



AMATEUR MODIFIED KICKBOXING **[FULL CONTACT] RULES**

AMATEUR & PROFESSIONAL STATUS & RULE DIFFERENCES

Amateurs are not allowed to be paid a Fighter's Purse or win Money in an Amateur FULL CONTACT Bout. "Amateur" means an individual who has never participated in a boxing, martial arts, or professional wrestling event for money, compensation, or reward other than a suitably inscribed memento.

AUTHORITY

United Combat Arts, LLC, hereinafter, referred to as (UCA), is exclusively established for amateur athletes seeking to advance their skills in competitive unarmed combative martial arts. Unless specifically exempted by law, these rules are mandated and must be adhered to for all UCA Amateur events. To obtain a UCA Amateur sanction, a properly signed sanction agreement must be submitted, which becomes a binding contract when signed by the promoter and the executive director of UCA. Promoters and all UCA officials shall acquaint themselves with all applicable rules, regulations of UCA as well as the State governing authority. All events to be sanctioned will be forwarded to the appropriate state authority for pre notification and post reporting purposes. Any questions and interpretations should be referred to the event inspector or inspector on site. The authority of the State and UCA event officials shall be respected. No one shall interfere with the event inspector's duties; use foul language or threats of physical harm. Upon request free admission and or tickets must be provided to the appropriate State authority which allows total access to the competitors, officials and dressing area without restraint. All officials, administrative personnel, and participants of UCA must be available to appear before any State authority as requested to truthfully answer any appropriate inquiry which such personnel may have knowledge of including complaints, protests, intervention or suspensions which if deemed necessary or requested will be shared with such appropriate State authority. All UCA applications and applicable state or governing licenses and agreements must be issued as approved prior to any official publicity or announcements for the event are released. Upon a signed sanctioning agreement being approved the promoter is required to advertise that the event is sanctioned by UCA using the UCA logo on all electronic or printed materials, media releases, and advertising.

This office may refuse to issue any permit to sanction, or individual license because of unavailability of a inspector/liaison/registrar, due to location of the event being inadequate or unsafe, or for any other reason considered by UCA as not to be in the best interests of the public, individual, contestants, promoter, or officials of the sport.



GENERAL PROVISIONS

1. DEFINITIONS

Amateur: "Amateur" means an individual who has never participated in a boxing, martial arts, or professional wrestling event for money, compensation, or reward other than a suitably inscribed memento.

Division: The State Regulatory Department of Professional and Occupational Regulation or State Athletic Commission.

Physician: A person licensed by the Virginia Board of Medicine as a Physician.

2. REGULATORY COMPLIANCE PROCEDURES:

- A. Notify the regulatory authority of scheduled events, at least 30 days prior to each event, or immediately upon change or cancellation; ensure compliance with regulatory requirements.
- B. Unless an engagement is specifically exempted by law (§ 54.1-830), the regulations and requirements found in Section 3 through Section 17 of the UCA Policies and Procedures will be enforced at all events.
- C. The Director of Records will ensure that the required forms and fees due are paid to the Department of Regulation within 24 hours following each event.
- D. At least 30 days before the date of any kick boxing or similar contest in the Commonwealth, the licensed promoter desiring to conduct the event shall deliver an application for a license to conduct a kick boxing event or similar contest to the department or its contractor. The application shall be on forms provided by the department and shall include:
 - a. The card of the contest to be exhibited, including the name of each contestant and the number of rounds each is scheduled to compete. The promoter may modify the card at any time up to the day of the event by providing the required documents for the additions to and the notice of the deletions from the card that accompanied the application.
 - b. Verification of all scheduled contestants' fight records and location of the contestants last five fights.
 - c. The date, location, and time of the event for which a license is sought. The department will consider the size and configuration of the location and may deny approval of the event license for safety reasons.



- d. Evidence that all contestants scheduled to compete are covered by a health insurance policy that covers expenses for injuries incurred during the event and has a minimum coverage of \$50,000 and an accidental death insurance benefit coverage in the minimum amount of \$50,000.
 - e. Evidence of a surety bond filed with the department or its contractor conditioned on the payment of gate fees and penalties imposed by Chapter 8.1 (§ 54.1-828 et seq.) of Title 54.1 of the Code of Virginia and on the fulfillment of the contracts made with the contestants. The bond shall be in form and substance satisfactory to the department and in an amount equal to the sum of (i) the total gate fee required by this chapter and § 54.1-833 A of the Code of Virginia if all seats were to be sold and (ii) the total amount due to all contestants for their appearance in the event. The bond shall not exceed \$100,000 and shall be executed by a surety authorized to do business in the Commonwealth.
 - f. Acknowledgment that the promoter will provide a copy of the contract between the promoter and each of the contestants licensed at weigh-in.
 - g. A copy of each contract by the promoter for the sale of the rights to distribute in any manner such event by any video, telephonic, or other communication method involving the control of electrons or other charge carriers.
 - h. A statement that the applicant has read and understands this chapter and will conduct the event in full compliance with same.
- E. Verification of status as a charity event as defined in this chapter.
- F. In no case shall the applicant for an event license announce or advertise, either directly or indirectly, the event to the public until the department has approved the application and issued the event license.

3. Promoter to Provide Copy of Contract with Contestants at Weigh-In; Penalty for Noncompliance; Contents of Contract.

- A. The promoter shall provide a copy of his contract with each contestant scheduled to compete in the event to the event inspector at the time of the weigh-in.
- B. Failure to provide a copy of the contract for a contestant at the weigh-in shall result in the contestant's disqualification to compete in the event.
- C. Each contract shall contain the name of the promoter, the name of the contestant, the date, time and location of the event, weigh-in, and prefight physical.



4. PUBLIC SAFETY

Maintenance of public safety standards must be maintained by promoters for all contests.

Spectator seats shall be at least 8 feet from the performance area or platform. A physical barrier, if deemed necessary by UCA, shall be placed at a designated 8 feet from the performance area or platform and shall have at least 2 entrances. Security shall be placed at each of these entrances. The space immediately within 8 feet of the performance area or platform shall be under the jurisdiction of UCA or the promoter for use by designated working officials, contestants, their seconds, timekeepers, judges, Referees, physicians, announcers, and medical inspectors. Promoters are responsible for seeing that the working area is controlled and free of non-essential personnel.

5. APPEARANCE FORFEITS

In the event the athlete fails to appear; the athlete will be suspended and considered for revocation of registration for cause.

6. CONTESTANTS MUST REPORT

Contestants must report to the UCA Inspector, at the time specified by the event producer and UCA Inspector.

