



CENTRAL COMBATIVE SPORTS COMMISSION

KICKBOXING RULES

Rev.0 for approval - October 9, 2018

PREFACE

For the purposes of this document, “Commission” means the Central Combative Sports Commission or its designated representative.

For better understanding of the contents of these rules, and to assist in future updates, please note the following:

- It is the intent that the core of this rule set align fully to the Association of Boxing Commissions (ABC) unified rules governing professional kickboxing.
- World Kickboxing Association (WKA) USA rules were utilized in establishing weight classes.
- WKA and World Association of Kickboxing Organizations (WAKO) rule sets were reviewed prior to establishing additional details desired by the Commission.
- The Commission’s existing MMA rules framework was also used.
- Both Professional and Amateur rules are covered by these rules, with the majority of the differences captured throughout the body of this document.
- Further content was added by CCSC to ensure full alignment with our governing Town of Penhold Bylaw 748/18, established under the authority of the Municipal Government Act. Specifically, these additions were focused on the resolution of performance issues, misconduct and disputes.

WEIGHT AND WEIGH INS

WEIGHT DIVISIONS

- Kickboxing contestants will be divided into the following weight classes, which shall apply for both professional and amateur fights:

	MEN		WOMEN	
Atomweight			-46 kg	-101.2 lb
Super Atomweight			-48 kg	-105.6 lb
Flyweight			-50 kg	-110.0 lb
Bantamweight	-54 kg	-118.8 lb	-54 kg	-118.8 lb
Featherweight	-57 kg	-125.4 lb	-57 kg	-125.4 lb
Lightweight	-60 kg	-132.0 lb	-60 kg	-132.0 lb
Super Lightweight	-63.5 kg	-139.7 lb	-63.5 kg	-139.7 lb
Welterweight	-67 kg	-147.7 lb	-67 kg	-147.7 lb
Super Welterweight	-70 kg	-154.0 lb	-70 kg	-154.0 lb
Middleweight	-72.5 kg	-159.5 lb	-72.5 kg	-159.5 lb
Super Middleweight	-76 kg	-167.2 lb	-76 kg	-167.2 lb
Light Heavyweight	-79 kg	-173.8 lb	+76 kg	+167.2 lb
Super Light Heavyweight	-83 kg	-182.6 lb		
Cruiserweight	-86 kg	-189.2 lb		
Super Cruiserweight	-90 kg	-198.0 lb		
Heavyweight	-95 kg	-209.0 lb		
Super Heavyweight	+95 kg	+209.0 lb		

- In all cases, the Commission must be satisfied that any bout between two fighters has a reasonable expectation of being fair, safe, and competitive.
- At the weigh-in, fighters must weigh within the range permitted for the weight class of the fight, with a maximum 1 pound overweight allowance.
- No pairing of fighters will be approved where the weight differential between opponents exceeds the spread between the maximum weight of the targeted weight class and the weight class below. As an example, for illustrative purposes, the maximum weight differential for a male heavyweight bout is 209.0 – 198.0 – 11 lbs.

The exceptions to this weight differential rule are in the highest weight class. For Super Heavyweight men, the differential is 30 pounds, and for Light Heavyweight women it is 20 lbs.

CATCH WEIGHT BOUTS

5. Given the significant number of weight classes available, it is not anticipated that catch weight bouts will typically be required. Should a promoter wish to propose a catch weight bout under special circumstances, the Commission must approve, subject to its sole discretion. For example, this may include scenarios where the opponents are not in the same weight class, or when at least one opponent exceeds the agreed-upon weight.
6. For catch weight bouts, opponents must not exceed the maximum weight differential for the class of the lighter participant. There is no overweight allowance.

