

# KICK INTERNATIONAL ALL MARTIAL ARTS OFFICIAL RULES

## INDIANA AMATEUR MIXED MARTIAL ARTS RULES AND REGULATIONS

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### AMATEUR & PROFESSIONAL STATUS & RULE DIFFERENCES

**Amateurs** are not allowed to be paid a Fighter's Purse or win Money to exceed one hundred dollars (\$100) in an Indiana State Amateur MMA Bout. If you have "**EVER**" been Paid a fighter's PURSE or won any Prize Money in ANY Striking Sport (*such as: Kickboxing, MMA, Boxing, Muay Thai*) of more than one hundred dollars (\$100) you are considered a PROFESSIONAL and cannot compete on a Kick International Amateur card in Indiana.

**AUTHORITY:** The regulations contained within this document constitute the official rules of KICK INTERNATIONAL Inc, hereinafter referred to as (KICK) and must govern all KICK International Amateur only sanctioned events. Kick International is exclusively established for amateur athletes seeking to advance their skills in competitive contact martial arts. These rules are mandated and must be adhered to for all KICK International Amateur events. Use of these rules does not necessarily carry the sanctioning of KICK International. To obtain a KICK International Amateur sanction, a properly signed sanction agreement must be submitted, which becomes a binding contract when signed by the promoter and designated staff Commissioner of KICK International. Promoters and all licensed individuals associated with any KICK sanctioned event shall acquaint themselves with all applicable rules, regulations of KICK as well as State governing authority, all events to be sanctioned will be forwarded to the appropriate state authority for pre notification and post reporting purposes. The organization of KICK International or any accredited and affiliated organizing body must be the only authority for any amateur participation at any event to be sanctioned under direct authority of KICK International. Any questions and interpretations should be referred to the event inspector or representative on site. The authority of the office and event representative shall be respected. No one shall interfere with the event representative's duties; use foul language or threats of physical harm... Upon request free admission and or tickets must be provided to the appropriate State authority which allows total access to the competitors, officials and dressing area without restraint. All officials, administrative personnel, and participants of Kick International must be available to appear before any State authority as requested to truthfully answer any appropriate inquiry which such personnel may have knowledge of including complaints, protests, intervention or suspensions which if deemed necessary or requested will be shared with such appropriate State authority. All KICK applications and applicable state or governing licenses and agreements must be issued as approved prior to any official publicity or announcements for the event are released. Upon a signed sanctioning agreement being approved, the promoter is required to advertise that the event is sanctioned by Kick International using the Kick International logo on all electronic or printed materials, media releases, and advertising.

This office may refuse to issue any permit to sanction, or individual license because of unavailability of a representative/liason/registrar, due to location of the event being inadequate or unsafe, or for any other reason considered by KICK International as not to be in the best interests of the public, individual, contestants, promoter, or officials of the sport of mixed martial arts.

### GENERAL PROVISIONS

#### 1. DEFINITIONS

**Amateur:** means a person who has never received or competed for any purse or other article of value, either for participating in any contest or for the expenses of training therefore, other than a prize that does not exceed \$100 in value

**Division:** means the State Regulatory Department of Financial and Professional Regulation-Division of Professional Regulation, or State Athletic Commission

**Physician:** means a person licensed under IC 25.22.5 to practice medicine in all of the state of Indiana.

## **2. PUBLIC SAFETY**

Maintenance of public safety standards must be maintained by promoters for all contests.

For adequate public safety, the promoter is responsible for ensuring that no liquid refreshments, bottled or canned drinks, unless poured into disposable cups by vendors at the time of sale, are permitted in any hall or facility where any contest is being held. If the contest is staged out-of-doors, disposable cups are recommended to be used on the site of the contest.

At the discretion of the sanctioning body, chairs may be required to be attached so that they are not portable.

Spectator seats shall be at least 8 feet from the performance area or platform. A physical barrier, if deemed necessary by the sanctioning body, shall be placed at a designated 8 feet from the performance area or platform and shall have at least 2 entrances. Security shall be placed at each of these entrances. The space immediately within 8 feet of the performance area or platform shall be under the jurisdiction of the sanctioning body or the promoter for use by designated working State and Event officials, contestants, their seconds, timekeepers, judges, referees, physicians, announcers, and medical representatives. Promoters are responsible for seeing that the working area is controlled and free of non-essential personnel.

## **3. APPEARANCE OF CONTESTANTS**

Athletes who weigh-in for the competition are required to show at the designated time as set forth by the promoter for the event or be subject to a 45 day administrative disciplinary suspension imposed by KICK International and to be recognized on the approved mixed martial arts record keeping database (<http://www.mixedmartialarts.com>) as well as <http://www.kickinternational.org>) unless proof of injury or hardship circumstances such as a death in the family can be provided to KICK International in writing within 5 business days. If an athlete fails to comply with this request, KICK International, after local/ regional review of requests and refusal, may tender to the compliance committee of the Rules and Regulations Board a request for possible suspension or revocation of the athlete's registration.

Unless otherwise provided, the athletes' expenses must be borne by the event promoter.

**4. AGE REQUIREMENT FOR CONTESTANTS** - No one under 18 will be allowed to compete in MMA contests or exhibition. The maximum age limit for MMA competition is 40 years of age unless approved by medical evaluation.

**5. REGISTRATION** - All competitors must obtain directly from the State Commission a National Mixed Martial Arts Identification card to be carried at all times for competition in any sanctioned event, as well as, an annual physical from a certified MD/physician and become a registered member of Kick International. All officials wishing to participate in a KICK International event are required to register and pay for their own annual membership. The registration must be completed fully with all information required or it will not be accepted. To provide a consistent platform for record keeping and safety of the competitors it is recommended that A KICK International registered athlete should not compete in any non affiliated or unsanctioned events without properly reporting the outcome. If a registered athlete competes in any event other than that of KICK International, and does not properly report the participation and outcome, that athlete may forfeit his insurance compliance acceptability, ratings and registration at the recommendation of the Regional Review Committee. Registered competitor's Immediate Medical Emergency Information and competitive history record shall be tracked and maintained, as long as the competitor remains actively registered. If at any time there are changes of the health of an individual that would alter immediate medical treatment to that individual, their competitor's registration information must be updated immediately. Each applicant for registration shall complete an official application and Medical Evaluation Form, available from the Event Registrar of KICK International or the event representatives on site. The office will not process any application for a license that does not contain the proper fees and all information required. All licenses expire 12 months to the day of your initial registration. **All amateur athletes wishing to be recognized must be registered and have proof of their competitor's annual physical and medical information updated**

**annually. All competitors in any KICK insured events must be registered and have their competitor's card or the insurance will not cover any injury.** Every individual participating in an event in any capacity must be a registered member of Kick International including the promoter, competitors, corner men, judges, referees, timekeepers, and scorekeepers.

The following fee schedule is in effect for all annual registration fees:

Each state which requires a license for participation or registration must additionally be kept up to date and available for inspection by the event representatives.

All participants and Amateur Competitors - \$30 each person competing or working an event in an official capacity

An additional service fee may be added by the event representative for onsite collection of membership applications as approved by state authority and KICK

## **6. ANNOUNCING THE RESULTS**

- Introductions and announcements made to the general public to begin the event should include the promoter, matchmaker, sponsors, and contain the official statement: **"This event is sanctioned by KICK International, represented ringside by (event representative name), and brought to you under the auspices of the Indiana Athletic Division of the Indiana Gaming Commission."** Announcers shall additionally announce the names of the officials, contestants, their correct weights, decisions of the referee and judges and any other matters as directed by the event representative.
- At the conclusion of each match, After the KICK Representative has completed verifying the accuracy of the final scores of each contest, the scorekeeper will give the ring announcer the results on the "Announcer's Final Result Sheet." The announcer shall then inform the audience of the decision over the public address system. The referee will indicate the winner as the announcer gives the winner's name.
- In the event of a draw, the announcer and the referee will make the appropriate designation.
- In the event of a knockout, a technical knockout, technical decision, technical submission, referee stoppage, draw, no contest, disqualification or forfeit, the announcer and referee will officially designate the winner and give the time at which the contest was stopped.
- In the event of a technical draw, the announcer will give the time at which the contest was stopped.