7. AGE REQUIREMENT FOR CONTESTANTS

No one under 18 will be allowed to compete in FULL CONTACT contests.

8. REGISTRATION

All competitors must obtain a physical from a certified MD/physician, issued within 180 days prior to event, and become a registered member of UCA. All officials wishing to participate in a UCA event are required to register and pay for their own annual membership. The registration must be completed fully with all information required or it will not be accepted. Registered competitor's Immediate Medical Emergency Information and Competitive History Record shall be tracked and maintained, as long as the competitor remains actively registered. If at any time there are changes of the health of an individual that would alter immediate medical treatment to that individual, their competitor's registration information must be updated immediately. Each applicant for registration shall complete an official application and Medical Evaluation Form, available from the Event Registrar of UCA or the event inspectors on site. The office will not process any application for a license that does not contain the proper fees and all information required. All licenses expire 12 months to the day of your initial registration.



Every individual participating in an event in must be a registered member of UCA including the competitors and seconds. The following fee schedule is in effect for all annual registrations fees:

All Amateur Competitors – **\$25.00** each | Corners (Seconds) - **\$15.00** each.

9. APPROVAL OF MATCHES AND CONTESTANTS

- A. ALL FULL CONTACT contestants' status must be verified on the official record keeper designated by the Association of Boxing Commissions (ABC) (prior to competing), Mixed Martial Arts Stats or other record keeper designated by the Division.
- B. ALL contestants' records must be comparable for even matchmaking.

10. BOUTS AND CONTESTS

- A. The contest shall commence no later than 30 minutes after the start time stated on the contest permit.
- B. During a bout or contest, contestants shall only be permitted to drink water. No other fluids shall be permitted.
- C. No contest shall be scheduled, and no contestants shall engage in a bout between the opposite sexes.
- D. There shall be no bouts with more than 2 contestants competing in the same bout.
- E. **THROWING WATER PROHIBITED.** Any excessive or undue spraying or throwing of water on any athlete between rounds is prohibited. A wet sponge may be used between rounds to refresh the contestants;
- A. **GONG, AIR HORN, OR BELL.** There will be a gong, air horn or bell at the ring no higher than the floor level of the ring. The bell, Air horn or gong will be clear in tone so that the contestants may easily hear it when it is sounded.
- B. **THE REFEREE/ AND OR PHYSICIAN SHALL HAVE THE POWER TO STOP THE CONTEST.** The Referee and or the physician at ringside shall have the power to stop a contest at any stage during the bout if he considers it to be one-sided or if either contestant is in such condition that to continue might subject him to serious injury and in either case the Referee shall have the power to render a decision. Should both contestants be in such condition that to continue might subject them to serious injury; the Referee will declare the match a technical draw. In cases where a contestant receives a cut eye from a fair blow or any accidental foul, or any other injury which the Referee believes may incapacitate the contestant, the Referee may call into the ring the attending physician for examination of the contestant before he decides to stop the contest. Time will be called during the examination. The ringside physician may at any time notify the Referee to stop the contest if the physician believes that to continue would incapacitate a contestant.



The ringside physician cannot attend to an injured athlete during the course of a fight, but can only render a professional opinion as to whether or not an injured athlete can resume the contest. The Chief Event Physician/doctor shall always climb the ring stairs and meet any fighter who was stopped due to blows. If a fighter is called out by the bout Referee and remains down, the Chief Event Physician/ doctor shall ALWAYS ENTER the ring and see directly to the downed fighter for medical reasons.

- C. Under no circumstances are the fighter's seconds permitted to enter the ring, or attend to an athlete in any manner whatsoever, during the course of a round.

11. DISCIPLINARY ACTION

A. ADMINISTRATION OR USE OF DRUGS. The administration or use of drugs, alcohol, or stimulants, or injections in any part of the body, either before or during a match, to or by any athlete is prohibited. Any contestant or Referee violating this rule will be subject to disciplinary action.

B. ANTI COAGULANT. The use any anti coagulant or any similar drug or compound for the stopping of hemorrhage in the ring is prohibited. Only such preparations as are approved applicable state regulation may be used to stop hemorrhage in the ring.

C. ORDERLY CONDUCT. All registered UCA athletes and other personnel must conduct themselves in a professional manner at all times, both in and out of the ring, and will be held accountable for their actions at all times.

12. PHYSICIANS AND PARAMEDICS

- A. CONTINUOUS PRESENCE OF MEDICAL AND AMBULANCE.** At least one licensed physician, ambulance and a EMT or paramedic crew, must be in attendance at all UCA sanctioned events and must not leave the event until the last competitor has been checked and left the event venue.
- B. PHYSICIANS.** There shall ALWAYS be 1 "PHYSICIAN /DOCTOR at ringside. If the ring Physician is forced to attend to a fighter who was just injured in a bout, whether at ringside or in the locker room, NO BOUTS may take place until the Physician is back at ringside. No bout will be allowed to proceed unless the Physician is in his seat and Paramedics are readily accessible to the ring during the bout. The Physician shall not leave the event facility until every athletes has had a final check and exited the event facility. He shall be prepared to assist if any serious emergency arises and will render temporary or emergency treatments for cuts or minor injuries sustained by the contestants.
- C.** The Physician/ Doctors shall not leave the arena until after the decision in the final bout and all contestants have had a final medical assessment upon exiting the ring and cleared to leave the event



facility. The Physician is required to give a pre-fight examination to each contestant and document the contestants' physical condition as acceptable to compete in such a sport.

- D. All weigh-ins and medical examinations must be signed-off on by the inspector and must take place prior to engaging in a contest. All contestants must submit to a weigh-in and a physical examination by the Physician at the time and place approved by UCA.
- E. Referees shall also be given physical examinations immediately before officiating at any match.