WEIGH-INS

7. Unless otherwise approved, the official weigh-in for an event must take place no more than 36 hours before the scheduled start of the event.
8. The official scales will be made available at least 30 minutes prior to the weigh-in, during which time the fighters may weigh themselves.
9. A competing fighter who is overweight at the time of the weigh-in will be allowed a grace period of up to one hour to attain the required weight. Weight loss in excess of 2 pounds is not permitted during this grace period. At the end of the grace period, the fighter will be given a second chance to weigh-in.
10. If a fighter is still over the maximum allowable weight following the weigh-in and the grace period, the Commission can cancel the fight. The opponent may, however, still accept the fight, subject to Commission approval and penalties for the fighter who failed to make weight.
11. Weight gained by any fighter during the grace period will not be considered by the Commission in approving a bout.
12. The Commission may require fighters to be weighed more than once for any reason.
13. The Commission, with advance notice, may limit the amount of weight a fighter can gain between the official weigh-in and their bout.
14. In order to be cleared to compete, fighters must be examined by a Commission appointed physician. This examination must take place during the official weigh-in period, unless otherwise approved by the Commission.
15. Gloves must be available for all fighters at the weigh-in for fitting.

CAGE AND RING REQUIREMENTS

16. Kickboxing bouts may be held in either a fenced area (cage) or in a ring.
17. The required size and specification for the fighting area will be determined by Commission policy, in line with industry standard.

Deviation from the fighting area requirements policy must be approved by the Commission.

THE TECHNICAL ZONE

18. The Technical zone is the moat area, surrounding the cage or ring (often referred to as the “ringside” or “cage side” area). A bout may not begin until the Technical Zone is set up and secure to the satisfaction of the Commission. Instructions outlining the Commission’s standard Technical Zone requirements will be provided to the promoter in advance of the event.

COMPETITION TIMEFRAMES

IN-COMPETITION PERIOD

19. Fighters are considered to be “in competition” for a consecutive period of time surrounding their participation in a kickboxing event. Unless otherwise approved in advance by majority vote of the Commission, the “in-competition” period begins 36 hours before the scheduled start of the event, and ends after the completion of a fighter’s medical examination and any anti-doping testing or procedures, following the fighter’s last round of competition at the event

EVENT PERIOD

20. Unless otherwise approved in advance by majority vote of the Commission, the event period begins at the call time (or scheduled arrival time for fighters at a combative sports event and ends simultaneously with the conclusion of the in-competition period for each fighter. The event period overlaps with the latter portion of the in-competition period.

FIGHTERS

HANDWRAPPING

21. In all weight classes, the bandages on each fighter's hand will be restricted to soft gauze cloth, no more than 45 feet in length and two inches in width, held in place by no more than 10 feet of surgeon's tape, one inch in width, for each hand.
22. Surgeon's adhesive tape will be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand twice and extend to cover and protect the knuckles when the hand is clenched to make a fist.
23. The bandages must be evenly distributed across the hand.
24. Bandages and tape must be placed on all fighter's hands in the presence of the Commission. Under no circumstances are gloves to be placed on the hands of a competing fighter until Commission approval is received.
25. Hand wrapping materials should be supplied by the promoter and must be approved by the Commission.

GLOVES

26. 10 oz. gloves shall be the normal standard for all divisions. There will be no exceptions to this glove weight for amateur competitors.
27. Professional competitors in weight divisions up to and including Middleweight may wear 8 oz. gloves if both competitors agree to do so.
28. In professional title fights of any weight division, competitors may agree to wear 8 oz. gloves. If competitors agree to use these lower-weight gloves, this agreement must be explicitly included in their written contracts.
29. Gloves should be supplied by the promoter and approved by the Commission. No fighter will be permitted to supply their own gloves for participation.
30. Gloves must be new for all main events and in good condition or they must be replaced. Glove must be new or in good condition for other bouts or they must be replaced. Determination of glove condition rests solely with the Commission.

31. Both opponents in a bout must have the same weight, brand and type of glove, unless otherwise approved by the Commission, with the consent of both opponents.

ATTIRE

32. Each competing fighter will wear appropriate shorts (e.g. compression trunks, MMA shorts, kickboxing/muay-thai shorts) which do not extend above the waistline or reach further than above the knee. Shorts must not have pockets, zippers, or any adornments which may create a hazard or an advantage.
33. Female fighters must wear a short-sleeved (above the elbow) or sleeveless, form fitting rash guard and/or sports bra. More than one sports bra may be worn. Loose fitting tops are not permitted.
34. For male fighters, no upper body covering may be worn during competition.
35. In all cases, fighter attire must be deemed appropriate by the Commission.

