

C.O.C. 45 KICKBOXING / MMA RULES

Uniform Code:

Tops: TS uniform t-shirt, Black Ice or TS SaberSkin top

Bottoms: Gi pants or TS Fight Team Competition Shorts, Black & Brown Belts – TSMMA SaberSkin or Board shorts (must have full leg coverage – no bare skin).

Belt: Yes

No shoes allowed. Fingernails and toenails must be cut short. Hair must be neat and short or tied back with a soft tie. Personal cleanliness is mandatory. No lubricants, oils, or lotions of any kind may be applied to the body. Violation of the uniform code may result in disqualification.

Mandatory Protective Equipment:

	Beginner, Intermediate, Advanced	Expert
Head	Any Tigear Headgear	Any Tiger Headgear or Ear Guards
Hands	Tigear Boxing Gloves	Tigear Boxing Gloves or MMA Gloves <i>Optional: Tigear Hand Wraps (no tape or gauze allowed)</i>
Mouth	Tigear Mouth Guard	
Feet	Tigear Shin Guards and Boots or Tigear Foot/Shin Guards	
Chest	Chest Protector - (All female competitors)	
Groin	Tigear Groin Cup - (All male competitors)	

Weigh-In:

A mandatory weigh-in for Kickboxing / MMA divisions will be conducted at ringside before that division begins. At weigh-in, competitors must have on their complete uniform as set forth in the rules. Competitor must not exceed the upper limit of the weight range of the division in which he or she is registered. **EXCEEDING THE WEIGHT LIMIT WILL RESULT IN DISQUALIFICATION.**

The Match:

There are two types of fighting divisions, 1) Kickboxing 2) MMA. All Beginner (White to Hi Blue Belt), Intermediate (Low Yellow to High Green Belt) and Advanced (Low Red to High Brown Belt) divisions are Kickboxing. All Expert (Black Belt) divisions are MMA.

Match times are as follows in the table below:

Match Time (Minutes)					
Age Group	Beginner	Intermediate	Advanced	Expert	Extension Round
Juniors: 8 & under	1	1	1	-	1
Juniors: 9 - 15	2	2	2	3	1
Adults	2	2	2	3	1

Legal Techniques:

1) All kicks, strikes, and knees directed to the body (excluding illegal techniques); 2) Kicks to the legs, including sweeps; and 3) Takedowns. Grabbing is limited to 5 seconds for Beginner, Intermediate and Advanced levels.

For Expert level: striking and kicking to legal areas are permitted while both competitors are on the ground. A competitor is considered "on the ground" when any part of his head, body, knees, hands, or legs touches the mat. (One knee down is considered "on the ground".) When one competitor is standing and the other on the ground, only hand techniques are permitted (no kicking by either competitor). When both competitors are on the ground, the following are allowed: all legal hand techniques, kicks, and knees to all legal areas except face, knees, neck, and head are permitted. When both competitors are on the ground, there will be a maximum of one minute to work on a submission hold. Submission holds include joint locks and chokes. If no progress or movement is noted within the one minute, it will be considered a stalemate, and competitors will be returned to the center of the ring in a standing position.

Illegal Techniques:

1) Kicks to the head 2) Any hand, elbow, arm, or head strikes to the face, neck, or head; No elbow strikes to the body 3) Any kick from the standing position to the opponent's face, neck or head when he is down; 4) Any strikes or kicks to the throat, back (spine), groin, or front of the knee; 5) Biting, eye gouging, hair pulling, fish hooking; 6) Uncontrolled kicks to the head or face. 7) Body slamming. If a competitor picks an opponent up off the ground, he/she must return the opponent safely to the ground. 8) Holding for more than 5 seconds (Beginner, Intermediate & Advanced level only). Depending on the severity of the illegal technique, the head referee may give a warning, deduct a point, or disqualify the competitor.

Out of Bounds:

One competitor having both feet out of the circle constitutes out of bounds. For Advanced level, while grappling, one competitor having both feet or his/her head out of the circle constitutes out of bounds. Both competitors will then be returned to the center of the ring and will start again in a standing position.

Criteria for Decision:

Decisions of the judges are final. They will be based on the following:

Counted for the competitor: 1) Legal techniques delivered with proper technique, speed, power, and timing to legal vulnerable areas; 2) All takedowns and sweeps if: A) it is cleanly executed; and B) the executing competitor stays on his/her feet. It will count more heavily in the competitor's favor if takedowns and sweeps are followed up immediately with a non-contact, focused finishing technique. Expert level competitors should either deliver a non-contact, focused finishing technique while still on their feet, or continue the fight on the ground, gaining and keeping control.

Counted against the competitor: 1) Illegal techniques; 2) Running out of bounds; 3) Pushing or shoving your opponent out of bounds with your hands or any part of your body.

Sportsmanship:

The decision of the judges is final. Any competitor acting in an unsportsmanlike or disrespectful manner will be automatically disqualified. Coaching the competitor is not allowed. Coaching will result in a deduction of points or disqualification of the competitor. **Stopping the match:** 1) If a competitor is unable to continue for any reason, the referee will stop and give him/her 5 seconds to recover. If the competitor cannot recover after 5 seconds, the match will be stopped; 2) The match can be stopped early by any competitor who chooses not to continue. If on the ground, a competitor must signify that they wish to stop by tapping twice on their opponent's body; 3) The match can be stopped at any time the head referee decides a competitor should not continue. Note: In the above-mentioned three cases, the win will be awarded to the remaining competitor, provided the fight was not stopped due to an illegal technique.

Automatic Disqualification:

1) Failure to make weight; 2) Disrespectful behavior; 3) Violation of protective equipment rules; 4) Use of intentional illegal techniques; and 5) Obvious disregard for the rules.