



PRO KUMITE

CAGE KICK BOXING RULES

ROUNDS

Rounds will be 3 x 3 minutes duration with a 1 minute rest period between rounds, if a draw is the result after those 3 rounds, a further deciding round of 3 minutes will be contested. Subject to the ring Doctor giving consent that the contestant is fit to continue. The ring doctor will inspect the fighter and stop the match if the fighter is deemed unable to continue safely, rendering the opponent the winner by TKO (Technical Knockout). The Doctor's word is final.

JUDGING CRITERIA

Scoring is done by three Judges based on a ten point system, (The winner of each round receives ten points, and the loser receives nine or less).

ATTIRE

Male Competitors are expected to wear fight approved kickboxing shorts or kickboxing trousers (silk/satin type only with NO belt). No Rash guards, t-shirts, Gi's or Gi pants. Female Competitors are expected to wear fight approved kickboxing shorts or kickboxing trousers (silk/satin type only with NO belt). Females ONLY may wear a Short Sleeved Rash Guard or suitable fight approved Sports Top. No t-shirts, Gi's or Gi pants.

All Competitors:

No footwear of any type may be worn. No foot/shin/knee/elbow pads to be worn, although ankle and knee supports are allowed subject to approval.

Muay Thai fighters are very welcome to enter the cage in traditional costume, but they are to make sure all non fight equipment i.e. Mongkon (headwear) or Prajed (armbands) are removed prior to fighting or they will incur a warning.

EQUIPMENT

Mandatory equipment that every fighter **Must Have** with them is their Mouth guard/Gum Shield, and a Groin Guard. Failure to have either of these items will result in you losing the fight via forfeit. We also advise that your Corner men have with them a Bottle of Water, a Small Bucket or Bowl, a White Hand Towel, a Pair of Scissors, Cotton Buds and some Vaseline. Although these are not a Pro Kumite requirement, they all do an essential job and often make things run a lot smoother. All equipment is to be cleared from the ring before the start of the next round.



FIGHT GLOVES

Boxing Competition Standard Gloves of 10oz weight will be used, and should be supplied by the individual competitor, please note you are responsible for your own gloves. Kickboxing Mitts will NOT be allowed. All gloves will need to be approved by the promoters before the fight. Any abuse of this rule will result in disqualification.

You may use SOFT hand wraps only, any abuse of this rule and you will be disqualified. The Promoters word is final.

PROTOCOL

Any one competitor may have a maximum of 2 corner men to assist him/her in their fight, the corner men must not move around the Cage during the fight, they must stay at a low level at their designated corner until the bell rings for the end of the round or for the end of the fight at which time they can attend to their fighter. Any infringement of this may result in a fighter warning.

WAYS TO WIN

Knockout (KO): as soon as a fighter is safely unable to continue, his opponent is declared the winner. The fight is stopped to prevent further injury to the fighter.

3 Knockdown Rule: If either fighter is knocked down 3 times during the same round due to a punch or a kick, then that is deemed a **Knockdown** and that fighter will receive a standing 8 count. If that same fighter gets knocked down a further 2 times in the same round, the referee will end the fight and the opponent awarded the win. Knockdown's do not carry over to the next round, and both fighters will start the round with no knockdown's against them. The referee's word is final.

Technical Knockout (TKO):

REFEREE STOPPAGE: the referee may stop a match in progress if:

A fighter becomes dominant to the point where the opponent is unable to intelligently defend himself from attacks, which may occur as quickly as a few seconds;

A fighter appears to have sustained an injury which the Referee or Doctor deem to be sufficient to stop the fight with the safety of the fighter paramount.

DOCTOR STOPPAGE: the referee will call for a time out if a fighter's ability to continue is in question as a result of apparent injuries, such as a large cut. The ring doctor will inspect the fighter and stop the match if the fighter is deemed unable to continue safely, rendering the opponent the winner. However, if the match is stopped as a result of an injury from illegal actions by the opponent, either a disqualification or no contest will be issued instead. In order to avoid doctor stoppages, fighters employ Cut men, whose job is to treat cuts and hematomas between rounds to prevent them from becoming significant enough to cause a doctor stoppage. The doctor will maintain constant vigil throughout the fight.



CORNER STOPPAGE: a fighter's corner men may announce defeat on the fighter's behalf by throwing in the towel during the match in progress or between rounds.

DECISION: if the match goes the distance, then the outcome of the bout is determined by three judges. The judging criteria are organization-specific.

FORFEIT: a fighter or his representative may forfeit a match prior to the beginning of the match, thereby losing the match. The fighter or his representative must have a plausible reason for the forfeit, failure to ensure this may leave the fighter incurring costs. A forfeit due to fighter or representative incompetence may lead to loss of part or all of the fighter's purse by way of compensation.

DISQUALIFICATION: a "warning" will be given when a fighter commits a foul or illegal action or does not follow the referee's instruction. Three warnings will result in a disqualification. Moreover, if a fighter is injured and unable to continue due to a deliberate illegal technique from his opponent, the opponent will be disqualified.

NO CONTEST: in the event that both fighters commit a violation of the rules, or a fighter is unable to continue due to an injury from an accidental illegal technique, the match will be declared a "No Contest".

FOULS

The following are all illegal and will be punishable as the referee sees fit, the referee's word is final.

Using the head or elbow to deliver a blow

Attacking the opponent in the groin

Delivering wrestling or judo throwing or submission techniques

Thumbing, choking or biting the opponent

Punching the opponent in the throat

Attacking the opponent while he is down or in the process of getting up

Attacking the opponent after the referee calls a break

Attacking the back of the head with a punch

Attacking an opponent who turns his back to you, (if a contestant continues to show his back in order to break down an attack from his opponent then he will be penalized by the referee accordingly)

Charging inside the opponent's arms with the head held low (inducing a head-butt)

Fighting in a passive manner (without attacking), including continuous holding and clinching

More than one attack while holding the opponent's kicking leg or while holding the opponent's neck with both hands

Disregarding the instructions of the referee

Unsportsmanlike conduct

Throwing in the towel by the corner will result in a Forfeit of the match