OTHER PROTECTIVE EQUIPMENT

36. Male fighters must wear a combat sports-appropriate groin protector during competition.
37. Female fighters may choose to wear a combat sports-appropriate groin protector and/or chest protector during competition.
38. All fighters must wear an appropriately-fitted mouth guard during competition. The round cannot begin without the mouthpiece in place. The mouthpiece will be subject to examination and approval by the Commission and attending physician.
39. Shoes, anklets, and any type of padding or tape on the feet or shins are prohibited during competition for all professional bouts.
40. For fights involving Novice Amateurs (*2 or fewer prior sanctioned fights*) shin/instep protection and head gear must be worn by both competitors. Shin/instep protection must contain no hard materials/inserts. Head gear must cover the top, back and sides of the head, and must be open-faced with no nose or cross-face protection.
41. For all other Amateur fights, shin/instep and head gear are optional, at the discretion of the fighters. In all cases, both fighters must be protected equally. This optional

additional protective equipment must be formally agreed by both fighters, with such agreement explicitly stated in their fight contracts.

42. The promoter should ensure shin/instep and head gear are provided when required for amateurs.
43. Braces and supports are prohibited.
44. In all cases, fighter protective equipment must be deemed appropriate by the Commission.

APPEARANCE

45. Fighters must not wear or use any of the following items during competition:
 1. hard contact lenses;
 2. spectacles;
 3. removable false teeth;
 4. a watch;
 5. jewelry (including piercings);
 6. a headband or hair net;
 7. a hearing aid;
 8. any plastic or metallic attachment to the trunks;
 9. gauze, a Band-Aid, or dressing to the face, scalp, neck, arm, back or chest area;
 10. a plaster or fibre-glass cast;
 11. butterfly or steri-strip sutures on the face, neck, scalp, chest, arm or back area;
 12. suture material of any kind on the skin of a fighter's face, ears, neck, scalp or chest;
 13. subcuticular suture in the face, neck, ear or chest;
 14. collodion (surgical dressing) or a similar substance;
 15. an implanted device which uses electricity or any substance which may alter bodily function;
 16. tape anywhere on the body except the hands; and
 17. metal supports.
46. Grease (petroleum jelly or similar) may be applied solely to the facial area of a competing fighter, and only immediately prior to a bout in the presence of the Commission. Excessive grease may not be used. Thai oil, boxing liniment or similar materials are permitted on the body in conservative quantities.

47. The Commission will determine whether a fighter's head or facial hair presents any hazard to the safety of the participants or will interfere with the supervision and conduct of the fight. If this is the case, the fighter may not compete unless the circumstances are corrected to the satisfaction of the Commission.

48. Finger and toe nails must be trimmed.

BANNED SUBSTANCES

49. As a condition of the participation in a kickboxing event, fighters agree to be bound by the commission's drug testing, anti-doping and wellness policies.

50. Unless otherwise approved by the Commission, only water or non-caffeinated electrolyte drinks deemed acceptable by the Commission may be consumed by fighters during the event period.

51. During the event period, competing fighters may only consume food approved by the commission.

52. On request of the Commission, a competing fighter must report for and comply with anti-doping procedures, including testing for the presence of prohibited substances, at any time during the in-competition period.

CONTESTANTS WITH DIABILITIES

53. The Commission, at its sole discretion and on a case-by case basis, may make reasonable accommodations in order to facilitate the participation of fighters with disabilities.

However, in all cases, the Commission must still be satisfied that a contest is fair, safe and competitive.

FIGHT RULES

54. A kickboxing bout may not start or continue unless at least one assigned physician and one representative of the Commission are present in the Technical Zone area, in addition to the judges, the timekeeper and the referee.
55. A competing fighter may not enter the cage or ring unless they have met with the assigned referee prior to the bout to review the rules.

ROUND LENGTH

56. Professional bouts may consist of a maximum of ten (10) rounds of three (3) minutes each in duration, with a one (1) minute rest period between each round. 10-round bouts are generally reserved for title fights, or for other main events with approval of the Commission. The duration of non-title fights may otherwise consist of any number of rounds less than 10, consistent with the experience of the fighters, subject to the approval of the Commission.
57. Amateur bouts shall consist of no more than five (5) rounds of two (2) minute minutes each with a one (1) minute break between rounds. 5-round bouts are required for amateur title fights. The duration of non-title fights may consist of any number of rounds up to 5, consistent with the experience of the fighters, subject to the approval of the Commission.