## **7. APPROVAL OF MATCHES AND CONTESTANTS**

- ALL MMA contestants' Amateur status must be verified on the official recordkeeper designated by the Association of Boxing Commissions (ABC) (prior to competing) in any Mixed Martial Arts event.
- ALL contestants' records and skill levels must be comparable for even matchmaking.

## **8. BOUTS AND CONTESTS**

- The contest shall commence no later than 30 minutes after the start time stated on the contest permit.
- During a bout or contest, contestants shall only be permitted to drink water or an approved electrolyte sports drink. No other fluids shall be permitted.
- No contest shall be scheduled and no contestants shall engage in a bout between the opposite sexes.
- There shall be no bouts between human contestants and non humans.

- There shall be no bouts with more than 2 contestants competing in the same bout.
- **THROWING WATER PROHIBITED** - Any excessive or undue spraying or throwing of water on any athlete between rounds is prohibited. A wet sponge may be used between rounds to refresh the contestants; under no circumstances may a contestant be fanned by a water soaked towel.
- **THROWING IN THE TOWEL** - A manager or chief second must not toss a towel into the ring as a token of the defeat of his athlete. However, such manager or chief second may stand up and wave the towel from his fighter's corner to attract the attention of the referee and signify a desire to stop the bout.
- **GONG, AIR HORN OR BELL.** There will be a gong, air horn or bell at the ring no higher than the floor level of the ring. The bell, air horn or gong will be clear in tone so that the contestants may easily hear it when it is sounded.
- **WHEN ATHLETE FALLS FROM THE RING DURING ROUND.**

When a contestant has been wrestled, pushed, or has fallen through the ropes during a contest, the referee will call time out and, if the fallen fighter's ability to return to the ring seems at all questionable, may ask the cage side physician to examine the fighter. If, in the opinion of the physician and referee, the fallen athlete is able to continue the bout, he will be allowed assistance back into the ring from only one handler from his corner. The handler will do no more than assist the fallen fighter, and if found performing any other tasks as are normal during the rest period (i.e., treating a cut, etc.), then the referee will immediately call the fight and disqualify the fallen fighter awarding the victory to his opponent.

A contestant, who deliberately wrestles, pushes or throws an opponent from the ring, or who hits him when he is partly out of defense, will be penalized by the referee. If the tactic results in injury, the guilty athlete may be disqualified according to the appropriate ruling under fouls.

- **THE REFEREE/ AND OR PHYSICIAN SHALL HAVE THE AUTHORITY TO STOP THE CONTEST.**

The referee and or the physician at cage side shall have the power to stop a contest at any stage during the bout if he considers it to be one-sided or if either contestant is in such condition that to continue might subject him to serious injury and in either case the referee shall have the power to render a decision. Should both contestants be in such condition that to continue might subject them to serious injury; the referee will declare the match a technical draw. In cases where a contestant receives a cut eye from a fair blow or any accidental foul, or any other injury which the referee believes may incapacitate the contestant, the referee may call into the ring the attending physician for examination of the contestant before he decides to stop the contest. Time will be called during the examination. The cage side physician may at any time notify the referee to stop the contest if the physician believes that to continue would incapacitate a contestant.

The cage side physician cannot attend to an injured athlete during the course of a fight, but can only render a professional opinion as to whether or not an injured athlete can resume the contest. Upon completion of each bout, the cage side physician will enter the ring to examine each contestant before they are permitted to exit the fighting area.

- Under no circumstances are the fighter's seconds permitted to enter the ring, or attend to an athlete in any manner whatsoever, during the course of a round.

**9. CHANGE OF DECISION** - A decision rendered at the conclusion of any contest is final and cannot be changed unless KICK determines that any one of the following occurred:

- There was collusion affecting the result of any contest.
- The compilation of the scorecards of the judges' shows an administrative error, which would indicate that the official decision had been given to the wrong contestant.
- There was a clear violation of the rules or regulations governing MMA which affected the result of any contest.

If KICK determines that any of the above occurred with regard to any contest, then the decision rendered shall be changed as KICK may direct.

## **10. DISCIPLINARY ACTION**

- **ADMINISTRATION OR USE OF DRUGS.** The administration or use of drugs, alcohol, or stimulants, or injections in any part of the body, either before or during a match, to or by any athlete is prohibited. Any contestant or referee violating this rule will be subject to disciplinary action up to and including being banned from participation in the sport.
- **COAGULANT.** The use of any coagulant or any similar drug or compound for the stopping of hemorrhage in the cage must be approved by KICK and allowed for competition within Indiana per the rules and regulations set forth. Only such preparations as are approved applicable to state regulation may be used to stop hemorrhaging in the ring.
- **ORDERLY CONDUCT.** All registered KICK athletes and other personnel must conduct themselves in a professional manner at all times both in and out of the ring and will be held accountable for their actions at all times. Any person found to be guilty of any illegal activity including, but not limited to, drug possession, alcohol abuse, and/or criminal assault, or anyone engaged in disorderly conduct shall be subject to membership review and disciplinary action up to and including being banned from participation in the sport.

## **11. FOULS AND INJURIES: INTENTIONAL AND ACCIDENTAL**

- **FOULS.** Any contestants guilty of foul tactics in a bout shall be given an immediate warning and points shall be deducted from the contestant's total score as determined by the referee. The use of foul tactics also may result in disqualification of the contestant. Disposition of the penalty to be imposed upon the contestant shall be determined by a written action of KICK.

If the referee determines that the foul was obviously committed by one of the fighters and that the fouled contestant did not contribute to the injury (by ducking into a knee, moving into an oncoming forehead, etc.), the referee will instruct the scorekeeper to deduct the appropriate number of points from his opponent's scorecard. Should the referee or ring physician determine that the fouled athlete cannot continue, the referee will immediately disqualify the athlete committing the foul and award the bout to the fouled athlete. However, if the referee determines that the injured athlete was responsible for his own injury, the referee will not penalize his opponent in any manner. In this case, if the referee or ring physician determines that the injured athlete is unable to continue, he will lose by a technical knockout.

If the referee determines that there was no fault attributable to the other athlete (that the injury was caused by both athletes), the referee will allow the injured athlete time to recover but will not penalize either fighter. If at the end of the recovery period, the referee or the ring physician determines that the fouled athlete cannot continue, the scores will be tabulated, including the incomplete round, and the bout awarded to the appropriate contestant.

If an injury occurs that the referee cannot see, he must treat the injury as if it happened as a result of a fair blow and make his rulings accordingly.

- **INTENTIONAL EVASION OF CONTACT.** A contestant intentionally avoiding any physical contact with his opponent will receive a warning from the referee. If a contestant continues to avoid a confrontation with his opponent after receiving a warning during that round, he may be penalized by the referee. If the contestant continues to evade action, either in the same round or in any other round, the referee may, at his discretion, award more penalties.
- **FOULING, STOPPING THE CONTEST.** If the referee determines that the fouled contestant needs time to recover, he may stop the bout (and the time) and give the injured athlete up to five minutes of time to recover. At the end of this rest period, the referee and ring physician will determine if the fouled athlete can continue the bout. If he can continue, then the referee will determine if any warnings or penalties are necessary and time in that round will be resumed and the bout will continue.

