specified "timeouts".

PROTEST: A competitor has the right to protest an infraction of the rules or if a possible mistake was made (not a judgment call). If a competitor wishes to protest, he/she should first let the referee know he/she believes there has been an infraction of the rules or a mistake has been made. The referee will summon the arbitrator to the ring (if the referee cannot properly settle the protest to the players satisfaction) to render a decision. **All protests must be made in an orderly, proper and sportsmanlike manner. All protests must be made immediately. Protests are**

not allowed once competition has resumed (after the fact protest). A competitor may be penalized or even disqualified if he/she is protesting improperly or without proper cause.

LATE ENTRIES: Once a division has the first divisional match has started) no competitor/s can be added to that division. **BE ON TIME! Only exception to this rule is the "Fairness Rule" at the end of this rules summary.**

THE RING: The size of the sparring adult black belt rings shall be approximately 20' x 20'. Starting lines should be marked approximately six feet apart in the middle of the ring. Additionally, each ring should be posted with a ring number visible to competitors, officials, and medical personnel from across the floor. All youth and under black belt adult rings can be a minimum of 16' to a maximum of 20'.

WEIGHING-IN: It is mandatory for all adult sparring competitors - who are in weighed divisions - to weigh in before competition. Only one official weigh-in is required. All competitors must compete in his/her weight division. A competitor cannot compete up or down in another weight division for which he/she has not made the proper weight. It is the responsibility of the tournament personnel to weigh and properly record the competitor's weight. If a competitor is caught falsifying their weight, they will be disqualified.

ORDER OF COMPETITION: Once the final call for the sparring division are made at ringside and the seeds have been taken out (if seeding is required) the division is ready to be set up. The competition cards should be collected and counted (if competition cards are not used, count the competitors) to see if byes are needed. If byes are needed, they will be picked randomly (See bye chart to see how many byes are needed). Matches should always be selected by random, but certain allowances **may** be given to competitors from the same school or team that is matched up in the first round of competition. They may be separated randomly from each other in the first round if possible. **(Competitors cannot pick whom they want or do not want to spar.)**

In the youth division, the competitors should be lined up by height (Smallest to the tallest) and split into tall and short divisions if required or offered. Determining tall and short divisions is for **safety reasons**, not just to split the division equally. A true break in size should be found to determine the taller competitors from the shorter competitors. Once the tall and short divisions are determined by height, determine who spars whom by random draw. Consideration should be given to competitors who are from the same school or team that have been drawn to spar each other in the first round.

NOTE ON AGE DIVISIONS: Adult sparring competitors 30 & older has the option to compete down one age division. Example: A 30 year old competitor can compete in the 18-29 year old divisions, a 40 year old competitor can compete in the 30-39 division etc. A competitor cannot compete up in an age division.

LENGTH OF MATCH: Ninety seconds running-time. (at the 75 second mark, the time keeper will shout out "FIFTEEN SECONDS!") If a match is tied at the end of ninety seconds, sudden victory (first clash) overtime period will determine the match.

POINT VALUES AND WINNER DETERMINATION: All legal hand techniques that score will be awarded one (1) point. All legal kicking techniques that score will be awarded two (2) points. All fouls as determined by the referee shall result in one (1) penalty point being awarded to the fouling competitor's opponent. The judges will evaluate the point scoring (and penalty points) of each competitor and track them on hand held devices in order to help determine the vote for a winner.

WHAT IS A "SCORING TECHNIQUE": A "scoring technique" occurs when a legal sport martial arts technique is scored by a competitor in-bounds and up-right (not considered down) without time being called that strikes his opponent with the allowable amount of **focused touch contact** and **focused control** to a legal target area. **Focused Touch Contact:** the legal amount of contact allowed to certain scoring areas. **Focused Control:** an amount of controlled force that would have incapacitated the opponent, at least momentarily, if the technique had not been controlled. Note that in Under Black Belt divisions contact is not required for a technique to be scored a point.

WHAT IS A "SCORING COMBINATION": A "scoring combination" occurs when two or three legal sport martial arts techniques (as defined above) are scored in the sequence of an attack or counter within a clash. A point or points are awarded for each scoring technique that occurs in the combination.

COUNTER-SCORING: Since Clash Sparring places a premium on the total number of scoring techniques **rather than who scores first**, all legal scoring strikes are credited. It is each competitor's responsibility to defend counter-strikes that occur in response to their own attack the same way they we need to defend their opponent's attack.

“COMBINATION ATTACKS” and “COMBINATION COUNTERS” ARE LIMITED TO THREE TECHNIQUES; Clash Sparring does not allow competitors to stand in front of each other and “trade shots” indefinitely. The skill of Clash Sparring is best defined as the ability to “score effectively with combination strikes and escape untouched”. Combination attacks and counters are strictly limited to three (3) techniques as defined below.