JUDGING AND SCORING

58. All bouts will be evaluated and scored by three judges who will evaluate the bout from different locations.
59. The referee of a bout may not be one of the judges for the same bout.
60. If any competing fighter protests the assignment of a judge, the matter will be heard by the Commission, if time permits. Protests not made in a timely manner may be summarily rejected.
61. The 10 Point Must System will be the standard system of scoring a bout.
 - a. Under the 10 Point Must Scoring System, 10 points must be awarded to the winner of the round.
 - b. The fighter who has lost the round may be awarded 9, 8, or 7 points.

- c. If the round is determined to be an even round, a score of 10/10 may be awarded.
- d. Partial or incomplete rounds will be scored. If no significant action has occurred, the round shall be scored as an even round. This is at the discretion of the judges.

62. Scoring Criteria: Bouts will be evaluated using the following prioritized criteria;

- 1. Number of Knockdowns.**
- 2. Cumulative effective Impact on the Opponent.**
- 3. Number of Clean Scoring Strikes**
- 4. Ring Generalship or Aggressiveness**

63. The following objective scoring criteria will be utilized by the judges when scoring a round;

- 10-10** A round can be scored as a **10-10** only in the rare instance when both opponents appear to be fighting evenly and neither fighter shows any discernable dominance in the round;
- 10-9** A round is to be scored as a **10-9** when a fighter wins a competitive round by a close margin, with objectively superior striking;
- 10-8** A round is to be scored as a **10-8** when a fighter wins a competitive round by a large margin, with objectively superior striking and typically one knockdown;
- 10-7** A round is scored as a 10-7 only when a fighter overwhelmingly dominates the entire round, typically achieving multiple knockdowns.

64. In the event of a knockdown the referee shall send the standing fighter to a neutral corner and administer a Mandatory Eight (8) Count to the downed fighter.

A knockdown is defined as when a fighter touches the mat with anything other than the soles of their feet as the result of a legal, damaging strike – or is in a defenseless position grabbing the opponent, or hanging on or over the ropes. The referee will have sole discretion in determining a knockdown versus a slip.

If a fighter goes down from what the referee indicates is a “slip” but fails to rise after the referee’s repeated commands, the referee will initiate a count, and follow the procedures of a knockdown. If the fighter does not rise at the count of 10, it will be considered a TKO.

If a fighter injures him/herself and then fails to intelligently defend him/herself by turning their back on the opponent, the referee may, in the proper exercise of their discretion, either treat the injury the same as one produced by a fair blow from the opponent and follow the procedures for a knockdown, or terminate the bout and declare the opponent winner by TKO.

65. The Three (3) Knockdown Rule is in effect only where a fighter has been knocked down 3 times in the same round by strikes/kicks to the head. In this event, this fighter shall be determined to have lost the bout by **TECHNICAL KNOCKOUT**.

66. There is **NO** Standing Eight (8) Count.

67. A fighter who has been knocked down **CANNOT** be saved by the bell in any round, including the final round.

68. All fighters are required to wear a mouth guard during any contest. No round can begin without the mouth guards in place. If any mouth guard becomes dislodged during the contest, the referee shall call time and have the mouth guard rinsed and put back in the fighter’s mouth at the first opportune moment, without interfering with the action. The referee may deduct points if he/she feels the mouth guard is being intentionally dislodged.

69. A fighter shall receive a 20 second count if the fighter is knocked out of the ring and onto the floor. The fighter shall **NOT** be assisted by anyone, including spectators or his seconds. If the fighter is assisted, he may be deducted points, or disqualified, at the sole discretion of the referee. If the fighter falls or is thrown from the ring the referee shall “stop time”, allow the fighter to return, seek the council of the ringside physician and/or penalize the other fighter if there was a fouling action, where appropriate.