**12. MOUTHPIECE REGULATIONS** - No contestant will be permitted to begin any round without a mouthpiece. If the mouthpiece is knocked out due to a foul tactic, the referee shall stop the contest, declare a time-out, clean off and replace the mouthpiece. Any time an amateur has his mouthpiece knocked out by a legal blow the referee shall retrieve and replace the mouthpiece for the amateur at the earliest opportunity. If the competitor repeatedly loses the mouthpiece, the referee must issue a warning or a foul as necessary. Only Bi Molar double arch mouthpiece will be allowed which must be of one-piece final construction, in any color except red, with channels on upper and lower arches to stabilize and protect all teeth and to engage all teeth of the upper and lower jaw. Such mouthguard must be fitted for alignment of upper and lower jaw in a slightly down and forward or neutral position and must allow for ample breathing while clenching the teeth. Brain Pad is the only officially endorsed Double Arch Bi Molar mouth guard; other approved bi molar double arch mouth guards include Shock Doctor, JACO, and Everlast.

### **13. PHYSICIANS AND PARAMEDICS**

- **CONTINUOUS PRESENCE OF MEDICAL AND EMERGENCY MOBILE UNIT.** At least one licensed physician and one ALS certified emergency mobile unit, encompassing a minimum of two paramedics, all approved in advance by KICK, must be in attendance at all KICK sanctioned events and must not leave the event until the last competitor has been checked and left the event venue. A full range of resuscitative equipment, with stretcher and oxygen, must be parked inside or adjacent to an entrance of the building hosting the event. A stretcher and full oxygen tank, and containers of "instant ice" must be readily available at cage side.
- **PHYSICIANS** - A physician must be retained by the promoter and present at all KICK sanctioned events.

There shall **ALWAYS** be at least **1 PHYSICIAN /DOCTOR** at cage side. If the ring physician is forced to attend to a fighter who was just injured in a bout, whether at cage side or in the locker room, then **NO BOUTS** may take place until the physician is back at cage side. To avoid down time in such a case, a promoter may choose to have 2 or more physicians present during their event.

No bout will be allowed to proceed unless the physician is in his seat and paramedics are readily accessible to the ring during the bout. He shall be prepared to assist if any serious emergency arises and will render temporary or emergency treatments for cuts or minor injuries sustained by the contestants.

The physician/ doctor shall not leave the arena until after the decision in the final bout and all contestants have had a final medical assessment upon exiting the ring and cleared to leave the event facility.

The physician is required to give a thorough physical and eye examination of each contestant by the designated time for physicals to be given, not to exceed 2 hours before the start of the first bout, using the KICK International pre event physical forms **to include the following:** weight, temperature, pulse (sitting & standing), lungs, blood pressure, heart, any evidence of a hernia, eyes, and general physical condition as acceptable to compete in mixed martial arts.

All weigh-ins and medical examinations must be witnessed and signed off by the examining physician and event representative and must take place Prior to engaging in a contest.

A second physical examination must be given by the physician as the competitor exits the competition area to review the condition of the competitor after competition, and may include drug usage testing, urine and or blood testing. All winners in a title match must be tested for drug usage following the conclusion of the match. The minimum fee for a physician shall be as recommended and adopted by KICK as directed by any applicable state requirements. This fee shall include temporary or emergency treatment to any injured contestant in the arena or dressing room. The fees for such examination shall be borne by the promoter

Referees may be given physical examinations by the cage side physician immediately prior to officiating at any event at the discretion of KICK.

- **PARAMEDICS: 2+ Paramedics and 1 Ambulance equipped with oxygen, stretcher, and resuscitative equipment are required onsite throughout the duration of the event and may not leave until after the last competitor has exited the event venue.**

Paramedics are responsible for a comprehensive evacuation plan for the removal of any seriously injured contestant from the contest to a hospital facility where emergency medical care is provided, to be reviewed and agreed upon by the Physician and KICK representative.

Paramedics are responsible for knowing the location of the closest hospital emergency facility where adequate neurosurgical care is immediately available for skilled emergency treatment of an injured contestant.

Paramedics may check the vital signs of all contestants prior to their participation in a contest and after contestants complete their bouts. Paramedics shall record this information on forms provided by the Kick/Division. Paramedics shall also record their recommendation (stitches, x-rays, etc.) and advise the physician of their recommendation.

#### **14. PREFIGHT REQUIREMENTS**

- **FIGHTER HISTORY: All MMA Contestants are required to submit the results of their annual physical examination.** Fighters must also complete an onsite pre fight medical and background application which can be found at all times during the match, all fighters must obey the referee at all times and adhere to the decisions and recommendations of the physician.
- **MEDICAL REGISTRATION.** Any athlete eligible to compete in a KICK contest must complete an annual medical membership, release registration Form. The form will be photo processed and entered into the competitors history data file annually at the time of registration. A Competitors medical registration must be updated annually.
- **EXAMINATION ALL CONTESTANTS.** Any athlete applying for eligibility to compete in a KICK contest must be medically fit to compete in a contact sport and be examined by the State licensed physician in good standing with the State in which the event takes place for the purpose of establishing both physical and mental fitness for competition. Such examination must be taken at such time as directed by KICK or the appropriate state or country athletic commission.

Any competitor, trainer or cornerman shall be held personally responsible and liable for potential disciplinary action up to and including permanently being banned from all combat sports, if a licensee applicant has personal knowledge that a competitor has suffered a serious injury during training and failed or refused to inform the event representative and examining Physician at the medical pre fight physical about that injury.

Every injury will be investigated for legitimacy; Insurance fraud is taken very seriously. Any competitor, who maliciously injures an opponent, can and will be held responsible for the injured opponent's medical expenses. Any promoter willfully violating the rules and regulations as set out for the safety of all competitors can, and will be held liable for any injury to a competitor which may be proven as willful ignorance of the established rules.

- **PHYSICAL EXAMINATION AND FEES.** The examination must be given only by a state licensed physician and to check and record vitals before and after each contestant's bout. The physical given contestants shall include, at a minimum, the following: weight, temperature, pulse (sitting & standing), blood pressure, heart, lungs, and any evidence of a hernia, eyes, and general physical condition. The minimum fee for a physician shall be as per schedule adopted by KICK as directed by any applicable state requirements. This fee shall include, as applicable, any temporary or emergency treatment to any injured contestant in the arena or dressing room. The fees for such examination shall be borne by the promoter.
- **MEDICAL TEST REQUIREMENTS.** Blood testing for competitive combative sports under Kick International are mandatory as herein specifically stated for all competitors 18 years and older in Indiana. Check with the regional representative for proper Paperwork and State requirements.

HIV-1 (a blood test which verifies the applicant has negative test results for the antibodies to HIV (current within twelve months)

HEPATITIS B (A blood test current within twelve months which verifies the applicant is Hepatitis B (HBV sAg) negative

HEPATITIS C (A blood test current within twelve months which verifies the applicant is Hepatitis C (HCV sAb) negative

ANNUAL MEDICAL approved by a physician (MD or DO) stating the athlete is physically approved and cleared for combative sports as indicated on the membership application

FEMALE CONTESTANTS – must have proof of laboratory results, not more than five (5) days old from the date of the event, affirming the negative test results for pregnancy; or two (2) negative over-the-counter pregnancy tests, taken by the mixed martial artist, and approved by the sanctioning body and the event physician, on-site at the event.