KICKS: Competitors may kick as many times and at as many different targets as they choose within the time and physical limit of a single leg lift. Multiple kicks that occur while a foot remains in the air shall be considered “one technique”. Once the kicking foot touches the ground, if another kick is launched (even with the same foot) it will be considered a second technique (maximum of three techniques per combination/clash)

LEAD-HAND STRIKES: If executed in “quick sequence”, competitors may strike twice in a row with the same lead-hand technique and it will be considered “one technique” (example: bridging the gap with double back-fist strike). Any break in rhythm or timing, or change in technique will result in each strike being considered separately.

REAR-HAND STRIKES: All rear hand strikes will count as a single strike within the three technique limit.

DISENGAGING TECHNIQUE: Competitors are allowed a single disengaging strike that is not considered part of the three (3) technique maximum for each clash combination. This strike must be executed as the competitor is creating space after a clash (disengaging) and be followed by the fighter continuing their disengagement (moving out of range).

LEGAL EXAMPLE 1:

Fighter A attacks with jab / reverse punch / back leg double round house kick

Fighter B attempts to counter with reverse punch

Fighter A steps back and (beginning to disengage) defends with side-kick and CONTINUES TO DISENGAGE TO END THE CLASH

LEGAL EXAMPLE 2:

FIGHTER A attacks with front leg round kick / backfist / ridgehand and then (beginning to disengage) STEPS BACK with a lead leg hook kick and CONTINUES TO DISENGAGE TO END THE CLASH.

NOTE: Since Clash Sparring rewards successful attacking and successful countering equally, the allowance for a legal Disengaging Technique (beyond the three-technique maximum) provides the attacker with an effective defensive measure beyond merely blocking or retreating.

LEGAL TARGET AREAS: Entire head and face, ribs, chest, abdomen, collarbone and kidneys. **ILLEGAL TARGET AREAS:** Spine, back of neck, throat, sides of the neck, groin, legs, knees and back. **NON-TARGET AREAS:** Hips, shoulders, buttocks, arms, and feet. **LEGAL TECHNIQUES:** Legal techniques are all controlled sport karate techniques, except those listed as illegal. **ILLEGAL TECHNIQUES:** Hook punches, Uppercuts, Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs on a hard surface floor, ground Sparring on a hard surface, any stomps or kicks to the head of a downed competitor, slapping, grabbing for more than one second (as defined below), uncontrolled blind techniques, any uncontrolled throws, takedowns or sweeps and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

GRABBING: A competitor may grab the uniform top of his/her opponent in an attempt to score with a sport karate technique for only one second (**immediately**), after which time he/she must release the uniform. Likewise, the uniform pants may be grabbed for one second to an upright opponent in an attempt to score.

SWEEPS, TAKEDOWNS, GRABS AND GROUND SPARRING: Sweeps not to take down an opponent, but only to obstruct the balance so as to follow up with a sport karate technique can only be executed to the back of the front leg at mid-calf or below. A sweep must be deemed a proper sweep and not a kick, to be legal. Controlled Takedowns and sweeps that are meant to take down an opponent are allowed only a **declared approved padded surface**. A point or points are awarded only when the legal sweep or takedown is followed up effectively legally and **immediately** with appropriate scoring sport karate techniques. Only hand techniques or a single carefully controlled kick or stomp to the body is allowed on a downed competitor. One foot must be on the ground throughout the stomp or kick. Never, under any circumstances, may a competitor stomp or kick to the head of a downed competitor. Down Sparring must be declared by the proper tournament officials before being allowed, padded surface or not **LIGHT TOUCH CONTACT:** Means there is no penetration or visible movement of the competitor because of the contact. Light touch is required to all legal target areas in all black belt sparring divisions. The face shield of a headgear along with the headgear is a legal target area.

MODERATE TOUCH CONTACT: Means slight penetration or slight target movement. Moderate touch contact may be made to all legal target areas except the headgear, face shield and face.

“BREAKING”: Competitors must “BREAK”, step back, or disengage from their opponent after each clash. When “breaking” the competitors must “step back” or disengage to a distance outside of which they can’t touch each other without moving their feet. Competitors are responsible for self-regulating the break rather than waiting for the referee to take control. Requiring the referee to take control of the breaks will likely lead to penalization. PLEASE REMEMBER – Clash Sparring is about scoring and not being scored on, so the sparring strategy needs to be one of “engaging and disengaging”.

WARNINGS AND PENALTIES: One and only one warning is allowed for breaking the rules before a penalty point is awarded. After the first warning is given, a penalty point is awarded for each and every rules violation. If the severity of the first rules violation is deemed by the referee to be too severe, a penalty point can be issued immediately and the first warning will be forfeited.

Other Penalty Rules: If, in the opinion of the referee and/or the medical personnel, a competitor cannot continue because of an injury caused by an illegal penalized attack executed by his/her competitor, the offending competitor shall be automatically disqualified.