FOULS

70. The following acts constitute fouls in a kickboxing bout and may result in penalties, at the discretion of the referee, if committed::
- A. Head butts.
 - B. Groin strikes.
 - C. Thrusting or Linear kicks directed at the knee joint
 - D. Striking the back of the head or the spine – defined as striking any of the area beginning at the back of the head starting at the crown of the head and running directly down the center of the head, spreading from ear to ear in the back of the head, running down the entire rear portion of the neck, and beginning again at the occipital junction and stopping at the top of the trapezius, and again from the trapezius muscle down the spine to the tailbone
 - E. Attacks to the throat.
 - F. Striking a downed fighter (a fighter is considered “down” whenever they have any part of their body other than the soles of their feet touching the canvas).
 - G. Failure to obey the referee’s commands.
 - H. Striking on a break.
 - I. Striking after a bell.
 - J. Holding or using the ropes or cage while striking or clinching.
 - K. Timidity: Repeatedly, intentionally avoiding engagement or contact with the opponent.
 - L. Use of abusive language and/or gestures.
 - M. Causing intentional delays in the action: For example, repeatedly spitting out the mouth piece, falling out of the ring to cause delay.
 - N. Thumbing
 - O. Holding the opponent’s leg without executing a legal strike or while executing more than one striking technique. (A fighter may grab the opponent’s kicking leg and immediately execute one legal strike while taking one step, and then they must immediately release the leg.)
 - P. Any effort to down a fighter by a method other than a legal strike or strikes; this includes, but is not limited to joint locks, submission attempts, sweeps, reaps, takedowns and throws.
 - Q. Biting.
 - R. Spiting at the opponent.
 - S. Striking with the elbow, arm, wrist, or other part of the glove that is not the padded part of the glove
 - T. Holding, which is defined as repeatedly grabbing, grasping or tying up an opponent in order to prevent the opponent from striking. Clinching is allowed in order to immediately launch a credible knee attack. If in the referee’s estimation the attack and/or counter knee attack is consistent and effective, he may allow it to continue for

up to five seconds at which point he will separate the fighters. If within the five seconds the knee attack or counter-attack wanes or appears ineffective the referee will immediately separate the fighters.

71. Fouls may result in a point or points being deducted from the offending fighter's score, based on the severity and circumstances of the foul, as determined by the referee.
72. The referee may disqualify a fighter who commits any combination of two or more fouls, or after any single foul which the referee deems to be intentional or flagrant.
73. During a bout, only the referee can assess a foul and determine whether it was accidental or intentional. If the referee does not call a foul, the judges are not permitted to make that assessment on their own. Judges must never factor an uncalled foul into their scoring calculation.

INITIAL PROCEDURE FOR FOULS

74. If the referee determines that a foul has been committed:
 - (1) The referee will call a timeout
 - (2) The referee will direct the offending fighter to a neutral location.
 - (3) The referee will check the fouled fighter's condition and safety.
 - (4) The referee will assess the foul and any penalties (verbal warning, points deduction, disqualification)
 - (5) The referee will notify the offending fighter, the Commission, the seconds, the judges and the scorekeeper of the decision on whether the foul was accidental or intentional and, if applicable, the points deduction or decision.

CONTINUING AFTER A LOW BLOW

75. A fighter who has been struck with a low blow is given up to 5 minutes to recover from the foul, unless the ringside physician determines that the fighter is not fit to continue on in the bout.
76. Following a low blow (unlike with all other fouls) the fouled fighter may determine the length of their own recovery period, up to the 5-minute limit. The referee will only restart the bout when the fighter is able to continue.
77. If the fighter goes over the 5-minute time allotment, the round cannot be restarted and the bout must end.

CONTINUING AFTER ALL OTHER FOULS

78. If a bout is stopped because of a foul (other than a low blow), the referee will assess the fighter's condition and may consult the ringside/cageside physician or ask for a medical examination of the fighter.
79. Stoppage time, including medical examinations, may not exceed 5 minutes. Once the 5-minute limit is exceeded, the round cannot be restarted and the bout must end.
80. Unlike the rule for low blows, the fighter does not have 5 minutes of recovery time to use at their discretion. The fouled fighter must continue the bout when instructed to by the referee.
81. In all cases, the action taken will depend on the fighter's condition, as follows:
 - (1) If the referee and ringside/cageside physician determine that **the fouled fighter is fit to continue**, and the foul did not constitute grounds for disqualification, therefore will restart the fight, as soon as is practical.
 - (2) If the referee and ringside/cageside physician determine that **the fouled fighter is not fit to continue**, the referee will immediately call a halt to the bout and render a decision based on the criteria in the later section on determination of fight outcomes.