- REJECTIONS AND REPORTS. Should any contestant examined prove unfit for competition, or any referee unfit for officiating, the contestant or referee must be rejected and an immediate report of that fact made to the promoter and KICK Representative. The examining physician will clarify in writing to the KICK Representative that the contestants and/or referee(s) are in good physical condition and able to participate.
- REPORTS OF ILLNESS. Whenever an athlete, because of injuries or illness, is unable to take part in a contest for which he is registered, he or his trainer must immediately report the fact to KICK. The athlete will then submit to an examination by a physician designated by KICK.
- REPORT OF INJURY. All Promoters and regional representatives will be held accountable for necessary injury reports which must be signed by the Referee, Promoter and attending physicians. Reports must be filed in all cases in which the contestants have been injured during a bout or have applied for medical aid after a contest. In the event that a contestant, whom has suffered a knockout or any other severe injuries, whether or not connected with combat sports, and has on such account been treated by his personal physician or has been hospitalized, he and his manager must promptly submit to KICK a full report from such physician or hospital.
- FIGHTERS RULES MEETING: **All** competitors and corner men are required to attend the pre-fight rules meeting held the day of the event. Such meeting will be conducted by the referee and/or event representative.
- All fighters are required to act with proper sportsmanship at all times and to obey the Kick International rules at all times.
- Fighters may not train under the influence of any illegal drug or legal drug used illegally. Fighters must report any and all medication that they are taking to the event physician/ doctor prior to the bout. If the fighter is under the influence of alcohol or any stimulant, or is taking any narcotic or other medication which the event physician/ doctor determines would endanger the fighter or his opponent, he/she will not be allowed to compete and upon investigation, may be suspended or banned from the sport for abusive use of banned substances/ prohibited drugs.
- "Prohibited drugs" means a drug that falls within one (1) of the following classes or types of substances:
  - (A) Opiates.
  - (B) Methadone.
  - (C) Barbiturates.
  - (D) Amphetamines.
  - (E) Benzodiazepines.
  - (F) Propoxyphene.
  - (G) Cocaine.
  - (H) PCP.
  - (I) Anabolic steroids.
  - (J) Performance enhancing drugs.
  - (K) Any drug identified on the most current edition of the Prohibited List published by the

World Anti-Doping Agency.

(L) A drug other than one that has been either:

- purchased legally without a prescription, if a medical professional acting within the scope of his or her license or certification has certified that the drug will not affect the amateur unarmed competitor's ability to participate safely in a bout and the event physician agrees; or
- obtained by the amateur unarmed competitor under a valid prescription or order of a licensed or certified medical professional acting within the scope of his or her license or certification, if the medical professional has certified that the drug will not affect the amateur unarmed competitor's ability to participate safely in a bout and the event physician agrees.

## **15. SAFETY REQUIREMENTS AND PHYSICAL APPEARANCE OF CONTESTANTS**

CONTESTANTS' APPEARANCE: All contestants must be clean and present a tidy appearance.

It will be at the sole discretion of the Referee and KICK Representative to determine whether excessive facial hair is not acceptable, (excessive, sideburns, goatees) and length of hair which may present any potential hazard to the safety of the contestant or his opponent, or may interfere with the supervision or conduct of the contest.

The excessive use of grease, Vaseline or any foreign substance is not permitted. Referees or the KICK Representative in charge shall cause to be removed any such excessive grease or foreign substance. Noncompliance by the contestant shall be sufficient cause for disciplinary action, such a disqualification, suspension or revocation of registration.

No cosmetics shall be worn during a bout. Jewelry or piercing accessories are prohibited. A contestant is prohibited from wearing corrective lenses or contact lenses in the fighting area unless preapproved by the event physician.

The use of Ben Gay, Icy Hot, and other such sports creams are prohibited.

## **16. PROMOTERS**

- The event promoter will be held liable if a fighter is injured and not treated by a State licensed physician /doctor.
- SANITATION. All promoters are held responsible for and must correct any violation of KICK rules or Board of Health requirements regarding the sanitary conditions with respect to dressing rooms, showers, water bottles, towels or other equipment. Physicians and KICK Representatives are to observe every event for violations of these rules. The cage/ring must be swept, dry-mopped, or otherwise adequately cleaned before the event and prior to the fights.
- Promoters are responsible for ensuring the maintenance of public safety and security at all events. The promoter shall provide insurance to adequately meet the minimum state requirements for the protection of all contestants and all KICK officials as well as name KICK International as an additional insured. All promoters must meet any and all state requirements including as may be required, a bond or other form of financial security, payable in amounts adequate to ensure reimbursement to the purchasers of tickets for the sanctioned event in the event of cancellation. Promoters are required to provide all materials necessary for the conduct of the event including, but not limited to the cage/ring, stools, water buckets, funnels with hoses, bell, buzzer or whistle, timer, examination gloves, gauze, tape for hand wraps and adequate scales.
- PROMOTER'S INSURANCE REQUIREMENT: The promoter is mandated to provide insurance coverage by an approved designated insurance carrier and file all necessary claim forms in case of injury to an athlete.
  - ✓ Contestants AD&D insurance in the amount required by State/ KICK International
  - ✓ Contestant's primary medical insurance in the amount required by State / KICK International
  - ✓ Public Liability insurance in the amount required by State/ KICK International
  - ✓ Property damage insurance in the amount required by State / KICK International

## **17. CAGE SIDE OFFICIALS, PERSONNEL AND DUTIES AT ALL EVENTS**

- **CAGE SIDE OFFICIALS.** Referee(s), three judges, timekeeper(s), scorekeeper, physician(s), KICK Representative(s), and medical team encompassing a minimum of an ambulance with two ALS certified paramedics.
- **TIMEKEEPER.** A second timekeeper may be supplied by the commission. In such cases, the commission may also mandate or assign athletic inspectors to the event.
- Under no circumstances shall ANY certified official fraternize, cheer on, congratulate, or discuss the outcome of any match in such a manner as to indicate potential impartiality. If it is determined that an official has violated this rule, such official shall be noted as being in violation of this code and may be brought up for review by KICK and subsequently may lose the privilege of officiating at any events in the future. Every person serving in the capacity of an official may not consume any alcoholic beverages during the event.
- **EVENT REPRESENTATIVES.** At least two event representatives shall be present at every sanctioned event. Before the start of the event, an event representative may check all contestants, promoters, matchmakers, timekeepers, judges, and referees for knowledge of the rules and possession of a KICK certified competitor's registration card. Any person without a registration card shall not be covered by KICK provided insurance and must obtain a registration event card from the event representative. No records will be maintained on any athlete who does not have a current KICK registration. It is the responsibility of the representative to direct the promoter or inspector to verify all equipment and assign an inspector, if used, for hand, shin, and foot wraps as appropriate within the specific rules. It is the responsibility of the promoter to coordinate with the event representative to verify the physicals, weigh-ins, all necessary paperwork, and cage side equipment and personnel are at cage side before the event is allowed to begin. Insurance claim forms and protest forms should be available and provided as needed.
- All officials must be trained / certified by KICK INTERNATIONAL thru a properly accredited seminar at least once every 12 months and obtain a certification membership card with their designated official's recognition.
- **REQUIRED EVENT PERSONNEL:** Each and every match shall have the following personnel present at all times. The Event Representatives **MUST BE** an Official Event Representative and referee and judges are directly approved and appointed by the sanctioning body.

## **18. REFEREES**

- **DUTIES.** The referee shall be charged with the general supervision of the bout and is charged with the enforcement of all KICK rules which apply to the conduct of the contestants and their seconds while the contestants are participating in the competition. He or she enforces the rules, promotes the safety of the contestants, and ensures fair play.
- **ATTIRE AND EQUIPMENT.** The official designated as referee shall wear dark slacks with an approved shirt bearing the official logo of Kick International. Referees shall not wear spectacles. Surgical gloves are required at all times when attending to athletes in the ring. It is the responsibility of the referee to bring at least one pair for each bout of the evening. The cost of such equipment, if required by state law, shall be reimbursed to the referee by the promoter upon proof of purchase.
- **REFEREE--INSTRUCTIONS.** The referee will, before starting a contest, ascertain from each contestant the name of his chief handler and will hold said chief handler responsible for the conduct of his assistant handler(s) during the progress of a contest. The referee will call the contestants together before each bout for final instructions.
- **REFEREE'S DECISIONS AND ACTIONS:** An officially appointed or approved ring referee shall oversee the entire match from within the ring to ensure the safety of the fighters. It is the official ring referee's duty to determine and announce all submissions, knockouts, bout stoppages, warnings, point deductions, and/or disqualifications. If a fighter looks helpless and receives repeated blows but does not tap out or call out a signal 10

to quit or end the bout, he may be called "out" by the official ring referee and the bout stopped if referee feels it is necessary and victory awarded to that fighter's opponent. If a fighter in MMA is knocked down to the ring floor by a strike, the bout may continue on the floor. If the downed fighter is unconscious upon contact to the ring floor, the official ring referee shall step between the fighters for the safety of the downed fighter and stop the bout. If the action of the bout has stalled and neither competitor is working aggressively to gain an advantage, the referee shall warn the competitors to accelerate the action or face a restart. If after the warning the action remains stalled, the referee shall stop action and restart them in a standing position. If a fighter drops his mouthpiece, the referee shall allow the fighter to replace the mouthpiece at the first opportune moment. If a fighter drops his mouthpiece 3 times during the entire contest, he will be disqualified from the match and the victory awarded to his opponent.