Other Cause for Penalization: Exceeding the maximum allowable number of techniques (three) per clash, consistently executing more than one “disengaging techniques, failing to “break” or create space between the competitors after each clash, attacking illegal and non-target areas, using illegal techniques, running out of the ring to avoid competing, falling to the floor to avoid competing, continuing after being ordered to stop, excessive stalling, blind, negligent or reckless attacks, uncontrolled techniques, showing unsportsmanlike behavior by the competitor, his/her coaches, friends, etc., excessive contact, and delay of time are just some examples of possible penalization.

DISQUALIFICATION: The referee may at their discretion disqualify a competitor for fouling or unsportsmanlike behavior. **Non-Competing Penalty:** If the referee considers that the competitors are not making an obvious attempt to compete in the true spirit of competition, both competitors will be warned and if it continues, will be disqualified. **Wrong Division:** If any competitor competes in a division he/she does not qualify to compete in due to age, weight, rank, gender, style, etc., he/she will be disqualified.

COACHING: The luxury of having a coach is something that most competitors do not have access to. Therefore, it sometimes can become an unfair advantage over a competitor who does not have a coach. The rules are made and enforced so no one competitor has an advantage or disadvantage over another competitor. Therefore, coaching is allowed but only under the following guidelines:

1. Never, at any time, can a coach enter the ring without the referee’s permission,
2. No abusive, violent, unsportsmanlike or overzealous coaching;
3. Coaches cannot ask for a time out unless they are protesting a rules violation (only the competitor may ask for a time out),
4. Coaches can never, at any time, interfere with the proper running of the ring or the decisions of the judges.

A **Coach** is defined as anyone who is trying to help one competitor in anyway. A coach could be but is not limited to a friend, parent, teammate, or an official coach. The center referee can issue a warning to a competitor for each time his/her coach is interfering with a match or disrupting fair play between contestants. A referee can ask for a disqualification of a contest, but requires a majority vote of all judges.

OUT-OF-BOUNDS: A competitor is out-of-bounds as soon as he/she does not have at least one foot touching inside or on the boundary line. An out of bounds competitor cannot score a point while out of bounds. In bounds competitor can score on an out of bounds competitor if the center referee has not called stop.

FAIRNESS RULE: If a question arises that is not completely covered by this rule book, the official rules arbitrator may at his/her discretion, overrule, modify or change a delineated rule if he/she believes that enforcing such a rule would result in an inherent unfair outcome to a competitor. However, the rules arbitrator should overrule, modify or change a delineated rule only in extreme cases.

ISKA CONTINUOUS LIGHT CONTACT SPARRING

Definition

Competition should be executed as its name implies, **Light Contact Sparring in a Continuous Manner.** Under no circumstances should light contact continuous Sparring simulate full contact kickboxing.

Utilizing well-controlled techniques, ring craftsmanship and combination skills, **competitors should attempt to “outscore” rather than “overpower” their opponent.** Competitors will Spar continuously until the referee’s command to STOP. All techniques must be well controlled. Techniques should not “strike through” or “push

through" the target. **Striking with excessive contact, or uncontrolled striking of any kind will lead to disqualification.**

Emphasis must be placed on **both punching and kicking techniques**. Punching or "boxing" only, for an extended period of time without throwing kicks will downgrade the judge's evaluation of your performance.

Each match is carried out with running time. The center referee and two judges will evaluate the relative effectiveness of each fighter based on the number, quality and variety of scoring strikes, defense and conditioning.

Rules violations (whether penalized by the referee or not) will downgrade the judges evaluation of the offending fighter. The three officials will determine the winner of each match by majority decision.

Uniforms and Equipment

Safety equipment is for adult divisions (18 yrs. And above): head protection, mouth-guard, approved gloves for contact sports, groin protection, shin guards and foot protection. Youth divisions (17 yrs. And below) will have the same equipment requirement PLUS an approved face shield and chest protector.

Uniforms are: Traditional uniform top, V-neck top or Team T-shirt and long pants for male fighters, long pants, traditional uniform top, sport top, V neck top or Team T-shirts for female fighters. For both, belts indicating their grade are allowed. NOTE: For competitors who choose to wear T-shirts, they will need to be clearly and obviously part of a TEAM UNIFORM.

Each fighter must wear a clean uniform in good repair. The waist may be either a drawstring or elastic waistband.

Time and Rounds

Junior competitors (17 and below) will contest one, 90 second round. Adult competitors will contest one, two-minute round.

Weight Divisions and Weigh-in Procedures

See 'Divisions' listing on website and in event program.

Hand Shaking

Before and after a bout, the fighters will shake hands as a sign of pure sportsmanship and friendly rivalry, according to the Sparring regulations. Hand shaking takes place before starting the first round and after the decision.