13. PREFIGHT REQUIREMENTS

- A. **FIGHTER HISTORY:** All contestants must submit to UCA a statement from a licensed physician, issued within 180 days prior to event, certifying that the applicant is in good physical health. Fighters must also complete an onsite pre fight medical and background application which can be found at all times during the match, all fighters must adhere to the decisions and recommendations of the physician.
- B. **EXAMINATION ALL CONTESTANTS:** Any athlete applying for eligibility to compete in a UCA contest must be medically fit to compete in a contact sport and be examined by a licensed physician in good standing with the State in which the event takes place for the purpose of establishing physical fitness for competition. Any competitor, trainer or corner man shall be held personally responsible and liable for potential disciplinary action up to and including permanently being banned from all combat sports, if a licensee applicant has personal knowledge that a competitor has suffered a serious injury during training and failed or refused to inform the event inspector and examining Physician at the medical pre-fight physical about that injury.
- C. **MEDICAL TEST REQUIREMENTS.** Each contestant must provide a negative test for the following prior to an event or contest: (1) Antibodies to the human immunodeficiency virus; (2) Hepatitis B surface antigen (HBsAg); and (3) Antibodies of virus hepatitis C. Such tests shall be conducted within the 180 days preceding the event. A contestant who fails to provide the required negative test results shall not be permitted to compete in the event or contest.
- D. **FEMALE CONTESTANTS** - Each female contestant shall take a pregnancy test in the presence of a female inspector or provide the ringside physician with a negative pregnancy test result taken not more than 24 hours prior to the event.
- E. **REPORT OF INJURY.** All Promoters and UCA inspectors will be held accountable for necessary injury reports which must be signed by the Referee and attending physicians. Reports must be filed in all cases in which the contestants have been injured during a bout or have applied for medical aid after a contest. In the event that a contestant who has suffered a knockout or any other severe injuries whether or not connected with Combat sports, and has on such account been treated by his personal physician or has been hospitalized, he and his manager must promptly submit to UCA a full report from such physician or hospital.



- F. **FIGHTERS RULES MEETING:** All fighters are required to attend the pre-fight rules meeting held the day of all bouts/events. Such meeting will be conducted by the Referee and/or event inspector.
- G. All fighters are required to act with proper sportsmanship at all times, and to obey the UCA rules at all times.

14. SAFETY REQUIREMENTS AND PHYSICAL APPEARANCE OF CONTESTANTS

- A. **CONTESTANTS' APPEARANCE:** Hair shall be trimmed or tied back in such a manner as not to interfere with the vision of either contestant or cover any part of a contestant's face. (This includes both male and female contestants)
- B. The excessive use of grease, Vaseline or any foreign substance is not permitted. Referees or the UCA Inspector in charge shall cause to be removed any such excessive grease or foreign substance.
- C. No cosmetics shall be worn during a bout. Jewelry or piercing accessories are prohibited.
- D. The use of Ben Gay, Icy Hot, and other such sports creams are prohibited.

15. EQUIPMENT TO BE PROVIDED BY SECONDS.

Each second shall provide the following equipment for use at the event:

1. A solution approved by the Association of Boxing Commissions to stop hemorrhaging;
2. Scissors; and
3. One extra mouthpiece.

16. EQUIPMENT TO BE PROVIDED BY PROMOTERS.

The promoter shall assure that each event shall have the following:

- A. A fighting ring that will be in the shape of a square, a hexagon, or an octagon. A square ring shall not be less than 18 feet square inside the ropes and shall not exceed 20 feet square inside the ropes. A hexagon or octagon ring shall not be less than 18 feet (from any side to the opposite side) inside the ropes and shall not exceed 32 feet (from any side to the opposite side) inside the ropes.

The ring floor shall be padded with ensolite one inch thick or another similar closed-cell foam. The padded ring floor must extend at least 18 inches beyond the ropes and over the edge of the platform with a top covering of canvas or other similar material tightly stretched and laced to the ring platform. Material that tends to gather in lumps or ridges shall not be used.



The ring platform shall not be more than five feet above the floor of the building and shall have suitable steps for use of the contestants in their corners and by the ringside physician in a neutral corner.

Ring posts shall be of metal, not more than three inches in diameter, extending from the floor of the building to a height of 58 inches above the ring floor. The ring posts shall be at least 18 inches away from the ring ropes.

There shall be four ring ropes, no more than one inch in diameter, evenly spaced, with the bottom ring rope not less than 18 inches above the ring floor and the top ring rope not more than 52 inches above the ring floor. The bottom ring rope must be padded with a padding of closed cell padding of not less than 1/2 inch (recommend all ring roped be padded of the same thickness and material). Ropes are to be connected with soft rope ties six feet apart. All ring ropes are to be tight and approved.

All corners must be padded with approved pads. All turnbuckles are to be covered with a protective padding.

- B.** A ring stool and bucket shall be provided for each contestant's corner. The ring shall have bright lights and light all four corners and middle of the ring equally. No lights shall shine into the face of the contestants or ringside judges, lights may only shine downward and not shine at any angle directly into the fighting ring area that may blind the contestants or judges.

The promoter shall provide a ringside restrictive barrier between the first row of ringside seats and the event official's area that will prevent the crowd from confronting either the contestants or event officials. The ringside barrier must be a minimum of eight feet from the outside edge of the ring.

- C.** A bell or gong located at the ring no higher than the floor level of the ring. The bell or gong must produce a clear tone easily heard by the contestants.
- D.** Locker rooms adequate in number and equipment to reasonably facilitate the contestant's activities before and after the contest. Separate locker rooms shall be provided when both male and female contestants are scheduled to compete. Locker rooms shall have restroom facilities easily available.
- E.** A fully equipped ambulance with a currently trained ambulance crew at the site of any event for the entire duration of the event.
- F.** A notice to the nearest hospital and the persons in charge of its emergency room of the date, time and location of event.
- G.** Boxing gloves of the proper weight that are set by weight classification by rule. Boxing gloves must have laces to secure proper fit. Gloves must have an attached thumb to the body of the glove. Gloves must be clean, free of cuts, have good laces, with no displacement or lumping of padding material. Gloves used in world title fights shall be new and taken from the package just prior to issuing to the contestants. Gloves shall be inspected by the event inspector or his designee before each contest and those found defective shall be replaced before the contest.



- H. A clear plastic water bottle, a bucket containing ice, surgeon's adhesive tape and surgical gauze for each contestant.
- I. A sealed OTC pregnancy test kit, approved by the Food and Drug Administration, for each female boxer that will be given to the event inspector or his designee.
- J. A solution of one part bleach and nine parts water for disinfecting blood on the ring canvas or ropes shall be available ringside for use by staff stationed ringside to clean the ring canvas and ropes as needed.
- K. The promoter shall provide each corner with biohazardous material bags and, after the event, shall discard all regulated medical waste in the proper manner in accordance with the Regulated Medical Waste Management Regulations (9VAC20-120) issued by the Virginia Waste Management Board and available from the Department of Environmental Quality.
- L. Designate one (1) event staff person to distribute gloves to competitors and disinfect gloves after each use.

17. EQUIPMENT TO BE PROVIDED BY EACH CONTESTANT.

Each contestant shall provide the following equipment:

1. Trunks for male contestants (two pair shorts for mixed martial arts, one being tight fitting) or long pants if required and trunks with tight upper body covering for female contestants;
2. Approved groin protector for male contestants and approved pelvic girdle and a padded sports bra for female contestants;
3. A mouth piece properly fitted to each contestant's mouth;
4. Foot pads when required; and
5. Shin pads when required.