If the referee wishes to examine a fighter with the physician's assistance for any concern, the referee will stop action and separate the competitors to their respective corners. The referee shall signal the timekeeper to stop the time and will then signal the physician to come into the fighting area to examine the athlete in question to advise the referee whether or not to continue the match, if necessary. If so, the bout shall be restarted with both fighters standing in their respective corners. In the event that any equipment problems that threaten the safety of the fighters exist, the referee will have the action stopped for repair and the bout restarted with both fighters standing in their respective corners. Except as otherwise set forth herein, the referee shall alone determine whether warnings and/or point deductions are necessary or whether disqualification is appropriate for any rule infractions and/or violations. In the event of a warning or point deduction, the referee shall stop time and separate the fighters, send each to his corner, indicate the penalty to each judge and scorekeeper, and then restart the bout with both fighters standing.

**19. SCOREKEEPERS** - Record and tabulate the scores and point deductions from all of the judges after each round. All actual scores must be placed on the master score sheet as they are indicated by the judges' scorecards. In the event there is a knockout or the referee stops the match for any reason, the scorekeeper must ascertain the exact time from the timekeeper. This will be recorded on the master score sheet. The scorekeeper shall tally all foul points, having been instructed by the referee or event representative at the end of each round as to the amount of penalty, deducting these appropriately from each judge's score under the ten-point must scoring system and entering the results on the master score sheet. The scorecards and final tabulation sheets must be retained under supervision at all times by the KICK Representative at the conclusion of each contest. At that time, the scorekeeper shall make the final tallies and deliver the totals to the KICK Representative, who will verify the accuracy of the scores. The scorekeeper will then report the results of the contest to the referee and the announcer. The scorekeeper shall additionally note the outcome as follows:

W- Won L- Loss D-Draw

RSC Referee Stops the Contest due to:

UTD Unable to Defend

DAB Didn't answer the Bell

DQ Disqualification

I Injury

MD Physician stopped the fight

TKO Technical Knockout

TS Technical Submission

**20. MMA SECONDS** - NUMBER OF SECONDS AND THEIR APPEARANCE. Each contestant may have up to **two** seconds of his choice, and each second, while assisting in the fighter's corner, must wear an approved uniform, must present a neat and tidy appearance, provide a pail, cuspidor, tape, an unopened water bottle, and other equipment necessary to perform their function. Only one cornerman will be allowed inside the cage area to handle the needs of his athlete during the rest period. During the active rounds, the corner man must be seated outside the cage and may not reach through the ropes/ fencing, assist the fighter, nor will in any way disrupt the officials. (See conduct of corner men paragraph 24) No one will be allowed on the ring apron during the match. **Violations will result in an initial warning and subsequent disqualification of the fighter.**

## **21. TIMEKEEPERS**

- **TIMEKEEPER'S EQUIPMENT.** All necessary equipment will be provided to the timekeeper by the promoter including a stopwatch or timer, a bell and whistle or buzzer. In those states regulated by Athletic Commissions, a second timekeeper may be supplied by the commission, in which case he will bring his own equipment.

- **TIMEKEEPER'S DUTIES.** The timekeeper will give the appropriate signal for the starting and ending of each round on cue by the referee. He will keep the time during each round starting and stopping the official clock for time-outs designated to him by the referee. He will keep time during the rest period of each according to the schedule set forth. Ten seconds before the beginning of each round, the timekeeper will give audible warning with a sounding device to the handlers of the contestants by suitable signal.

**22. CORNERMAN & TRAINER RULES & REGULATIONS** - Failure to obey the following Corner man & Trainers' Rules & Regulations will result in a disqualification of their fighter and possible suspension from working any fighter's corner on ANY Event.

- All fighters are allowed a maximum of two (2) corner men or trainers at cage side while the bout is in progress. Three (3) corner men are allowed for title bouts.
- ALL CORNERMEN are required to STAY in their fighter's corner, outside the ring or cage, while the match is in progress.

Corner men shall stay OFF the ring floor/canvas while the bout is in progress. NO ONE WILL BE ALLOWED TO LEAN ON THE RING OR CAGE! During the round breaks, only one cornerman is allowed in the ring/cage while the other one can stand outside the ring /cage on the outside edge of the ring/cage or on the floor. Cornermen must obey the referee at all times during the match. Cornermen must conduct themselves with appropriate and proper sportsmanship at all times. Corner men may spray (not pour) water and apply ice to a fighter between rounds. No other substances may be applied between rounds, and the cornermen are responsible to dry the corner area before the next round commences. During a bout or contest, contestants shall only be permitted to drink bottled water or approved sports drinks such as Gatorade® or Powerade®. No other fluids shall be permitted. Violation of the rules by corner personnel can result in warnings, point deductions, and/or immediate disqualification of that corner's fighter.

ALL Trainers and Corner men working on a sanctioned event must conduct themselves with appropriate and proper respect to ALL ring officials. Any "Unacceptable and Unjustified" rude or disrespectful behavior of ANY KIND that occurs by a Corner man or Trainer working an event will result in immediate corrective action and legal enforcement rendered by state authority. Corrective action may result in suspension for the Trainer and Cornerman as well as the fighter to be barred from any future event permanently.

## **23. WEIGH-INS**

- At the weigh-in, no contestant may lose more than 3 pounds in less than a 2 hour period for contestants 184 pounds and under.
- At the weigh-in, no contestant may lose more than 5 pounds in less than a 2 hour period for contestants 184.1 pounds and over.
- Under No circumstances will any title division be recognized if the athletes did not make weight within the title division weight limits.
- **WEIGHING TIME.** All Contestants must be officially weighed in before the match at a place & time to be determined by KICK. To be accepted and equal for all competitors, every participant must be weighed for their division and matching competitor stripped of street clothes, meaning they must not be wearing anything more than the uniform they will wear into the ring. (Nothing more than trunks and shirt (for females))
- **PROCEDURE FOR FAILURE TO MAKE WEIGHT**

Contestants, who fail to make the determined weight for their designated weight class per the bout agreement, if one exists, shall be given up to 2 hours to make required weight. An athlete who fails to make the approved weight will be disqualified or both contestants will be given the option of signing a weight waiver form or resigning a new bout agreement, if one exists. Both parties must be in agreement and within the weigh difference allowed per rules set by KICK International. Each contestant shall be weighed in the presence of his or her opponent, an event or state

representative, and an official representing the promoter, on scales approved by the state and event representative, at any place officially designated. Weigh-ins shall be open to the public.

The physician is required to give a thorough physical and eye examination to each contestant by the state certified licensed Physician at the time of weigh-in **to include the following:** weight, temperature, pulse (sitting & standing), lungs, blood pressure, and heart, evidence of a hernia, eyes, and general physical condition as acceptable to compete in such a sport.

All Weigh-ins and medical examinations must be witnessed and signed off on by the examining physician and event representative and must take place Prior to engaging in a contest, all contestants must submit to a weigh-in and a physical examination by the physician at the time and place approved by the sanctioning body. The physician is required to examine the contestant before and after the bout.