Legal Target Areas

The following parts of the body may be attacked using the authorized Sparring techniques:

- Head – front and side
- Torso – front and side
- Feet – only for sweeping

Legal Techniques – Scoring

Both hand and foot strikes should be used. In evaluating each fighter's performance the judges will give more credit to the athlete that is effective with a balanced attack of kicks and punches thrown in combination. Punching or "boxing" only for an extended period of time without throwing kicks may be cause for penalization or may downgrade the judge's evaluation of a fighter's performance. The authorized striking area of the hand or foot may only make "Clean/ Controlled" Light contact. The fighter must be looking at the point of contact when executing the technique. All techniques must be well executed. Weak techniques or techniques that simply touch or brush or push an opponent will not be scored. Excessive contact, mauling, pushing or rough-housing will be grounds for penalization, downgrading in the judges evaluation and/or disqualification. If a fighter jumps in the air to attack, he must land inside the ring to score, and he must keep his balance (it is not allowed to touch the floor with any part of the body except the feet).

HAND TECHNIQUES: The following hand techniques may be applied:

Ridge hand, All kind of Sparring punches, Backfist (Not Spinning Back Fist)

FOOT, LEG TECHNIQUES:

Frontkick, Sidekick, Roundhouse kick, Heel kick (sole of the foot only)

Crescent kick, Axe kick (sole of the foot only), Jumpkicks

THROWING TECHNIQUES: Footsweeps (boots to boots – ankle/foot level only)

Illegal Target Areas, Prohibited Techniques and Prohibited Behavior

Any technique not listed as legal above, or striking any target not listed as legal above, including, but not limited to the following

It is prohibited to:

Attack the throat, lower abdomen, kidneys, back, legs, joints, groin and to the back of the head or neck.

Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder or a spinning hand strike.

Turn one's the back to the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.

Attack an opponent who is falling to the floor or is already on the floor, that is, as soon as one hand or knees touches the floor.

Leave the ring without any permission.

Continue after the command "stop" or "break" or the end of the round has been sounded.

Oil the face or body.

Striking below the belt, hooking, tripping, and hitting with knees or elbows.
Butting with the head, shoulders, forearms and elbows, strangling the opponent, crushing his face with arm or elbow and pushing back the opponent.
Hitting with open gloves, with the inside of the gloves or with a wrist.
Hitting the opponent's back, particularly on the nape of his neck, head and kidneys.
Lying down, wrestling or not Sparring at all.
Attacking an opponent who is on the floor on getting up.
Clinching without any reason.
Hitting while hooking the opponent, or pulling opponent into the blow.
Hooking or holding opponent's arm or putting an arm underneath the arm of the opponent.
Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter.
Using artificial means for a passive defense and falling down intentionally, in order to avoid a blow.
"Spoiling". Intentionally preventing your opponent from engaging you by moving around the ring or clinching your opponent in order to cut down on round time.
Using insulting and aggressive language during a round.
Refusing to withdraw after the order "BREAK".
Trying to land a blow on the opponent immediately after a "BREAK" order and before withdrawing.
Assailing or insulting the referee at any time.
Exiting the ring during the Sparring competition
1st violation or exit – Verbal caution
2nd violation or exit – Official warning
3rd violation or exit - Disqualification

Violations of the rules and regulations will lead to cautions, warnings, and/or disqualification. Referees may warn penalize a competitor at their discretion depending upon the severity or repetitive nature of the rules violation.

The Center Referee is the arbiter of the rules. If he perceives that a violation has occurred he has the discretion to issue one of the following:

A **Caution** - A "Caution" may be issued without stopping the action of the Match.

An **Official Warning** - An "Official Warning" is issued by stopping action of the match. The "Official Warning" indicates that if the referee has to stop the match again for the same or a similar infraction the offending athlete will be disqualified.

A **Disqualification** - A "Disqualification" awards the match to the offending fighter's opponent. The referee has the discretion to use Cautions, Warnings and Disqualification according to the severity of the offense. A fighter does not have to be Cautioned in order to receive an Official Warning. Nor does he have to receive an Official Warning prior to being Disqualified.

The following may lead to immediate disqualification:

Excessive contact resulting in an injury
Repeatedly striking with excessive contact
Uncontrolled or malicious attacks
Excessive or continuous hitting after "stop" command
Extreme unsportsmanlike conduct of a fighter such as insulting the referee or the opponent

Injuries

The match should be interrupted if an injury occurs. In the event of injury, time may only be interrupted until the doctor decides on the seriousness of the injury, that is, whether or not the match can continue or whether it must be stopped. Treatment of the injury can only be done in between rounds or after the match. If the injury needs to be treated, the match must be stopped. In any case, cuts cannot be taped. If the match is stopped due to injury, the officials must decide:

Who caused the injury?

Whether or not it was intentional.

Whether or not it was self-inflicted.

