



BERMUDA SANSHOU ASSOCIATION

TITLE: BERMUDA FIGHTFEST KICKBOXING RULES

Sanctioned by: Bermuda Kungfu Wushu Association

Officials: Chief Referee, Center Referee and Side Judges.

Athletes: 18-35 yrs. (16 yrs. w/written permission from a parent or guarding) must be in excellent health and good condition, free of previous and disqualifying injuries, free of life threatening and transmittable diseases. All athletes must have proof of medical insurance and sign the Tournament Director/Promoter's waiver form.

Matches: Three 2-minute rounds w/1-minute rest periods.

Scoring and techniques that score: Side Judges or the Chief Referee will score each round and identify the winner **using the 10-MUST System**. Side Judges will score each round and identify the winner at the end of the three rounds. The Chief Referee will declare winner of the match. Judges will not score for punches traded for punches and kicks traded for kicks. **Judges will consider the following weighted techniques in determining winner of the rounds:**

1. Two points will be awarded for a kick to the trunk or the head.
2. One point will be awarded for a punch to the trunk or the head, a kick to the leg **and a knee to the trunk or thigh**.
3. Three points can be awarded for a single-powerful technique that sends an opponent to the floor or a clever technique that has the same results – **Center Referee will so indicate**.
4. One point will be awarded for knee techniques to the thigh or the trunk.
5. One point will be awarded for a sweep leaving the attacker standing – **Center Referee will so indicate**.
6. Two standing 8-counts in a round results in loss of the round – **Center Referee identifies 8-count and 10-count rules**.
7. Three 8-counts in a match results in loss of the match.
8. Where an athlete is over-matched by his opponent in power or skill/technique, the Chief Referee may declare Absolute Victory.
9. 3-WARNINGS results in loss of the round and a round or a match can not be won as a result of a foul. **If a foul committed results in an Athlete having to withdraw from the match and the foul is determined to have been unintentional, the match will be declared no-contest. Repeated CAUTIONS (6) will result in loss of the round.**



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Legal Techniques: All kicks and punches, not directed at the spine, the groin, the knee joint and the throat; are legal techniques, as are sweeps. **Knee strikes may be directed to the thigh and the trunk only.**

Illegal Techniques: Continuing to attack when the referee calls STOP, kicks or knees to the groin, and knees strikes to the head.

Time Limit for Athlete holding is 3-seconds for non-activity and 5-seconds if legal knee strikes are attempted.

Etiquette/proper tradition: Corner men will coach his/her athlete only between rounds. Prior to the start of round -1, athletes will be called to the center of the ring for introduction by the ring announcer. Athletes will enter one at a time. The Center Referee will check the Athletes for proper equipment and direct the Athletes to bow and set. Athletes will enter from their corners for subsequent rounds. An Athlete not properly equipped for the match may receive a CAUTION.

Important information for Athletes and Coaches:

1. Athletes must make the weigh-in times.
2. Athletes must arrive at the ring when called.
3. Athletes shall enter the ring area when motioned in by the Center referee; RED Athlete to his left BLUE Athlete to his right.
4. When asked, show mouth piece prior to each round.
5. STOP and break when told.
6. Athletes should be active; passive athletes will be CAUTIONED / WARNED to engage.
7. Athletes being counted will hold gloves up and answer the Center Referee if you wish to continue.
8. An Athlete will go to a neutral corner when directed.
9. Athletes will not ask for advice from their Coach/equipment person except during rest periods.
10. Athletes will use only legal techniques and refrain from causing serious injury to your opponent.
11. Clean techniques and techniques that are considered clever are your best scoring choices.

Mandatory equipment: 10 ounce gloves and head gear will be provided by the organizers.

1. Mouth piece
2. Head gear (light-contact equipment not allowed)
3. Gloves (light-contact equipment not allowed) 10oz
4. Groin cup



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5. Kickboxing shorts

Optional equipment:

1. Shin pads
2. Chest protector