PERMISSIBLE STRIKES

82. The following are considered legal techniques for professional bouts:
 - A. All boxing strikes to permissible target areas.
 - B. Spinning backhands/fists to permissible target areas
 - C. Knee strikes to permissible target areas
 - D. All kicking strikes to permissible targets above the belt line
 - E. All kicking Strikes executed with the foot or shin directed to the legs (excluding linear or thrusting kicks directed to the knee joint).

Permissible target areas: a) front and sides of the head; b) front and sides of the torso above the belt; c) entire leg, except the knee joint by thrusting or linear kicks.
83. For Amateur fights, permissible strikes and target areas will be further restricted as follows:
 - a. Knee strikes are only permissible to the front and sides of the torso above the belt line

FIGHT OUTCOMES

84. 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:

- i. If the official determines a contestant shows no will to, or is incapable of resuming the fight due to a legal technique
- ii. If the official determines the contestant can no longer intelligently defend him/herself
- iii. If the contestant does not leave his corner to take part in the fight following the sounding of the bell.
- iv. 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
- v. If the bout is terminated for medical reasons due to injury resulting from a legal technique
- vi. 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:

- i. The referee disqualifies the fighter for any reason including intentional, deliberate, flagrant or repeated fouling.
- ii. 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:

- i. If following the end of all rounds, at least two of the three judges do not pronounce one of the fighters a winner.

- ii. If both fighters go down at the same time and neither can resume the fight within the referee's ten-count.

F. No Decision:

- i. 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 completed the third round of a five round bout, or completed the fourth round of a bout scheduled for more than five rounds.
- ii. If the referee decides both fighters must be disqualified
- iii. Where the commission determines any other determination would result in a miscarriage of justice.

85. 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 referee and/or ringside doctor's opinion the fighter may 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 (5) 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.

86. Injuries Sustained by Intentional Fouls:

- A. If an intentional foul causes an injury, which is severe enough to terminate the bout immediately, the fighter causing the foul shall lose by DISQUALIFICATION.
- B. If the referee determines that a contest may continue despite an injury caused by an intentional foul, the referee shall immediately inform the Commission's representative and the judges and the judges shall deduct the points as determined by the referee and/or the commission's representative

- C. If an injury caused by an intentional foul results in the contest being stopped later in the bout, or in a later round:
 - i. If the injured fighter is ahead on the scorecards, he shall be declared the winner by a **TECHNICAL DECISION**, or
 - ii. If the injured fighter is behind or even on the scorecards, the contest shall be declared a **TECHNICAL DRAW**.

- D. If a fighter injures himself while attempting to foul his opponent, but is able to continue fighting, the referee shall take no action and treat the injury as if produced by a fair blow. If the referee determined the fighter who injured him/herself is unable to continue, that fighter will lose by **TECHNICAL KNOCKOUT/KNOCKOUT**.

87. Injuries Sustained By Unintentional Fouls:

- A. If an unintentional foul causes an injury, which is severe enough to terminate the bout immediately, the contest shall result in a **NO DECISION**, if a bout has not completed the rounds necessary to score a technical decision.

- B. If an unintentional foul causes an injury severe enough to terminate the bout once the bout is considered official, the bout shall be awarded to the fighter ahead on the scorecards, including incomplete rounds, by way of a **TECHNICAL DECISION**.

A bout is considered "official" if completing the second round of a three round bout, or completed the third round of a five round bout, or completed the fourth round of a bout scheduled for more than five rounds.

If the injury from the UNINTENTIONAL foul is not severe enough to immediately stop the bout but later becomes aggravated and causes the bout to be stopped, the bout shall be awarded to the fighter ahead on the scorecards, including incomplete rounds, by way of a TECHNICAL DECISION if the bout has been official. Otherwise the bout will result in a NO DECISION.

- C. If a fighter injures themselves while attempting to intentionally foul their opponent:
 - i. and is able to continue fighting, the referee will not take any action;
 - ii. If the referee feels that a fighter has conducted themselves in an unsportsmanlike manner, the referee may stop the bout and disqualify the fighter
 - iii. If the offending fighter fails to intelligently defend him/herself by turning their back on the opponent, the referee may, in the proper exercise of their discretion, either treat the injury the same as one produced by a fair blow from

the opponent and follow the procedures for a knockdown, or terminate the bout and declare the opponent winner by TKO.