If the injury was not intentional and the injured fighter cannot continue Sparring immediately, the uninjured fighter is declared the winner.

If the injury is due to a violation of the rules, the responsible fighter may be disqualified.

If the injury is due to his own fault, the uninjured fighter is declared the winner.

Referees Powers and Responsibilities:

The referee has the power to:

Stop a match at any moment if he finds it to be too one-sided.

Stop a match at any moment if one of the fighters has received an unauthorized blow or is wounded, or if he considers a fighter unable to continue.

Stop a match at any moment if he finds the fighters behaving in an "unsportsman-like" manner. In such a case, he must disqualify one fighter.

Warn a fighter or stop the bout and give a minus point or warning to a fighter for an offence.

Disqualify a coach or a second who has broken the regulations or the fighter himself if his coach or the second fails to obey to his orders.

Disqualify, with or without a warning, a fighter who has committed an offence.

Interpret the rules as long as they are applicable or compatible with the match that is taking place, or, at a special moment, decide on a move which does not appear in the rules.

If a fighter breaks the rules but does not necessarily deserve a disqualification, the referee must stop the match and give a warning to the fighter of a foul. Before the warning, the referee must order the fighter to stop Sparring. The warning must be given clearly, so that the fighter understands the reason and cause of the penalty. The referee must hand signal to each judge that a particular warning has been given and clearly show which fighter has been punished. After having given the warning, the referee orders the fighters to spar again. If a fighter has given three official warnings within the same bout, he is disqualified.

A referee may give a caution to a fighter. A caution means a warning given by a referee to a fighter for breaking the rule. In order to do this he doesn't need to stop the match, and may reprimand the fighter during the match.

The referee has a responsibility to:

Check the safety equipment and clothes of the fighters

Make sure that the rules of fair play are strictly observed.

Supervise the whole bout.

Consider the merits of the two fighters and chose the winner according to the regulations.

At the end of a bout, call for the decision by show of hands.

The referee must not announce the winner by raising a fighter's arm or in any other way before the official in charge announces the decision.

Judges

Each official must independently consider the merits of the two fighters and chose the winner according to the regulations.

During the match, he will not talk to fighter, other judges, or anybody else, with the exception of the referee. He may, if necessary at the end of a round, notify the referee about any incident that he has missed, for example telling about the misbehaviour of a second, etc.

Judges Scoring System

Every round is separately evaluated by each of the judges according to a positive criteria that will gain a fighter points and negative criteria that will deduct points:

Positive Judges Criteria (Will Earn a Fighter Credit towards Victory)

- clean and controlled scoring strikes
- the demonstration of effective combination striking
- the effectiveness of the fighters defense
- the variety of strikes used (hands and feet)
- excellent physical condition

Negative Judges Criteria (Will Reduce Fighters Credit towards Victory)

Rules Violations whether cautioned or warned by the referee or not

Cautions and/or Warning by the referee for rules violations

"bulling", or any effort to overpower an opponent rather than demonstrate superior skill

lack of combination striking

lack of variety in strikes (hands and feet)

poor physical condition

ISKA Self Defense World Championships

Professional Martial Arts uniforms, as defined in the UTK Rule Book, are required for all competitors and assistants, no exceptions! Description: Pre-arranged self-defense scenario against up to four attackers. Scoring Criteria:

Scoring will be based on:

Realism: Are the attacks authentic and threatening?

Effectiveness: Would the defenses really work under the circumstances presented?

Difficulty: How challenging are the attacks and how sophisticated are the counters?

Please note that higher scores will be awarded to Self Defense competitors whose multiple attack scenarios are performed in a continuous presentation.

Variety of technique: How many different strategies or principles* are implemented and are skills demonstrated from a number of different martial arts systems** (* blocking, avoiding, trapping, off-balancing, jamming, etc., ** karate, judo, kung fu, ju-jitsu etc.)

Additional Rules:

Competitor is limited to four (4) attackers only

Professional Martial Arts uniforms required for all competitors and attackers

Two (2) minute time limit

Mats will be provided and performance must remain on the Mats

NO music, breaking, real weapons, dangerous objects or substances allowed

In the Adult Black Belt Division, top competitors will compete in the finals on Saturday night for the ISKA World Title at which time the USE OF MUSIC IS ENCOURAGED

Scoring Criteria: Scoring will be based on:

Realism: Are the attacks authentic and threatening?

Effectiveness: Would the defenses really work under the circumstances presented?

Difficulty: How challenging are the attacks and how sophisticated are the counters?

Please note that higher scores will be awarded to Self Defense competitors who use multiple attack scenarios that are performed in a continuous presentation.

Variety of technique: How many different strategies or principles* are implemented and are skills demonstrated drawn from a number of different martial arts systems**

* blocking, avoiding, trapping, off-balancing, jamming, etc.

