

## **Kickboxing “Full Contact” Events Junior and Adult Kickboxing (Male & Female Divisions)**

**It is our desire to offer the Martial Art Athlete an opportunity to compete in Kickboxing “Full Contact” Style of Fighting at this event. All fighters are required to understand and adhere to the following rules listed below to participate. ALL FIGHTS ARE ON MATS.**

### **RULES**

#### **Junior Kickboxing:**

Fighters will be paired following the below weight classes:

- Weight Divisions - are broken down in 10 pound Increments.

Example: 90 lbs. - 100 lbs. / 100 lbs. - 110lbs. / 110 lbs. – 120 lbs. etc.

- Age Groups are two (2) year age differences in all 17 and under age groups.

Example: 12-13 Years Old, 14-15 Years Old, 16-17 Years Old.

#### **Adult Kickboxing:**

Fighters will be paired following the below weight classes:

- Weight Divisions - are broken down in 10 pound Increments.

Example: Adult 120lbs - 130lbs, 131lbs - 140lbs, 141lbs - 150lbs. Etc.

- Age Group 18 & Over

#### **Rounds and Time Limits:**

- Two (2) Minute Rounds for both Junior and Adults with one (1) Minute Break between Rounds.
- Preliminaries and Finals Bouts – After Weight and Age divisions are bracketed the Bouts will start with the Preliminary Rounds. All Preliminary Bouts being (2) Rounds. All Finals Bouts being (3) Rounds.

#### **Scoring Rounds in Preliminary and Finals.**

- All Bouts will be scored by Rounds using the 10 Point Must System. After all Rounds are completed the scores are added up for a Winner.

Example: Winner of the Round will receive 10 Points and Loser will receive 9 Points. In the event the Judge feels that the round was a draw both fighters will receive 10 points. In the case of a Knockdown or Standing 8 Count the score would be 10 – 8 Round. At the conclusion of the fight all scorecards are totaled and the winner is announced. In the event there is a Draw the fighters will fight additional round(s) to decide winner.

- Breakdown of Brackets and Match-ups of Fighters in each Bracket -

We will use a Bracket System to pair fighters with byes being incorporated as necessary. All byes are determined by a blind draw. This is an amateur event.

### **Kick Requirements:**

- Each fighter is required to throw at Least 6 Kicks per Round. 2 Point Deduction will be given if fighter fails to throw required number of kicks. Two (2) Consecutive Rounds without meeting the Kick Requirement will result in Automatic Disqualification.

### **What to Wear-**

- All Kickboxer's must wear Kickboxing Pants or Gi Pants, Belts are Optional.

Shorts are Allowed. Shirts & Gi Tops are Optional Except for Female Fighters required to wear top.

### **Striking Areas and Techniques**

- Juniors and Adults -

All Punches and Kicks must be above the belt.

All Head & Body Kicks and Punches allowed.

Spin Back-fist or Bottom Fist are allowed.

Spin Back-Kicks and Jump Kicks are allowed.

Ankle and Boot to Boot sweeps are allowed only to forward foot as long as it is not a base foot when kicking.

All Front and Side of head and face,

Chest and Sides as well as stomach and kidneys,

Arms and Shoulders Are Allowed.

### **What is Not Allowed -**

No Leg Kicks or Groin Kicks.

No Open hand Techniques or Ridge-hands allowed.

No Punches to back of head.

No Center of back or Spine or Buttocks.

No Shin Sweeps only Boot to Boot front or weak side boot.

No Base leg Boot to Boot Sweeps.

### **Equipment Needed by all Fighters -**

Head Gears (No Face Shields or Face Guards or Chin Guards). Boxing Type, Foam Gear ok.

Mouth-Piece.

Shin Guards.

Foot Pads

Groin Cup and Supporter for all Males.

**Boxing Gloves 12 oz. Gloves will be provided but fighters are encouraged to have their own.**

### **Other Rules and Regulations -**

No Cursing.

Each Fighter is permitted Two (2) Corner-men.

Warnings up to Points deducted will be given or taken for low blows and or disrespect to the referee when breaking or giving warnings.

Low Blows, Back of Head Punches, Turning of the Back or Running etc. can all be given as both warnings or points deducted by Referee. Break when referee says Break at all times and we will always stop time and or the fight when needed to check on the safety of a fighter.  
Three Standing Eight Counts per BOUT will cause Fight to be stopped....

**Doug Yates** will be the Director of the Kickboxing “Full Contact” Fighting for this Tournament Event. [www.dougyateskarate.com](http://www.dougyateskarate.com) (937)-270-9564