18. CONTEST APPROVAL; REQUEST FOR RECONSIDERATION.

A. The department or its contractor shall obtain information on each contestant from a boxer registry and examine that information, for records, experience, and consecutive losses. Boxers with 10 or more consecutive losses must obtain a special exception before being placed on the fight card. The results of the prefight physical, and any other pertinent information available including the boxing severity index, will be used to determine, to the extent possible, that both contestants are substantially equal in skills and ability and are medically fit to compete. No contest shall take place without the



approval of the event inspector and the ringside physician assigned to the event by the department or its contractor.

B. No contestant shall participate in a contest who has:

1. Been knocked out in the 60 days immediately preceding the date of the contest;
2. Been technically knocked out in the 30 days preceding the date of the contest;
3. Been a contestant in a boxing, kick boxing or martial arts event of more than six rounds during the 15 days preceding the date of the contest or six or fewer rounds during the seven days preceding the date of the contest;
4. Suffered a cerebral hemorrhage;
5. Suffered a serious head injury or other serious physical injury. The department or its contractor may require an additional, specific medical examination to determine the contestant's suitability;
6. Been found to be blind in one eye or whose vision in one eye is so poor that a physician recommends the contestant not participate in the contest. A boxer who is totally unsighted (uncorrected vision worse than 20/400) in one or both eyes shall be prohibited from competing; or
7. Been denied a license or approval to fight by another jurisdiction for medical reasons.

C. No contestant shall participate in an event while under suspension from a commission of another jurisdiction of the United States due to:

1. A recent knockout or series of consecutive losses;
2. An injury, requirement for a medical procedure, or physician denial of eligibility to compete;
3. Failure of a test for drugs or controlled substances; or
4. The use of false aliases or falsifying, or attempting to falsify, official identification cards or documents.

D. Any promoter or contestant may request reconsideration by the director of the event inspector's decision by immediately providing in writing additional information or contradictory evidence concerning the contestant's skill, ability, or medical fitness.

E. A contestant who is suspended by a commission of another jurisdiction of the United States may be allowed to compete if:

1. The contestant was suspended for a knockout, technical knockout, series of consecutive losses, an injury, a requirement of a medical procedure, or physician denial of certification and the time interval for knockouts and technical knockouts in subsection B of this section has been met and further proof of sufficiently improved, medical or physical condition has been furnished;



2. The contestant was suspended for the failure of a drug test or the use of false aliases or falsifying, or attempting to falsify, official identification cards or documents and that a suspension was not, or is no longer, merited by the facts; or
3. The contestant was suspended for any reason other than those mentioned in subdivisions 1 and 2 of this subsection and the department or the department's contractor notifies the suspending commission in writing and consults with the designated official of the suspending commission prior to the grant of approval for such contestant to participate in a contest.

19. EVENT CONDUCT STANDARDS FOR KICK BOXING AND OTHER SIMILAR CONTESTS.

A. Bandaging of each contestant's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide, placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within 3/4 inch of the knuckles when the hand is clenched to make a fist. Soft surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used. Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles. Bandages shall be adjusted in the locker room in the presence of the event inspector or his designee.

B. Any contestant who has signed a contract to compete on a promoter's program shall be subject to be called by the department to appear at any time to be weighed or to be examined by a physician designated by the department when the department has reason to believe the contestant may not be qualified or may not be medically sound to participate in the contest.

C. Each contestant who signs a contract to compete on a promoter's program shall appear at a time and place designated by the department or its contractor to be weighed on department-approved scales in the presence of each other and a representative designated by the department. Contestants shall have all weights removed from their bodies before the weigh-in but may wear shorts in the case of males, and shorts and shirts in the case of females.

D. Each contestant shall be examined immediately before the contest by a ringside physician assigned to the event who certifies in writing on a form provided by the department whether the contestant is physically fit to safely compete. The original health certificate will be submitted to the event inspector or his designee. In addition, each female contestant shall take a pregnancy test in the presence of a female inspector, using the pregnancy kit required by subdivision 8 of 18VAC120-40-411.1 or provide the ringside physician with a negative pregnancy test result taken not more than 24 hours prior to the event. The inspector will give the results to the physician and the results will be noted on the physical form. If the physician's certification fails to certify that the contestant is physically fit to safely compete, the contestant shall not participate in the contests. All contestants shall submit to a postfight physical if requested by the ringside physician or the department or its designee.



E. Discretionary use of petroleum jelly is permitted on the face, arms or any other part of the body. In the case of a cut, topical use of a solution approved by the Association of Boxing commissions is permitted. All other solutions are prohibited.

F. Headgear is required in Novice Divisions.

20. WEIGHT CLASSES, WEIGH-INS AND PREFIGHT MEETING.

A. Weight classes are as follows:

Weight Class	Weight in Lbs	Weight in KG	Max Weight Spread	Glove sizes
Atomweight	112 & below	50.9 & below	3 lbs - 1.36kg	8-10 oz
Flyweight	112.1 - 117	50.95 - 53.18	3 lbs - 1.36 kg	8-10 oz
Bantamweight	117.1 - 122	53.22 - 55.45	4 lbs - 1.8 kg	8-10 oz
Featherweight	122.1 - 127	55.50 - 57.72	4 lbs - 1.8 kg	8-10 oz
Lightweight	127.1 - 132	57.77 - 60	4 lbs - 1.8 kg	8-10 oz
Super Lightweight	132.1 - 137	60.04 - 62.27	5 lbs - 2.3 kg	8-10 oz
Light Welterweight	137.1 - 142	62.31 - 64.51	5 lbs - 2.3 kg	8-10 oz
Welterweight	142.1 - 147	64.59 - 66.8	7 lbs - 3.2 kg	8-10 oz
Super Welterweight	147.1 - 153	66.9 - 69.5	7 lbs - 3.2 kg	10 oz
Light Middleweight	153.1 - 159	69.6 - 72.3	7 lbs - 3.2 kg	10 oz
Middleweight	159.1 - 165	72.4 - 75	7 lbs - 3.2 kg	10 oz
Super Middleweight	165.1 - 172	75.1 - 78.2	7 lbs - 3.2 kg	10 oz
Light Heavyweight	172.1 - 179	78.3 - 81.4	7 lbs - 3.2 kg	10 oz
Light Cruiserweight	179.1 - 186	81.5 - 84.5	7 lbs - 3.2 kg	10 oz
Cruiserweight	186.1 - 195	84.6 - 88.6	12 lbs - 5.5 kg	10 oz
Heavyweight	195.1 - 215	88.7 - 97.7	20 lbs - 9.1 kg	10 oz
Super Heavyweight	215.1 and up	97.8 and up	No limit	10 oz

B. No contestant may engage in a contest without the approval of the department or its contractor if the difference in weight between the contestants exceeds the allowance in subsection A of this section.