** karate, judo, kung fu, ju-jitsu etc.

ISKA Team Synchronized Forms and Weapons World Championships

Professional Martial Arts uniforms, as defined in the UTK Rule Book, are required for all competitors and assistants, no exceptions!

Description: Synchronized team forms competition. Scoring Criteria: Scoring based on difficulty, skill, and synchronization (to each other and music)

Divisions: One open division

Additional Rules:

Two (2) and Three (3) or more competitors per team

Form must be 75% synchronized

Three (3) minute time limit

Music is allowed

NO props or breaking

ISKA Team Demonstration World Championships

Professional Martial Arts uniforms are required for all competitors and assistants, no exceptions!

Description: Team demonstration of martial arts skills

Scoring Criteria: Scoring based on overall team performance rather than individual performances. Primary criteria being showmanship, presentation and quality of execution.

Divisions: One open division

Additional Rules:

Minimum two (2) competitors per team with additional cost for team members over seven (7)

Three (3) minute time limit

Music, props, breaking and weapons are allowed

Setup and immediate clean up must be provided by competition Team

NO glass, fire, dangerous props or dangerous weapons allowed

Demonstration must stay within the competition area

ISKA Team Point Sparring World Championships

Professional Martial Arts uniforms, as are required for all competitors, no exceptions!

Description: NASKA Team point Sparring rules and scoring criteria.

ISKA Team Continuous Sparring World Championships

Professional Martial Arts uniforms, as are required for all competitors, no exceptions!

Description: ISKA Continuous Sparring and scoring criteria.

Divisions: (Black Belts Only) 18-29 yrs. Men / 3 member teams

SELECTION OF ISKA WORLD CHAMPIONSHIP FINALISTS

Finalists for the televised portion of the US OPEN ISKA World Championships will be chosen per ISKA seeding policy, which takes into account, among other things: (1) current Open World Tour, ISKA and NASKA ranking; (2) 2015 final ISKA and NASKA ranking; (3) final placement in the ISKA World Championships at the 2015 US Open Night of Champions; and (4) placement during the NASKA eliminations and Grand Championships, and success in head-to-head competition against other top competitors, at the 2016 US Open and other Open World Tour and NASKA World Tour events during the 2016/17 season.

SPORT MMA RULES BASIC DESCRIPTION

ISKA SPORT MMA is a mixed martial arts *sparring* competition. It may best be viewed as a light contact, theoretical version of MMA, the combat sport that has taken the world by storm. Sport MMA provides competitors with an opportunity to use many of the same techniques associated with MMA, including; strikes, throws, shoots, grappling and submissions applied safely with light or semi-contact. This will be strictly enforced (no damaging strikes or slams). The format for our Sport MMA competition is additionally designed to allow each and every competitor the opportunity to gain as much experience as possible. In order to achieve this, we have instituted a “**best of three, tap out**” rule (explained below).

Each match begins with two competitors starting from the stand-up position. Light contact strikes combined with good foot-work may be used to control the action, score, or close the gap for a shoot or takedown. If the match goes to the ground, grappling, submissions and light contact striking to legal targets come into play. **The goal is to either outscore your opponent with legal, light contact strikes and/or to obtain submissions over your opponent.**

EXPLAINING THE BEST OF THREE, SUBMISSION RULE

If **FIGHTER A** obtains a submission over **FIGHTER B**, it is recorded on the score sheet and the match gets restarted from the stand-up position.

FIGHTER B must now obtain a submission over **FIGHTER A** in order to have a chance at winning the match. Regardless of how effective **FIGHTER B** is for the rest of the match, if he does not score a submission over **FIGHTER A**, then he will lose even if he is the superior technical competitor, gains more points for striking or outclasses **FIGHTER A** for the duration of the bout.

If **FIGHTER B** can score a submission over **FIGHTER A** (draw even in submissions), the match will again be restarted from the stand-up position. If time elapses and neither fighter has an advantage in the number of submissions, then the match will be evaluated based on the relative merit of the clean, controlled striking, effective grappling technique and ring control.

Two submissions over any fighter in a match ends the bout immediately.

So, the final outcome of each match is determined by:

1. If a fighter scores two submissions over his opponent, he automatically wins.
2. If either fighter has an advantage in submissions (1-0) at the end of the match, he wins.
3. If there is no advantage in submissions (0-0 or 1-1), the bout is decided by a poll of the judges who will evaluate the action according to the criteria listed above.

ISKA SPORT MMA RULES

REQUIRED EQUIPMENT:

ISKA approved combined shin and instep protectors.
ISKA approved gloves (minimum 7 oz. padded glove for adults).
Mouth Guard
Groin Protector (males)
Shorts
Shirt / Rash guards.

Knee & elbow pads are not permitted. Neither is strapping of any kind which can cause grip advantage.
No “grease” (Vaseline) is allowed to be applied to any part of the fighter.
No shoes are allowed.

