

C.O.C. 48 KICKBOXING RULES

Uniform Code:

Tops: Any **TSMA Approved** uniform shirt
 Bottoms: Any **TSMA Approved** uniform pants or TSMA Fight Team Competition Shorts .
 Belt: Not required

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
Head	Any Tigear Headgear
Hands	Tigear Boxing Gloves: 8yr & under: min. 6oz 9-12yr.: min. 10oz Adults Under 150lb: 14oz Adults 150lb & Over: 16oz
Mouth	Mouth Guard
Feet	Tigear Shin Guards and Boots or Tigear Foot/Shin Guards
Chest	Tigear Chest Protector - (All female competitors)
Groin	Groin Cup - (All male competitors)

Weigh-In:

A mandatory weigh-in for Kickboxing 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:

Kickboxing: All Beginner (White through Hi Blue Belt), Intermediate (Low Yellow through High Green Belt) and Advanced (Low Red through Black Belt) divisions.

Match Time (Minutes)				
Age Group	Beginner	Intermediate	Advanced	Extension Round
Juniors: 8 & under	1	1	1	1
Juniors: 9 - 17	2	2	2	1
Adults	2	2	2	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 all divisions.

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 to the opponent's face, neck or head 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) Body slamming. If a competitor picks an opponent up off the ground, he/she must return the opponent safely to the ground. 7) 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. 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.

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.