C. If one of the two boxers in a contest is above or below the weights shown in subsection A of this section, both boxers shall wear the gloves of the higher weight.

D. When weigh-ins occur within 24 hours, but not less than 12 hours prior to the event's scheduled start time, the boxer shall not exceed the weight specified in his contract with the promoter. If a boxer exceeds the weight specified in the contract he shall not compete unless he:

1. Loses the weight exceeded in the contract at least 12 hours prior to the event's scheduled start time;
2. Loses all but two pounds of the weight exceeded in the contract at least 12 hours prior to the event's scheduled start time and loses the final two pounds at least six hours prior to the event's scheduled start time; or
3. Renegotiates the contract.

Boxers who weigh-in 24 hours prior to the scheduled event shall be required to re-weigh two hours prior to the event's scheduled start time and will not be permitted to exceed the weight specified in the contract by more than 10 pounds.

E. When weigh-ins occur less than 12 hours prior to an event's scheduled start time, the boxer shall not exceed the weight specified in the contract. No boxer shall be permitted to lose more than two pounds within 12 hours of a contest. If a boxer weighs more than two pounds over the weight specified in the contract, he shall not compete unless he:

1. Loses up to two pounds at least six hours prior to the event's scheduled start time; or
2. Renegotiates his contract.

F. All contestants and their seconds must be present at the official weigh-in. The time, date and location of the weigh-in will be approved by the department. Contestants will be allowed to witness their opponent's weigh-in. All contestants and their seconds must be present at the prefight meeting. Any second who does not attend the prefight meeting will not be permitted in the corner of their contestant.

G. All contestants will report to the event location and their locker rooms at the specified time on the night of the event. Once the contestant reports to the event facility and to the locker room he will be disqualified if he leaves the locker room before time for the bout or leaves the facility before the end of the bout.

21. ACCESS TO CONTESTANT'S LOCKER ROOMS.

On the day of the contest, only the following individuals are allowed in the locker room of a contestant:

1. The contestant's licensed manager;
2. The contestant's licensed trainers, seconds, or cut men;



3. The promoter or the promoter's representatives;
4. Any representative of the department or its contractor in the conduct of his official duties; and
5. Any representative of a law-enforcement agency of competent jurisdiction while discharging his official duties.

22. REFEREE'S INSTRUCTIONS TO CONTESTANTS.

The referee shall, before starting the contest, ascertain from each contestant the name of his chief second, and shall hold the chief second responsible for the conduct of the assistant seconds during the progress of the contest. The referee shall call contestants together before each bout for final instructions, at which time each contestant shall be accompanied by his chief second only.

23. NUMBER AND CONDUCT OF SECONDS.

- A. No contestant shall have more than three seconds.
- B. All seconds must keep their shoulders below the ring floor level during the bout. Seconds are prohibited from standing up or leaning on the edge of the ring, mat or floor or slapping the ring, mat or floor while the bout is in progress, or touching the ring ropes until the bell sounds to end the round. Seconds must keep coaching volume down while the bout is in progress and are prohibited from negatively interfering with the officials in any physical or verbal way.
- C. Only one second may be inside of the ring ropes between rounds.
- D. Any excessive or undue spraying or throwing of water on any contestant by a second between rounds is prohibited. Seconds are responsible for wiping up any fluids in their corners between rounds.
- E. Seconds shall not enter the ring until the bell signals the end of the round. Seconds shall leave the ring at the sound of the timekeeper's warning that 10 seconds remain before the start of the next round, removing all buckets, stools and other equipment promptly.
- F. Seconds shall not use Monsol's solution, alcoholic beverages, stimulants, or other substances not approved by the department or its contractor during any contest.
- G. Throwing in the towel is not permitted by any second. If a second enters the ring during the round, the contestant shall be disqualified by the referee. The referee is the only person who can stop the bout.



24. LENGTH OF CONTEST AND DURATION OF ROUND.

Each non championship contest shall consist of Amateur (Non-Title) KICKBOXING Bouts are THREE (2 minute) Rounds with a 1 minute rest period between rounds. Amateur Title KICKBOXING Bouts are FIVE (2 minute) Rounds with a 1 minute rest period between rounds.

25. COUNTING BY REFEREE DURING KNOCKDOWNS AND KNOCKOUTS, DETERMINATION OF A KNOCKDOWN.

A. A contestant who is knocked from his feet by a blow (leg sweeps and tripping are not considered blows) from his opponent may receive a count of 10 seconds from the referee. The count shall begin when the contestant is down or helpless on the ropes and after the opponent is in a neutral corner. If the contestant is unable or unwilling to reenter the contest before the count of 10, the referee shall rule a knockout and the contestant's opponent shall win the contest.

B. The referee may, at his discretion, administer an eight count to a contestant who has been stunned, but who remains standing. The referee will direct the contestant's opponent to a neutral corner, then begin the count, examining the stunned contestant during the count. If, after completing the standing eight count, the referee determines the contestant is able to continue, the bout shall resume. If the referee determines the contestant is not able to continue, the referee will stop the contest and declare the contestant's opponent the winner by technical knockout.

C. The referee shall administer a mandatory eight count to a contestant who is knocked down.

D. A contestant who leaves the ring during a round for any reason shall have a count of up to 20 seconds to reenter the ring unassisted and cannot be touched while out of the ring by his second or others. If the contestant does not reenter the ring before the count of 20, the contestant's opponent shall win the contest.

26. FOULS, DUTIES OF THE REFEREE, AND DEDUCTION OF POINTS.

A. The following are considered fouls:

1. Head butts.
2. Punches to the back of the head.
3. Striking to the spine area.
4. Slapping (striking with the lace side of the glove).
5. Spitting.



6. Biting.
 7. Holding the opponent's head or arm and hitting, unless permitted by this chapter.
 8. Knee strikes unless permitted by this chapter.
 9. Strikes to the knees.
 10. Elbow and forearm strikes unless permitted by this chapter.
 11. Palm heel strikes.
 12. Joint attacks.
 13. Take downs, throwing or grappling unless permitted by this chapter.
 14. Clubbing.
 15. Strikes to the groin area.
 16. Spinning sweeps (boot to boot sweeps are allowed as long as the user does not spin).
 17. Karate chopping style strikes.
 18. Striking the opponent while he has slipped or fallen to one knee or more.
 19. Using abusive language.
 20. Attacking on the break.
 21. Striking after the bell that had indicated the end of the round.
 22. Pushing or shoving unless permitted by this chapter.
 23. Grabbing or holding onto an opponents leg, foot, or any other part of the body unless permitted by this chapter.
 24. Spinning forearm or elbow. A spinning backhand is allowed. It must strike with the legal striking area of the glove. This portion is limited to the tapeline at the wrist to the end of the glove. It does not include either side of the glove or wrist.
- B.** Referees are responsible for enforcing the rules of the contest and shall not permit fouls or other unfair practices that may cause an injury to a contestant. Referees shall warn contestants who commit fouls during the contest.
- C.** If a contestant commits a foul in the ring, the referee shall have the discretion to determine the following:
1. Give the contestant who has fouled a warning.