## **24. SUSPENSIONS AND MANDATORY REST PERIODS**

- **SUSPENSION FOR DISABILITY.** Any contestant rejected by an examining physician will be suspended until it is shown that he is fit for further competition, or in the case of a referee, officiating. Any athlete suspended for 30 days for his medical protection or suspended for a hard fight, will take the same physical examination as required for eligibility. The Physician may require any other procedures including an electroencephalogram, if indicated.
- **TIME BETWEEN BOUTS.** A contestant shall not compete in more than one contest within a 7 day period. This period shall begin the day after the contestant's last bout in a contest or tournament.
- If an athlete sustains a loss or the fight is stopped for any cut or other medical reason as determined by the Physician at cage side the fighters shall be suspended for as many days as deemed appropriate by the cage side Physician and post injury treatment Physician. If an athlete sustains a knockout within any 12 month period there will be an automatic 60 day suspension imposed on the athlete for the first knock out, 120 day suspension for the second knockout and if a athlete is knocked out three times within a 12 month period there shall be a hearing convened to determine the status of acceptability of the athlete for future events.
- If a referee terminates a bout due to a TKO: Technical Knockout an athlete shall be subject to a minimum 30 day medical suspension: Such suspension can only be issued by the Medical Physician in charge.
- If a referee terminates in a TKO due to hard blows to the head, the athletes shall be subject to a minimum 45 day medical suspension: Such suspension can only be issued by the Medical Physician in charge.
- If a referee terminates a bout due to a KO: Knock Out an athlete shall be subject to 60 day medical suspension. Such suspension can only be issued by the Medical Physician in charge.
- Disqualification suspension: In the event a contestant is disqualified for any reason, that contestant shall be suspended for a minimum of 45 days. The sanctioning body may also suspend a contestant from contact sparring.
- Only the Medical Doctor in charge of the event can issue a suspension in all instances of an athlete subject to suspension due to hard blows to the head by TKO or KO.

**25. INTENTIONAL EVASION OF CONTACT.** A contestant intentionally avoiding any physical contact with his opponent will receive a warning from the referee. If a contestant continues to avoid a confrontation with his opponent after receiving a warning during that round, he may be penalized by the referee. If the contestant continues to evade action, either in the same round or in any other round, the referee may, at his discretion, impose more penalties.

## **26. MMA ATTIRE AND EQUIPMENT FOR CONTESTANTS**

- Body grease, gels, balms or lotions applied to any part of a contestant is prohibited. Petroleum jelly or other similar petroleum based product may be applied to the facial area at cage side in the presence of an inspector,

referee or person designated by the sanctioning body or state division, prior to the beginning of the first round only. No additional applications will be allowed between rounds. The referee or Division representative shall cause any excessive petroleum jelly or other permitted substance or any foreign substance to be removed to his or her satisfaction. Any contestant applying anything to any part of his or her body outside the presence of an inspector, referee or person designated by the Division may be penalized a point or disqualified.

- Male fighters are required to wear an approved protective groin cup during all matches.
- Fighters are required to wear an approved mouthpiece at all times while the bout is in progress.
- Fighters are not allowed to wear any shoes of any type during the bout.
- Fighters must tape their wrists and hands but not excessively over their knuckles. Wraps are not allowed; only tape and gauze will be allowed. Handwraps are not allowed. Fighter handwraps must be "SIGNED OFF" by the event representative PRIOR to the beginning of their bout.
- Fighters may not place oil upon any part of his or her body.
- Fighter's fingernails and toenails must be cut and trimmed prior to any bout.
- Jewelry or piercing accessories are prohibited.
- A contestant is prohibited from wearing corrective lenses or contact lenses in the fighting area without physician approval.
- Fighter may not wear shin, instep, elbow, and/or knee supports and/or pads of any kind unless requested by both contestants and approved by the referee prior to the contestants entering the competition area.
- GLOVES Fighters are required to wear only competition approved mixed martial arts style gloves not smaller than 7 ounces which must be provided by the promoter. The fighters may not use their own equipment.
- All fighters must use the same style and brand of glove worn by their opponent unless inspected and approved by the official KICK representative. Contestants may not wear an MMA glove smaller than 7 ounces. These are required to be taped to the fighter by the referee or designee to ensure their stability during the bout.
- No breaking, roughing, or twisting of gloves shall be permitted.
- All fighters are encouraged to wear approved Bi molar double Arch fitted mouthpieces in lieu of the single arch type for added safety. All fighters are required to have an extra mouthpiece cage side during their match.
- All promoters must have several extra sets of gloves of common sizes to be used in case gloves are broken or in any way damaged beyond use during the course of the bouts. Gloves must be sanitized by the promoter's designee before use by another competitor.
- TRUNKS/UNIFORMS - The following uniform may be worn:

Boxing, Muay Thai, MMA shorts are acceptable but must not contain a rubberized crotch material such as a Sprawl type of lining.

Latex bike style shorts, "Speedos".

Any combination of the foregoing, and/or any other clothing approved by the referee who may require such apparel to be taped or otherwise secured to ensure its stability during the match. The final taping around the wrist should be taped with Red to indicate the Red corner contestant and Blue to indicate the Blue corner contestant.

Under no circumstances shall apparel or equipment which includes metallic and/or hard plastic and/or any edge or surface which could cause injury to the fighters will be allowed. No shorts such as “cutoffs” or shorts containing zippers or pockets will be permitted for competition.

## **27. WEIGHT CLASSES**

Flyweight	up to 125 lbs.
Bantamweight	over 125 to 135 lbs.
Featherweight	over 135 to 145 lbs.
Lightweight	over 145 to 155 lbs.
Welterweight	over 155 to 170 lbs.
Middleweight	over 170 to 185 lbs.
Light Heavyweight	over 185 to 205 lbs.
Heavyweight	over 205 to 265 lbs.
Super Heavyweight	over 265 lbs.

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, if one exists, or by regulation.

**28. MMA FOULS AND INJURIES: INTENTIONAL AND ACCIDENTAL** - If a fighter flagrantly breaks any rule, the official ring referee shall immediately disqualify him. HOWEVER, if the foul is not severe or intentional, the official ring referee shall issue a warning OR point deduction(s) from the offending fighter.

1. Butting with the head (*no use of the head as a striking instrument in any form is allowed*)
2. Eye gouging of any kind (*Intentional use of the fingers, thumb or chin as a gouging instrument will be considered eye gouging*)
3. Biting
4. Hair Pulling
5. Fish hooking (*any attempt by a contestant to use their fingers in a manner that attacks their opponent's mouth, nose, or ears, or stretching the skin to that area will be considered "Fishhooking". Fishhooking generally is placing of fingers into the mouth of your opponent and pulling your hands in opposing directions while holding onto the skin of your opponent.*)
6. Groin attacks of any kind.
7. Putting a finger into any orifice or into any cut or laceration on an opponent.
8. Small joint manipulation. (*Less than 3 fingers or less than 3 toes and twisting ankle lock manipulations are not allowed. Wrist, knees, shoulders are large joints and are allowed.*)
9. Striking to the spine or the back of the head. (*No direct striking attacks are allowed to the spine or the back of the head. A direct strike is an aimed and executed attack to the area. The back of the head is considered any strike in which the glove does not strike the ear.*)
10. Striking in any manner using the point of the elbow will receive a disqualification,
11. Throat strikes of any kind, including, without limitation, grabbing the trachea (*No direct throat strikes are allowed. Directed throat attacks would include a contestant pulling his opponent's head in a way to open the neck area for a striking attack. A contestant may not gouge their fingers or thumb into their opponent's neck or trachea in any attempt to submit their opponent. All arm chokes such as the Rear Naked, Guillotine, and arm bar are legal.*)
12. Clawing, pinching, or twisting the flesh.