HYGIENE RULE:

All competitors must be bathed and have clean apparel and equipment. If a referee feels this criteria has not been met, he will not allow the competitor to participate.

LEGAL STRIKES - HANDS:

All hand strikes that occur with the padded part of the glove executed in a controlled fashion (light or touch-contact only. The strike cannot penetrate or distort the target).

Punches are allowed to the body and legs while on the ground. (in 16 & 17 yrs. & adult divisions)

Fighters can "push off" opponents.

No elbow strikes are allowed at any time to any part of the body or face.

The entire head is a legal, non-contact target while both fighters are standing

Strikes to the head are not allowed while on the ground.

Striking to the kidney area, behind the head or neck is not permitted.

LEGAL STRIKES – LEGS, KNEES & FEET:

All kicking techniques are allowed with light/touch contact to the front and side of the body above the belt, and light contact roundhouse kicks are allowed to the legs. NO linear kicks are allowed directed to the legs.

Light/touch contact knee strikes are allowed to the body and legs in adult divisions only while standing.

All low kicks must be minimum 6 inches above the knee and all other kicks, above the waist.

No kicking to opponents is allowed once the match goes to ground by either of the competitors.

SHOOTS, CLINCHES & TAKE DOWNS:

Any attempt at executing a takedown or Shoot must be done so with the primary motive to go to ground as quickly as possible. Once any kind of standing clinch is engaged, each fighter will have up to five seconds (in the referee's estimation) to take the match to the ground. If the takedown does not occur the referee will "break" the fighters and restart the action. Any attempt to walk with the lifted opponent or raise the opponent higher off the ground than is deemed necessary to execute a safe take down will be considered a serious foul with a high probability of immediate disqualification. No exception to this rule will be allowed under any circumstance.

No "spearing" or dive tackling is permitted.

No scissors takedowns are permitted, unless a hand is first placed on the mat.

All shoots must be premeditated and followed up with at least a guard mount or attempt to pass the guard.

Shooting or taking down of opponent without an attempt to follow up will be met with one and only one caution.

If a fighter attempts a shoot / takedown and is not immediately successful, the referee may at his discretion "break" the fighters. "Standing Clinches" will be allowed for only a short period (up to 5 seconds in the referee's estimation), and only if either fighter appears to be scoring effectively in some way or making progress towards a takedown.

If a fighter is scoring effectively with strikes, and his opponent "walks through" the strikes in order to clinch, the clinching fighter must immediately take his opponent down or the referee will "break" the fighters and restart the action.

You may not execute any takedown in a way that damages your opponent either in the way the takedown was executed or by intentionally landing on top of them in a manner to use your body weight to do injury.

Hip throws are permitted.

All prevention necessary must be taken to not allow your opponent to fall on his or her/head or attempt to drop the opponent on the back of their neck or head as they fall to the ground.

You are allowed to pull opponent towards you when going to ground.

GRAPPLING – SUBMISSIONS & LOCKS:

It is VERY important that all competitors understand how to "Tap Out" when caught in a submission technique. Tapping out can be done either verbally or through a physical tap. Competitors can tap with their hands, feet, or even a nod of the head. This "Tapping" is a conscious admission of surrender to an opponent.

GROUND ACTIVITY RULE:

Once the contest goes to the ground both fighters must show continuous effort to significantly advance their positions or take advantage of their position by either scoring with legal strikes or trying to secure a submission. Failure to significantly advance or take advantage of their position will result in having the match "stood up" and re-started.

ALL SUBMISSION TECHNIQUES are legal for adults with the **following exception**; No twisting neck cranks or angled leg/foot/ankle locks.

SPECIAL RULES FOR KIDS & TEENS: No heel hooks, toeholds, slamming, or neck cranks are allowed. No straight ankle locks where the leg crosses the body (reaping of knee). No squeezing the legs around an opponent's torso (from guard, back, or side) as a submission. No scissor takedown is permitted, whether a hand is on the ground or not.

SPECIAL RULE FOR KIDS: Submission techniques may be restricted or prohibited based on age division. This will shift the judges evaluation emphasis to clean striking, wrestling and control. A referee may also "call a submission" immediately when it appears that a legitimate submission lock is engaged (the referee does not need to wait for the youth fighter to "tap")

OTHER FOULS: Fighters are not allowed to grab and use their opponents' clothing. Attacks to the front of the windpipe (i.e. finger in throat), eyes (elbows, palms, fingers, etc.) or groin. No pushing the palm or elbow directly into the nose. No dropping or slamming an opponent on his head. No slamming from the Guard position. eye gouging, fish hooking, biting, hair pulling, pinching, twisting of skin, sticking a finger into an opponent's cut, small joint manipulation (finger or toe locks), and putting a finger into any orifice are all FOULS and grounds for disqualification. No interference by a corner with any official or fighter. No throwing an opponent off the mat. No unsportsmanlike conduct. The Boston Crab technique is not allowed. Any intentional use of an illegal technique or act of poor sportsmanship will result in the immediate ejection of those competitors/spectators.