2. Deduct one to three points from the contestant who committed the foul. The number of points to be deducted shall be determined by the referee based on his determination of the severity of the foul and its adverse effect on the opponent and shall be reported to the judges and both contestants as soon as practical. The points shall be deducted from the score of the round in which the fouls were committed.

3. Disqualify the contestant who committed the foul.

D. Any contestant who commits a foul after being warned by the referee may have points deducted by the referee or may lose the contest by disqualification by the referee.

E. The referee shall stop the contest when he determines that a foul has occurred and determine whether the fouled contestant is able to continue. The referee may order the contest suspended for a reasonable period of time to allow the fouled contestant to recover if the referee determines the contestant's chance of winning has not been seriously jeopardized.

F. The referee shall inform the event inspector or his designee of any accidental foul. The referee shall stop a contest when it is determined that an injury resulting from an accidental foul is so severe as to adversely affect the fouled contestant's chances of winning. Except as provided in subsection H of this section, the contest shall be a draw if the accidental foul occurs during the first four rounds of a bout scheduled for more than four rounds or before the half-way point of a bout scheduled for four rounds or less. The contest shall be determined by a tabulation of the scores of the completed rounds if after the fourth round of a bout scheduled for more than four rounds or after the middle of a bout scheduled for four rounds or less.

G. The referee shall stop a contest when it is determined that an injury resulting from an accidental foul has been aggravated by fair blows. The outcome of the contest shall be determined by scoring the completed rounds.

H. If the contestant who committed the foul knocks out or causes injury to his opponent and the opponent is unable to continue the bout, the referee will stop the bout. The judges' score cards will be totaled and the decision of the bout will be announced. If the foul is committed in the first round and the fouled contestant cannot continue, the contestant who fouled will be automatically disqualified.

I. If a contestant is injured from a foul and the bout continues but is later stopped in any round after the first round because of additional injury to the fouled area, the judges' score cards will be totaled. If the contestant who committed the foul is ahead on the score cards the bout will end in a technical draw. If the contestant who was fouled is ahead, he will be awarded a technical win.

J. If a contestant becomes injured by something other than a foul or legal strike and the injury occurs in the first round, the bout shall be stopped and declared a no contest. If the injury occurs in the second round or beyond the judges will be asked to score the portion of the round. All judges score cards will be collected and tallied. If the injured contestant is ahead on the score cards he will be awarded a technical draw. If the noninjured contestant is ahead on the score cards he will be awarded a technical knockout (TKO).



27. SCORING OF CONTEST, DECISIONS AND ANNOUNCEMENTS OF DECISIONS.

A. Each contest shall be scored by the judges assigned by the department or its contractor. At the end of each round, the score and the score cards shall be presented to the event inspector or his designee who shall examine the score cards. At the end of the contest, the winner shall be the contestant who receives the highest score of the majority of the judges except as provided in 18VAC120-40-411.13. The contest is a draw if neither contestant scores so as to obtain a majority.

B. When the event inspector has examined the score cards and checked them for accuracy, he will inform the ring announcer of the decision.

C. The department shall not change a decision rendered at the end of any contest unless:

1. It is determined that there has been wrongful or illegal collusion affecting the results of the contest;
2. An error is found in the compilation of the score cards that shows that the decision favored the wrong contestant; or
3. The department determines through investigation there was a violation of this chapter that adversely impacted on the fairness of the contest or decision.

28. PROMOTER TO ALLOW ACCESS TO EVENT AND FACILITIES.

A. The department may assign one or more representatives to each event to evaluate the contractor's performance or to assure compliance with Chapter 8.1 (§ 54.1-828 et seq.) of Title 54.1 of the Code of Virginia and this chapter.

B. All event officials and representatives of the department assigned to an event, whether to monitor the contractor's performance or for any other authorized purpose, shall be granted immediate access by the promoter and the promoter's representatives to the licensed event and to any area or portion of the event facilities.

C. The promoter is responsible for security of the locker room area and shall not permit access except as specified in 18VAC120-40-411.8.

29. RINGSIDE OFFICIALS AND DUTIES AT ALL EVENTS

- 1 Approved Physician/ Doctors
- Three (3) Judges



- 1 Timekeeper
- 1 Assistant Timekeeper
- 1 Assistant Scorekeeper

- A. RINGSIDE OFFICIALS.** A Referee, three judges, a timekeeper, a scorekeeper, an assistant scorekeeper, a UCA Event Inspector, Inspectors, Emergency Medical Team and physician.
- B.** A second timekeeper may be supplied by UCA. In such cases, the commission may also assign an Athletic Inspector to the event.
- C.** Under no circumstances shall ANY certified Official fraternize, cheer-on, congratulate, or discuss the outcome of any match in such a manner as to indicate potential partiality. If it is determined that an official has violated this rule such official shall be noted as being in violation of this code and may be brought up for review and subsequently may lose the privilege of officiating at any events in the future.
- D. EVENT INSPECTOR.** At least one event inspector shall be present at every sanctioned event.
- E.** Before the start of the event the event inspector or inspector may check all contestants, promoters, matchmakers, timekeepers, judges, and referees for knowledge of the rules. No records will be maintained on any athlete who does not have a current UCA registration. It is the responsibility of the UCA inspector to direct the promoter or inspector to verify all equipment and assign an inspector for hand, shin, and foot wraps as appropriate within the specific discipline of competition. It is the responsibility of the promoter to coordinate with the inspector to verify the physicals, weigh-ins, and all necessary paperwork and ringside equipment and personnel are at ringside before the event is allowed to begin.
- F.** All Officials must be trained / certified by UCA.