88. No fighter may leave the ring before the end of the bout. Should the fighter fail to resume the bout following the end of the rest period, the referee shall begin counting as though there were a knock-down. At the conclusion of the count, the opponent shall be awarded the bout by way of **TECHNICAL KNOCKOUT**.

GENERAL RULES

89. Fighters must protect themselves at all times during a round, until otherwise instructed by the referee.
90. The referee is the primary arbiter of a bout.
91. Only the referee and ringside physicians are authorized by the Commission to enter the fighting area at any time and/or stop a bout.
92. A competing fighter is not permitted to leave the fighting area during any rest period between rounds of competition.
93. Before a bout begins the referee or Commission will check the bandages, gloves, mouthpieces and protective equipment of the participants and will ensure that no unauthorized substances have been applied to the gloves, bandage, bodies, hair or attire of the fighters.
94. The Commission and the referee have the authority to make decisions on all matters regarding the conduct of a kickboxing bout not specifically addressed in these rules.

SECONDS

95. For the purposes of these rules, the term 'seconds' refers to all corners (including, without limitation, coaches, managers, assistants, trainers).
96. No competing fighter will have more than three seconds during competition, except in a championship bout or a special event, when the Commission may authorize four seconds.
97. Only two of a fighter's assigned seconds are allowed to enter the fighting area during a rest period, unless otherwise approved by the Commission.

98. A second may not coach excessively or disruptively from the corners during a bout and may not simulate sounds which could be confused for the bell, horn, whistle or clacker.
99. Any violation of the rules by a second may be grounds for disqualification of the fighter with whom the second is associated, at the discretion of the referee or the Commission, at any time before, during, or after a bout.

POST-FIGHT

100. Following an event, competing fighters will be given a mandatory medical suspension (period of rest) by the Commission, in consultation with the physician.

DISPUTED PERFORMANCE AND MISCONDUCT

CHANGING A RESULT

101. If a contestant wishes to dispute a contest that they have participated in, they must make a written formal declaration to the commission within 24 hours of the contest. No disputes will be accepted after 24 hours.
102. Upon reviewing the facts of the case, the Commission Hearing Panel may either:
- Rule that the original outcome should remain unchanged; or
 - Modify the official result of the bout, if warranted, subject to the strict limitations in the following sections.
103. The Commission Hearing Panel is only permitted to change the official result of a bout if one of the following occurs:
- The Commission determines that there was collusion affecting the result of the bout;
 - The compilation of the scorecards of the judges discloses an error which shows that an incorrect decision was rendered;
 - As the result of an error in interpreting these rules, the referee has rendered
 - an incorrect decision;
 - The Commission is convinced that an intentional, flagrant foul, committed by a winning fighter, directly determined the outcome of a bout; or
 - A competing fighter is confirmed to have committed a doping violation.

104. Regardless of the circumstances, the Commission Hearing Panel is only permitted to adjust the result of a disputed bout to a no contest. The only exception to this is following a confirmed scorecard counting error, in which case the decision may be adjusted to reflect the accurate result of the scorecards.

OTHER DISPUTES AND MISCONDUCT

105. Pursuant to the Town of Penhold's Combative Sports Bylaw 748/18, the Commission has powers to address the following broad scenarios:
- a. Disputed performance of a fight contestant
 - b. Breach of the Bylaw and contained provisions
 - c. Act of misconduct related to activities controlled by the Commission

Contestants, officials and others hired and/or licensed by the Commission are encouraged to review the referenced bylaw to fully understand these powers, along with associated processes and potential consequences.

EXHIBITION BOUTS

106. Exhibition bouts may only take place with advance approval by majority vote of the Commission.

107. Exhibition bouts will be subject to the same rules as professional or amateur kickboxing contests, unless otherwise approved in advance by majority vote of the Commission.

ADDITIONAL AMATEUR RULES

108. The majority of the differences in rules for amateurs have been captured in appropriate locations throughout this document. In addition, any foul committed in an amateur bout, even if it is determined to be accidental, may result in immediate disqualification at the discretion of the referee.

REVISION HISTORY

Date	Revised by	Changes
October 4, 2018	Rick VH	Second draft for review
October 9, 2018	Rick VH	Rev 0, submitted for approval