The Chief referee reserves the right to stop any attempt at any submission or lock, listed and un listed at any time of the match should he deem any such technique to be considered dangerous in any way but not restricted to the effect it has on an opponent. In other words while the attempt is being made to secure any technique which could be deemed as unsafe.

The referee may "declare a submission" if he believes that it is necessary in order to protect a fighter's safety or if he believes that a downed fighter is in a compromised position that he cannot or chooses not to try to escape from. (example: if the bottom fighter in a full mount position does not try to escape the referee may declare a submission)

LENGTH OF MATCH:

ALL JUNIORS: Two 1.5 minute rounds (with a thirty second rest).

ADULT BEG/ INT: Two 2 minute rounds (with a thirty second rest).

BEGGINER: One year of training or less.

INTERMEDIATE: Two years of training or less

ADULT ADV: Two 3 minute rounds (with a thirty second rest).

ADVANCED: More than two years of training

During the match, if there is stalling on the ground, the referee has the right to restart the match standing. If the competitors go off the mat, the match can be stopped by the referee, and the competitors will be moved to the middle of the ring/mat in the same position, if that position can be determined by the referee. The referee has the right to stop time and check the condition of the fighters.

LEGAL TARGET AREAS: Head and face (no contact), ribs, chest, abdomen & legs (above knees).

ILLEGAL TARGET AREAS: Spine, back of neck/Head, throat, sides of the neck, Kidneys, groin, knees and back.

NON-TARGET AREAS: Hips, shoulders, buttocks, arms, and feet.

LEGAL TECHNIQUES: As described above. Legal techniques are all "controlled" martial arts techniques, except those listed as illegal.

ILLEGAL TECHNIQUES: Head butts, hair pulls, bites, scratches, elbows, knees (Juniors), eye attacks of any kind, stomps, kicks to a downed competitor, slapping, uncontrolled blind techniques, any uncontrolled throws,

takedowns or sweeps with the intention of slamming the opponent to the ground or landing with excessive force on top of opponent and any other uncontrolled dangerous techniques that are deemed unsafe in sport Martial Arts.

GRABBING: Is allowed but no pulling on any part of the pants, top or gloves worn by any competitor.

SWEEPS, TAKEDOWNS, GRABS AND GROUND SPARRING: Sweeps to take down an opponent, to obstruct the balance so as to follow up with a technique is allowed. A sweep must be deemed a proper and safe sweep to be legal. Controlled sweeps that are meant to take down an opponent are allowed only on a declared approved padded surface.

LIGHT TOUCH CONTACT: Means there is no penetration or visible movement of the competitor as a result of the contact. The face is a legal target area whilst stand up fighting is in play.

MODERATE TOUCH CONTACT: Means slight penetration or slight target movement.

WARNINGS AND PENALTIES: The referee will at his discretion issue cautions, warnings, penalties and or disqualification for rules infractions. An official penalty will have the same effect on the bout as a submission. If, in the opinion of the referee and/or the medical personnel, a competitor cannot continue **because of an injury caused by an illegal penalized attack executed by his/her competitor**, the offending competitor shall be automatically disqualified.

Other Cause for Penalization: Attacking illegal and non-target areas, using illegal techniques, running out of the ring to avoid competing, Preventing your opponent from initiating combat, continuing after being ordered to stop, excessive stalling, blind, negligent or reckless attacks, uncontrolled techniques, showing unsportsmanlike behaviour by the competitor, his/her coaches, friends, etc., excessive contact, and delay of time are examples of possible penalization.

Non-Competing Penalty: If, in the majority opinion of the officials, it is considered that the competitors are not making an obvious attempt to compete in the true spirit of competition, both competitors will be warned and if it continues, will be disqualified.

Wrong Division: If any competitor competes in a division he/she does not qualify to compete in due to age, weight, rank, gender, style, etc. (sandbagging), he/she will risk disqualification.

COACHING: The luxury of having a coach is something that most competitors do not have access to. Therefore, it sometimes can become an unfair advantage over a competitor who does not have a coach. The rules are made and enforced so no one competitor has an advantage or disadvantage over another competitor. Therefore, coaching is allowed but only under the following guidelines:

Never, at any time, can a coach enter the ring without the referee's permission, 2. No abusive, violent, unsportsmanlike or overzealous coaching; 3. Coaches cannot ask for a time out (only the competitor may ask for a time out), 4. Coaches can never, at any time, interfere with the proper running of the ring or the decisions of the judges. A Coach is defined as anyone who is trying to help one competitor in anyway. A coach could be but is not limited to a friend, parent, team mate or official coach. The centre referee can issue a warning to a competitor for each time his/her coach is interfering with a match or disrupting fair play between contestants.