30. REFEREES

- A. ATTIRE AND EQUIPMENT.** The official designated as referee shall wear dark slacks with an approved shirt bearing the official's logo of UCA. Surgical gloves are recommended at all times when attending to athletes in the ring. If gloves are used, it is the responsibility of the Referee to bring one pair for each bout of the evening.
- B.** All referees shall pass a prefight physical performed by the ringside physician in accordance, comply with all procedures established by the organization, perform other duties as assigned to assure compliance, and perform the following duties before, during, and after each assigned contest:
- C.** Provide the prefight instructions to contestants;
- D.** Assure that each contestant is properly gloved and wearing the required safety equipment;
- E.** Assure contestants adhere to proper hygiene practices and nails are neatly trimmed.



- F. Exercise supervision over the conduct of the contest to assure compliance with this chapter and to take immediate corrective action when a failure to comply is observed;
- G. Immediately stop any contest when, in his judgment, one of the contestants is outclassed by the other, injured, or otherwise unable to safely continue to participate in the contest;
- H. Endeavor to perform his duties in a manner which does not impede the fair participation of either contestant;
- I. Consult, when he feels it appropriate, with the ringside physician on the advisability of stopping the contest if either contestant appears injured or unable to continue;
- J. Determine fouls and stop contests as provided in the rules and regulations of the contest; and
- K. Assure the health and well-being of the contestants to the greatest extent possible.

31. SCOREKEEPERS

- A. **SCOREKEEPER RESPONSIBILITIES.** Record and tabulate the scores and point deductions from all of the judges.
- B. All actual scores must be placed on the master score sheet as they are indicated by the judges' scorecards. In the event there is a knockout or the referee stops the match for any reason, the scorekeeper must ascertain the exact time from the timekeeper. This will be recorded on the area marked on the score sheet.
- C. **SCOREKEEPER'S DUTIES.** At the end of each match, the scorekeeper will take the ballot slips from the assistant scorekeeper or UCA inspector, who will collect them from the three judges.; and then will tabulate the results on to the master scorecard and attach the original ballots to the master score sheet. The scorekeeper shall tally all foul points, having been instructed by the Referee or event inspector at the end of each round as to the amount of penalty, deducting these appropriately from each judge's score under the ten-point scoring system and entering the results on the master scorecard. At that time, the scorekeeper shall make the final tallies and deliver the totals to the UCA Inspector, who will verify the accuracy of the scores. The scorekeeper will then report the results of the contest to the Referee and the announcer. All bouts shall be determined a majority decision unless the scores indicate there is no majority at which time the bout shall be determined by overall points. The scorekeeper shall additionally note the outcome.

32. TIMEKEEPERS

- A. **TIMEKEEPER'S DUTIES.** The timekeeper will give the appropriate signal for the starting and ending of each round. Timekeeper will keep the time during each round starting and stopping the official clock for time-outs designated by the Referee. Timekeeper will keep time during the rest



period of each according to the schedule set forth. Ten seconds before the beginning of each round, the timekeeper will give warning with a whistle or buzzer, to the handlers of the contestants by suitable signal.

- B. TIMEKEEPER RESPONSIBILITIES.** Begin the start of the clock for each round, as initiated by the referee. Start and stop the match clock for time stoppages as called by the referee. Signal the end of each round by the use of a bell, buzzer, or other available signal.

33. ATTIRE AND EQUIPMENT FOR FULL CONTACT CONTESTANTS

- A.** Petroleum jelly or other similar petroleum based product may be applied to the facial area at cage side in the presence of an inspector, Referee or person designated by UCA prior to the beginning of the first round only.
- B.** No additional applications will be allowed between rounds. The Referee or Division inspector shall cause any excessive petroleum jelly or other permitted substance or any foreign substance to be removed to his or her satisfaction. Any contestant applying anything to any part of his or her body outside the presence of an Inspector, Referee or person designated by the Division may be penalized a point or disqualified.
- C.** Fighters are required to wear an approved protective groin cup during all matches.
- D.** Fighters are required to wear an approved mouthpiece at all times while the bout is in progress.
- E.** Fighters are not allowed to wear any shoes of any type.
- F.** Bandaging of each contestant's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide, placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within 3/4 inch of the knuckles when the hand is clenched to make a fist. Soft surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used. Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles. Bandages shall be adjusted in the locker room in the presence of the event inspector or his designee.
- G.** Fighter's fingernails and toenails must be cut and trimmed prior to any bout.
- H.** Jewelry or piercing accessories are prohibited
- I.** **GLOVES:** Boxing gloves must have laces to secure proper fit. Gloves must have an attached thumb to the body of the glove. Gloves must be clean, free of cuts, have good laces, with no displacement or lumping of padding material. Gloves shall be inspected by the event inspector or his designee before each contest and those found defective shall be replaced before the contest. All fighters must use the same style and brand of glove worn by their opponent and on a Sanctioned Event may not wear a Boxing Glove Smaller than 10 ounces. Gloves are



required to be approved and taped by a UCA appointed assistant to ensure their stability during the bout. The final taping around the wrist will be taped with Red to indicate the Red corner contestant and blue to indicate the Blue corner contestant.

- J.** The final taping around the wrist will be completed by a UCA official and be taped with Red to indicate the Red corner contestant and blue to indicate the Blue corner contestant.
- K.** Headgear is required for **Novice** Competitors. Headgear is to be provided by the event promoter. Only competition headgear is allowed. Training headgear is not permitted. All headgear must be USA Boxing Approved.
- L.** Foot pads are required and are to be supplied by each contestant. Foot pads must be secured to the foot with elastic strap and medical athletic tape and must cover both toes and heel. Laces must not be exposed.
- M.** Shin pads (guards) are to be supplied by each contestant. Shin guards cannot contain metal loop fasteners or hard materials. The pads must be made of a soft material (dipped foam or cotton) "Pull-On" style Shin guards must fit snugly against the shin without movement. Shin guards must be secured to the shin with elastic strap and athletic tape.
- N.** All fighters are required to have an extra mouthpiece ringside during their match.
- O.** All promoters must have several extra sets of gloves of common sizes to be used in case gloves are broken or in any way damaged beyond use during the course of the bouts.
- P.** Contestants may wear MMA shorts, boxing shorts, kickboxing shorts, latex bike-style shorts, board shorts or vale tudo style shorts. Gi's or shirts and shoes are prohibited during competition. Female contestants may wear rash guards and /or sports bra.

Male fighters must wear two pair of shorts and female fighters must wear a pelvic girdle.

The Referee may require such apparel to be taped or otherwise secured to ensure its stability during the match. Under no circumstances shall apparel or equipment which includes metallic and/or hard plastic and/or any edge or surface which could cause injury to the fighters will be allowed.