13. Grabbing the clavicle. (*This is viewed as another form of gouging. A contestant may not attempt to use the fingers to gouge into or grab the clavicle.* )
14. Kicking the head of a grounded opponent will receive a disqualification. (*A downed opponent is any contestant who has more than just the soles of their feet on the ground. A contestant can be kicked to the body when they are on the ground.*)
15. Kneeing to the head of an opponent in any position is illegal and will mandate an immediate disqualification.
16. Kicking to the kidney with a heel.
17. When both contestants are grounded they cannot kick each other.
18. Stomping a grounded opponent. (*Stomping a grounded opponent is not allowed; an axe kick is not considered a stomp and is legal*).
19. Spiking an opponent to the canvas on his head or neck will mandate a disqualification. Any throw that has an arc in a legal throw. (*A contestant may not pick up their opponent, invert them placing the opponent's feet straight up in the air and their head straight down and pile drive their opponent into the mat. When a contestant is using a takedown or a throw against their opponent they are allowed to throw their opponent to the ground without worry as to whether their opponent's head makes contact with the canvas before another part of their body as long as they have not placed their opponent into the above stated pile driver position.*)
20. Throwing an opponent out of the ring or fenced area. Any contestant who purposely throws their opponent out of the ring will be disqualified.
21. Holding the shorts or gloves of an opponent. (*A contestant may not control their opponent's movement by holding onto their opponent's shorts or gloves. A contestant may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove, but actually gripping the hand.*)
22. Spitting on an opponent.
23. Engaging in any unsportsmanship like conduct that cause injury to an opponent.
24. Holding the ropes or the fence. (*A contestant may put their hands on the fence and push off of it at anytime. When a contestant's fingers go through the cage and grab hold of the fence and start to control either their body position or their opponent's body position, the referee shall issue a warning to the contestant to let go of the fence. If the contestant does not let go the referee shall attempt to quickly pull the contestant's hand off of the fence. If this does not immediately work the referee shall issue a foul against the violating contestant. A contestant may not hold onto the ropes to gain an advantage over an opponent or to keep their opponent from being successful during a takedown attempt. The referee shall issue a warning to the contestant to let go of the ropes. If the contestant does not let go the referee shall attempt to quickly pull the contestant's hand off of the ropes. If this does not immediately work the referee shall issue a foul against the violating contestant.*)
25. Using abusive language in the ring or fenced area. (*Contestant's shall not entice their opponent with abusive language during the ring introductions or during the actual contest. The referee shall give (1) warning to the violating contestant and then issue a foul for every infraction thereafter.* )
26. Attacking an opponent who is under the care of the referee.
27. Attacking an opponent on or during the break.
28. Attacking an opponent after the bell has sounded the end of the period of unarmed combat.
29. Flagrantly disregarding the instructions of the referee.
30. Timidity, including, without limitation, avoiding contact with an opponent, intentionally or constantly dropping the mouthpiece or faking an injury.
31. Interference by the corner.
32. Throwing in the towel during competition. (*corner man may stand and waive the towel to concede the match*)

33. A grounded contestant may kick up to a competitor's body and legs for defense until the competitors are both grounded to grapple or the referee stands the competitors up to restart. However, the grounded fighter cannot kick directly to the head or the knees of the standing fighter.

## **29. MMA JUDGING AND SCORING METHODS**

All bouts will be evaluated and each round scored by three KICK approved MMA 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).

Judges shall evaluate mixed martial arts techniques, such as effective striking, effective grappling, and control of the fighting area, effective aggressiveness and defense. Evaluations shall be made in the order in which the techniques appear, giving the most weight in scoring to effective striking, effective grappling, control of the fighting area and effective aggressiveness and defense.

- *Effective striking* is judged by determining the number of legal strikes landed by a contestant and the significance of such legal strikes.
- *Effective grappling* is judged by considering the amount of successful executions of a legal takedown and reversals. Examples of factors to consider are take downs from standing position to mount position, passing the guard to mount position, and bottom position fighters using an active, threatening guard.
- *Fighting area control* is judged by determining who is dictating the pace, location and position of the bout. Examples of factors to consider are countering a grappler's attempt at takedown by remaining standing and legally striking; taking down an opponent to force a ground fight; creating threatening submission attempts, passing the guard to achieve mount, and creating striking opportunities.
- *Effective aggressiveness* means moving forward and landing a legal strike or takedown.
- *Effective defense* means avoiding being struck, taken down or reversed while countering with offensive attacks.

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

- 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;
- A round is to be scored as a 10-9 Round when a contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers;
- A round is to be scored as a 10-8 Round when a contestant overwhelmingly dominates by striking or grappling in a round.
- A round is to be scored as a 10-7 Round when a contestant totally dominates by striking or grappling in a round.

## 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.

## **30. LEGAL TECHNIQUES FOR AMATEUR MIXED MARTIAL ARTS**

- **HAND STRIKES:** Fighters may strike with a closed fist only.
- **ARM STRIKES:** A forearm strike is not allowed
- **LEGS:** Fighters may strike with their knees (except to the head). Otherwise knees, shins and feet are allowed to all other parts of the body when the fight is standing up. Once one fighter's knee touches the ring floor, NO kicks are allowed to that fighter's head as he is then considered "on the ground". (a fighter is determined "ON THE GROUND" when that fighter's knee touches the ring floor or he is otherwise not supported by his two feet, alone, supporting him in a standing or crouched position.)
- **THROWS AND TAKEDOWNS:** All wrestling, judo, and jujitsu throws and takedowns are permitted, as long as no hard slams affecting the neck or head are delivered.
- **LOCKS:** Elbow, shoulder, wrist, knee locks are allowed, No ankle locks are allowed.
- **CHOKES:** All chokes can be done with the arms and legs.

## **31. ROUNDS** - Amateur matches shall consist of any of the following:

Three (3) rounds, each of TWO (2) minutes in length, with a one (1) minute rest between each round. (Recommended for athletes who have competed in less than two events)

Three (3) rounds, each of THREE (3) minutes in length, with a one (1) minute rest between each round. (Recommended for athletes who have competed in three or more events)

All promoters' amateur promotional titles shall consist of a maximum of 5 rounds, each of 3 minutes in length, with a 1 minute rest period between.

Kick International, state, regional and national title matches shall consist of 5 rounds, each of 3 minutes in length, with a 1 minute rest period between.

*In the event that at that the end of the regular 3 round (or 5 in the case of a title match) - 3 minute round time limit a match ends in a draw as set forth by these rules, then the official decision shall be a draw and there shall be no overtime round.*

A title award must be presented upon the outcome of the final deciding round.

## **32. STRUCTURE OF THE FIGHTING AREA FOR CONTESTS**

Contests shall be held in a ring or cage (enclosed fenced area).

- **RING:** The ring shall be square shaped and shall be a regulation boxing ring no less than 16 x 16 feet and no larger than 24 x 24 feet within the ropes.

The ring floor shall be constructed of at least a 1 inch base of wood-based board padded with at least a 1 inch layer of closed cell foam rubber or foam rubber equivalents.

There must be a top covering of canvas, duck or similar material tightly stretched and attached to the ring platform, as approved by State regulation and by KICK.

The ring shall have 4 posts not less than 3 inches in diameter that extend from the floor of the ring to a height of no less than 48 inches and no more than 58 inches.

The posts shall be securely anchored and adequately padded. Padding must extend beyond the rope and over the edge of the platform.

The floor of the ring shall not be more than 4 feet above the floor on which it is standing and shall be supplied with steps for the entry and departure of contestants and officials.

The platform of the ring must extend beyond the ropes for a distance of at least 2 feet. The ring shall be kept clear of obstructions.

Spectator seats shall not be closer than eight feet (8') from the outside edge of the apron of the ring.

The cage side area shall be made available to the event representative or inspector for the use of the designated working officials, contestants, their seconds, judges, referee, scorekeeper, announcer, physician, state officials and media representatives. The event representative will determine the seating assignments for officials.

