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**KICKBOXING RULES & REGULATIONS**

**Professional Rules**

-Each match is three rounds in duration, with each round lasting three minutes. Title fights are five rounds in duration, with each round lasting three minutes.

-The match can end by Knockout, Technical Knockout, Decision, Disqualification or No contest. A “No Contest” results from a fighter being unable to continue due to an inadvertent foul, etc.

-The referee, ring doctor and NHBWC all have full authority to stop the fight.

-The fight is scored by three judges on a ten-point must system (The winner of each round receives ten points, and the loser receives nine or less.

-If a fighter scores a knockdown in a round, the round is scored as an 8/10 round in favor of the fighter that delivered the knockdown.

-The three-knockdown rule is in effect (three knockdowns in a round results in a technical knockout).

-The mandatory eight count is in effect (the referee must count to at least "eight" on all knockdowns).

-The standing eight count is in effect (the referee has the right to declare a knockdown on a fighter who appears to be in a dangerous condition to continue in the match).

-If a fighter intentionally spits out their mouthpiece, they’re given a warning. If it happens again, they’ll immediatelyreceive a point deduction. If they do it again, they’re disqualified.

-If a fighter turns their back to the opponent not in a striking motion, he will be given a standing eight count. If it happens again, they’re disqualified.

-A fighter can be saved by the bell only in the last round.

-Allowed to sweep a standing opponent (one or more leg on the ground)

-Elbows and Knees to the head are allowed

-When catching a kick, the fighter is allowed to strike more than once as long as it does not exceed one step

-Clinching is allowed while active, as soon as the action stops the fighters will be separated immediately

-Must use shin for sweep attacks, using the back of the leg is considered tripping and will not be allowed.

-All weight classes wear 10oz gloves.

-No shin pads; no headgear

-Weight classes are the same as MMA. Strawweight up to 115lbs, Flyweight 125lbs, Bantamweight 135lbs, Featherweight 145lbs, Lightweight 155lbs, Welterweight 170lbs, Middleweight 185lbs, Light Heavyweight 205lbs, Heavyweight up to 265lbs.

**Medical Requirements**

**No more than 6 months old for the following-**

**-HIV Negative Status**- Must have actual test results showing HIV negative status.

**-Hepatitis B & C Tests**- Must have actual test results showing Hepatitis B & C negative results.

**No more than 12 months old for the following-**

**-Eye Exam**- Must show that eyes have been dilated and specifically state that there is no sign of detached retina.

**-Physical Exam**- Must have statement by physician that fighter is fit to compete.

**-EKG Printout**- Must have actual printout showing that fighter is fit to compete.

**Fouls**

-Using the headto deliver a blow

-Attacking the opponent in the groin

-Delivering wrestling or judo throwing or submission techniques

-Thumbing, choking or biting the opponent

-Punching the opponent in the throat

-Attacking the opponent while he is down or in the process of getting up

-Attacking the opponent after the referee calls a break

-Holding the ropes/cage

-Using offensive language to the referee

-Attacking the back of the head with a punch

-Attempting to cause the opponent to fall out of the ring

-Voluntarily exiting thering or cage during the course of a match

-Attacking an opponent who turns around and shows his back (if the opponent loses his will to fight)

-Delivering a backspin blow in an unauthorized area

-Charging inside the opponent's arms with the head held low (inducing a head-butt)

-Fighting in a passive manner (without attacking), including continuous holding and clinching

-Taking more than one step while holding the opponents kicking leg

-Lifting the opponent off the ground

-Body locking while driving your head into your opponent in a backward bending motion.

-Not allowed to wear any oil or lotion before/during the fight

A fighter is penalized as follows

-**Warning -** verbal reprimand by the referee. A repeat of the violation results in a **Point Deduction -** fighter is deducted a point. A repeat of the violation again will result in a Disqualification.

-A point deduction happens automatically if a fighter commits a foul with malicious intent.

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**KICKBOXING RULES & REGULATIONS**

**Amateur Rules**

-Each match is three rounds in duration, with each round lasting two minutes. Title fights are five rounds in duration, with each round lasting two minutes.

-The match can end by Knockout, Technical Knockout, Decision, Disqualification or No contest. A “No Contest” results from a fighter being unable to continue due to an inadvertent foul, etc.

-The referee, ring doctor and NHBWC all have full authority to stop the fight.

-The fight is scored by three judges on a ten-point must system (The winner of each round receives ten points, and the loser receives nine or less.

-If a fighter scores a knockdown in a round, the round is scored as an 8/10 round in favor of the fighter that delivered the knockdown.

-The three-knockdown rule is in effect (three knockdowns in a round results in a technical knockout).

-Three knockdowns total in the fight results in a technical knockout.

-The mandatory eight count is in effect (the referee must count to at least "eight" on all knockdowns).

-The standing eight count is in effect (the referee has the right to declare a knockdown on a fighter who appears to be in a dangerous condition to continue in the match).

-If a fighter intentionally spits out their mouthpiece, they’re given a warning. If it happens again, they’ll immediatelyreceive a point deduction. If they do it again, they’re disqualified.

-If a fighter turns their back to the opponent not in a striking motion, he will be given a standing eight count. If it happens again, they’re disqualified.

-A fighter can be saved by the bell only in the last round.

-Allowed to sweep a standing opponent (one or more leg on the ground)

-Elbows and Knees to the head are illegal

-Clinching is allowed while active, as soon as the action stops the fighters will be separated immediately

-When catching a kick, the fighter is allowed to strike more than once as long as it does not exceed one step

-Must use shin for sweep attacks, using the back of the leg is considered tripping and will not be allowed.

-All weights wear 12oz gloves

-All amateurs must wear shin pads.

-Headgear is optional; if one fighter wants to wear them then both fighters must wear them.

-Shin pads and headgear are provided by the promoter and must be approved by NHBWC.

-Weight classes are the same as MMA. Strawweight up to 115lbs, Flyweight 125lbs, Bantamweight 135lbs, Featherweight 145lbs, Lightweight 155lbs, Welterweight 170lbs, Middleweight 185lbs, Light Heavyweight 205lbs, Heavyweight up to 265lbs.

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-Punching the opponent in the throat

-Attacking the opponent while he is down or in the process of getting up

-Attacking the opponent after the referee calls a break

-Holding the ropes/cage

-Using offensive language to the referee

-Attacking the back of the head with a punch

-Attempting to cause the opponent to fall out of the ring

-Voluntarily exiting thering or cage during the course of a match

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