



BERMUDA SANSHOU ASSOCIATION

TITLE: FIGHT FEST II KICKBOXING RULES

Sanctioned by: Bermuda Sanshou Association

Officials: Center Referee and Side Judges

Athletes: 18-35 yrs. (16 yrs. w/written permission from a parent or guardian) 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: Bouts are three 2-minute rounds w/1-minute rest periods.

Scoring and techniques that score: Side Judges 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 Center 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. One point will be awarded for a punch to the trunk or the head.
2. One point will be awarded to a kick to the inside or outside of the thigh.
3. One point will be awarded for knee techniques to the thigh or the trunk.
4. One point will be awarded for a sweep leaving the attacker standing – **Center Referee will so indicate.**
5. Two points will be awarded for a kick to the trunk or the head
6. Two standing 8-counts in a round will result 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 Center Referee may declare Absolute Victory.
9. 3-WARNINGS results in loss of the round. **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.**
10. In addition to all of the scoring techniques, side judges will also take into consideration aggression, dominance, ring control and defense.

Legal Techniques: All kicks and punches not directed at the spine, the groin, the knee, 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, knee strikes to the head.



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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.

Weight Divisions

<u>Kilograms</u>	<u>Pounds</u>
<48 kg	<105.6 lbs
<52 kg	<114.4 lbs
<56 kg	<123.2 lbs
<60 kg	<132 lbs
<65 kg	<143 lbs
<70 kg	<154 lbs
<75 kg	<165 lbs
<80 kg	<176 lbs
<85 kg	<187 lbs
<90 kg	<198 lbs
+90 kg	+198 lbs

*** Athletes and coaches will be notified if there is a change in weight class due to lack of entrants.

Important information for Athletes and Coaches:

1. Athletes must make the weigh-in times and the required weight.
2. Failure to make the required weight will result in penalty points. Every pound over the required weight will result in a one point deduction. For example, if an athlete has signed



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- up to fight in the <132lbs lbs division and they weigh in at 132.2 lbs, they will lose one point (will round up to the nearest pound).
3. Athletes must arrive at the ring when called.
 4. Athletes shall enter the ring area when motioned in by the Center referee; RED Athlete to his left BLUE Athlete to his right.
 5. When asked, show mouth piece prior to each round.
 6. STOP and break when told.
 7. Athletes should be active; passive athletes will be CAUTIONED / WARNED to engage.
 8. Athletes being counted will hold gloves up and answer the Center Referee if you wish to continue.
 9. An Athlete will go to a neutral corner when directed.
 10. Athletes will not ask for advice from their coach/corner-man except during rest periods.
 11. Athletes will use only legal techniques and refrain from causing serious injury to your opponent.
 12. 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
5. Sleeveless fighting jersey
6. Muay Thai or Kung Fu boxing shorts