**HEIGHT OF RING.** The ring platform shall not be more than four feet above the floor of the building and shall be provided with suitable steps for the use of contestants. Ring posts and ring shall be of substantial and adequate material and strength to safely provide such competition, and shall be properly padded. The ring must meet state applicable regulations and be reviewed and approved by the event liaison/ representative and or local inspector.

**RING ROPES.** The ring ropes shall be a minimum of five in number and not less than one inch in diameter. The lowest rope shall be 12 in. (46mm) above the ring floor. The highest rope must be 52 inches above the floor. The ropes shall have applied around them a padding of a thickness of not less than one-half inch and of a type and construction approved by KICK.

**CAGE AREA SPECIFICATIONS:** The fighting area:

- Shall be constructed in a manner that does not pose a substantial risk to the safety or health of any person;
- Must be circular or have no less than six equal sides for a contest;
- Shall be no smaller than 16 feet wide and no larger than 32 feet wide within the ropes, cage or fenced area;
- Shall have a corner with a blue designation and the corner directly across shall have a red designation;

Floor shall extend at least 24 inches beyond the ropes or other barrier. The floor must be of a canvas, duck or similar material that shall be padded with at least a 1 inch layer of closed cell foam padding that shall extend over the edge of the platform of the fighting area. Materials that may gather in lumps or ridges during the bout or contest are prohibited;

Platform shall be no more than 4 feet above the floor on which it is standing and must have suitable steps or ramps for use by officials and the contestants;

The fence or cage specifications for mixed martial arts shall meet the following requirements:

- Be made of material that will prevent a contestant from falling out or breaking through the fighting area onto the floor beneath the fighting area or onto spectators. The enclosure must be composed of vinyl-coated chain link fencing or other similar material;

- Any exposed metal on the interior of the fenced or caged area must be covered and padded in a manner approved by the inspector or sanctioning body representative. The covering shall not be abrasive to the contestants;
- Any metal parts used to reinforce the fenced or caged area enclosure shall not interfere with the safety of the contestants;
- The enclosure may provide 2 separate entries onto the fighting area that are sufficient to allow easy access to the fighting area by officials and emergency personnel. The entrances must be padded or covered so that there is no exposed metal on the interior of the fence or caged area;
- The enclosure shall not obstruct or limit the supervision and regulation of the bout by officials or sanctioning body representatives; and
- The enclosure shall not inhibit the judging of the bout in any manner.

**33. TYPES OF BOUT RESULTS** Contestants who have been knocked out will be kept lying down until they have recovered. When a contestant is knocked out, no one will touch him except the referee or chief handler, who will remove his mouthpiece, until the cage side physician enters the ring and personally attends to the fallen athlete and issues such instructions as he sees fit to the contestant's handlers. If a contestant has been knocked out, or if a technical knockout decision has been rendered against him by the referee, such contestant will be placed on the ill/injured and unavailable list for such a period of time as may be recommended by any approved KICK appointed physician.

**KNOCKOUT:** Fighter is rendered unconscious or unable to intelligently defend following a strike(s)

**TKO:** If the licensed cage side Physician/ doctor or referee decides the fighter cannot continue due to a cut or other injury.

**SUBMISSION:** When a fighter submits by tapping the opponent or the mat more than "3" times as a result from a choke, lock, or for any other reason. If a fighter is in no position to tap out, he may yell "MATTE", "QUIT" or "GIVE UP". If a fighter cannot tap or cannot yell, the referee shall stop the bout from his own personal determination of the fighter's safety.

**TECHNICAL SUBMISSION:** A technical submission may occur when the referee or doctor stops the fight because a fighter has sustained an injury or becomes unconscious while in a submission hold. An example would be a fighter's arm breaking in an arm bar, or a fighter passing out in a choke hold. In both cases the fighter refuses to tap and the referee decides that the fighter cannot safely continue to fight.

**REFEREE STOPPAGE:** When a fighter is taking excessive punishment but cannot or will not submit or quit, either due to striking, failing to show a willingness to continue, a refusal to submit in the face of grave injury, or any other reason the referee believes is necessary to preserve the fighter's safety.

**CORNER CONCEEDS THE MATCH:** When a fighter's corner feels their fighter has had enough and decides to end the bout by standing and waiving the towel to signal the referee to end the match for the safety of the fighter. This shall count as a TKO.

**QUIT:** When a fighter simply cannot or refuses to continue.

**DECISION:** When the bout has ended after the length of the bouts specified time period, without a winner, the bout decision shall be determined by the (3) three judges, based on the rules as designated.

**DISQUALIFICATION:** The fighter's opponent is disqualified by the referee.

**MMA AMATEUR JUDGE'S SCORECARD FOR AN AMATEUR MMA BOUT must be requested from the Kick Representative**

**34. JUDGES DECISIONS THAT MAY BE RENDERED** - If there is no submission, knockout, or stoppage of the bout by a referee, cornerman, fighter, etc., by the end of the bout time limit, the (3) three required cage side judges shall determine the bout winner. This shall be determined after the judge's scorecards have been counted to determine the winner of the bout. The types of judges' decisions are as follows:

**UNANIMOUS DECISION:** Indicates that all three judges awarded the same fighter the winner on points.

**SPLIT DECISION:** Indicates that two judges scored the fight for one fighter and the other judge scored the fight for the other fighter.

**MAJORITY DECISION:** Indicates that two judges scored the fight for one fighter and the other judge scored the bout a draw.

**DRAW:** Indicates that one judge had the fight for one fighter, one judge had the fight for the other fighter, and the third judge had the fight even. It could also mean that all three judges scored the fight a draw or that two of the three judges scored it a draw.

**35. TITLE DEFENSE** - If a titlist refuses to defend a title without legitimate reason, acceptable to his stature and approved by KICK, then he may be considered on notice for failure to defend a title, at which time his title shall be reviewed by the board for further recommended action.

**36. PROTESTS** - Any party may contest the outcome of any event within ten (10) days of the decision by writing all the facts and the basis for a complaint with specific reference to the rules in violation, which must serve as basis for the complaint. Ignorance of the Rules and Regulations of KICK does not constitute a basis for any complaint or protest. All protests must be filed on an Official KICK Protest form and sent to the KICK Commissioner at the Headquarters of KICK, and must include a review fee of \$100 by cashier's check or money order which will be returned if your claim is validated to be true. Upon receipt of a properly completed KICK Protest Form, KICK shall immediately call a "No Contest" 30-day review, and direct an investigation into the protest. If there appears to be a violation of these rules, the director or a designated review board shall determine if the claims seem to be substantiated, hold a hearing and issue its findings and decision. The protesting party will be responded to after the 30-day review process. If there is no further action deemed necessary, the original decision shall stand and the review fee will not be returned. Any and all legal action or complaints shall be registered and determined under the jurisdiction of the laws of the State of Missouri.

**RULES REGARDING BOUT PROTESTS:** Bout Reviews will only be done when there is a legitimate, justified and provable reason for them. Some of those issues may include but not be limited to:

- Personal issues with a certain judge such as favoritism or a judge having personal ties to a fighter and can be proved these ties are either negative or positive towards one or both of the fighters involved.
- A questionable stopping of the bout, problem with the round times, too long or too short, failure of equipment that caused an issue with the fight (*Ring breakdown etc.*).

Additional reasons will be determined if justified by the KICK Headquarters. Any and all protests must be received by the SANCTIONING BODY in writing within 10 days after the event from which the protest took place. No protest will be considered without the below fees. Protest MUST include or be directed to an acceptable digital video of the bout. If no video is presented, we will have no way to review the bout. Any additional evidence should accompany the written protest such as statements, pictures, etc.

A final decision of the protests will be determined within 30 days of the filed protest on an appropriate Official Protest form.

**PROTEST FEES - All Bout Reviews** \$100 (money order or cashier's check), MAIL TO: KICK INTERNATIONAL  
c/o Protest Review, 101 W. Argonne, Suite 11, St. Louis, MO 63122