34. FULL CONTACT RULES

- 1) The 3 Knockdown Rule is always in effect and is as follows: If a fighter is knocked down to the mat 3 times in one round OR given 3 standing 8 counts in one round, the bout is automatically over.
- 2) A fighter cannot be saved by the bell except in any round.
- 3) Slips will not count as a knockdown or a standing 8 count in ANY Fighting division.
- 4) Standing 8 Count is ALWAYS used in UCA events. If a fighter looks helpless and receives several blows to the head or body but continues to stand, not move and not defend him or herself, the referee will give the fighter a standing 8 count and, if the referee feels it is necessary, may stop the fight at that time.



- 5) If a fighter is knocked down to the ring floor or falls to the floor, he/she must get up by their own power, without assistance.
- 6) If a fighter is knocked down, the other fighter must retreat to farthest neutral corner or the corner instructed by the ring referee.
- 7) If a fighter drops his mouthpiece 3 times during the entire contest, he/she will be disqualified from the match and lose by a technical knockout.
- 8) Fighters may strike with punches above the waist and kicks above the waist.
- 9) UCA does not have a "Mandatory Kick Count Requirement" for Amateur KICKBOXING Divisions. However, Fighters are **STRONGLY URGED** to do a Minimum number of kicks per round. The bout referee may choose to give a "Warning" or even a "Point Deduction" for a fighter who does not appear to be delivering enough kicks for Kickboxing Style. What the referee will be looking for is a minimum of **6 (six) Kicks per round** in all Amateur Kickboxing Divisions.
- 10) **SPINNING BACKFISTS** are allowed but must hit with the padded portion of glove. If the wrist, forearm or elbow strikes an opponent at any time, it will result in a penalty and loss of 1 point.
- 11) **LEG SWEEPS**, boot to boot, to the inside and outside of the opponent's foot (not above the ankle) are permitted.

35. GENERAL JUDGING

1. **A. METHOD OF JUDGING AND SCORING.** The judges shall score all contests and determine the winner through use of the ten-point must system. In this system the winner of each round receives ten points and the opponent receives a proportionately smaller number. But under no circumstances shall a judge award the loser of each round with fewer than seven points. It is preferable to make a decision between contestants to reduce the possibility of a draw; a qualified judge must make a decision. No fraction of points may be given.
2. Judges should base their scores on the effectiveness of each contestant in a given round. This is determined by the effective direct contact to the face, head or midsection by an unobstructed blow. A knowledgeable and proficient judge must award a winning score to the effective athlete.

A 10-10 score is not preferred on the scorecards.

An official knockdown in kickboxing always demonstrates superior effectiveness. However, a contestant who is knocked down more from instability than from an opponent's blow may be able to return from the knockdown and dominate the round by a large enough margin to be judged the winner. This ruling deemed the "fight back rule" allows an opponent to comeback from a "flash knockdown" and win the round.

Also, the weight given to an official knockdown scored by one contestant must be equal to the weight given to an official knockdown scored by the contestant's opponent. In the event of a judges' even



match or a draw, the match must be given to the athlete who is the superior kicker as determined in the sport of kickboxing.

3. **SWEEPS.** Sweeps should not be given the same weight as an official knockdown. Judges should watch for the technique's effectiveness in slowing down a contestant. Sweeps must be executed with the arch of the foot and delivered to the outside part of the foot only and only to the lower portion of the foot at or below the ankle during competition. In the event of action against the ropes the technique may be delivered to either foot to disrupt the balance of the athlete.
4. **SCORING.** Judges shall award points to contestants on the basis of round by round outcomes and in accordance with the following scores:
 - **10 points to 10 points**— is not preferred, a judge must watch each opponent's effective use of four different weapons striking their targets with precision and power. One contestant must illustrate dominance of the other with superiority in effectiveness of punches and/or kicks; therefore a judge must make a decision.
 - **10 points to 9 points**--whenever the winning contestant dominates the other with superiority in effectiveness.
 - **10 points to 8 points**--whenever the winning contestant dominates the losing contestant with a knock down or exceptional above-the-belt kicking technique which must be indicated and recognized by all judges on the score sheets.
 - **10 points to 7 points**--whenever the winning contestant dominates the losing contestant with an overwhelming superiority in effectiveness as must be indicated by two or more knockdowns in a round

36. TECHNIQUES

1) LEGAL TECHNIQUES:

- A. All legal kicks and punches must be above the waist of each contestant.
- B. Leg sweeps, boot to boot, to the inside and outside of the opponent's foot (not above the ankle) are permitted.
- C. Spinning backfists are allowed but must hit with the padded portion of glove. If the wrist, forearm or elbow strikes an opponent at any time, it will result in a penalty and loss of 1 point.

2) ILLEGAL TECHNIQUES:

- A. Strikes to the groin, leg joints, Direct (sidekick style) kicks to the front of a fighter's legs, and any kicking technique delivered directly "against" the knee joint.
- B. All ELBOW STRIKES ARE ILLEGAL in Amateur KICKBOXING Divisions.
- C. ALL KNEE STRIKES ARE ILLEGAL in Amateur KICKBOXING Divisions.



37. STRUCTURE OF THE FIGHTING AREA FOR CONTESTS

A fighting ring that will be in the shape of a square, a hexagon, or an octagon. A square ring shall not be less than 18 feet square inside the ropes and shall not exceed 20 feet square inside the ropes. A hexagon or octagon ring shall not be less than 18 feet (from any side to the opposite side) inside the ropes and shall not exceed 32 feet (from any side to the opposite side) inside the ropes.

The ring floor shall be padded with ensolite one inch thick or another similar closed-cell foam. The padded ring floor must extend at least 18 inches beyond the ropes and over the edge of the platform with a top covering of canvas or other similar material tightly stretched and laced to the ring platform. Material that tends to gather in lumps or ridges shall not be used.

The ring platform shall not be more than five feet above the floor of the building and shall have suitable steps for use of the contestants in their corners and by the ringside physician in a neutral corner.

Ring posts shall be of metal, not more than three inches in diameter, extending from the floor of the building to a height of 58 inches above the ring floor. The ring posts shall be at least 18 inches away from the ring ropes.

There shall be four ring ropes, no more than one inch in diameter, evenly spaced, with the bottom ring rope not less than 18 inches above the ring floor and the top ring rope not more than 52 inches above the ring floor. The bottom ring rope must be padded with a padding of closed cell padding of not less than 1/2 inch (recommend all ring ropes be padded of the same thickness and material). Ropes are to be connected with soft rope ties six feet apart. All ring ropes are to be tight and approved.

All corners must be padded with approved pads. All turnbuckles are to be covered with a protective padding.

A ring stool and bucket shall be provided for each contestant's corner. The ring shall have bright lights and light all four corners and middle of the ring equally. No lights shall shine into the face of the contestants or ringside judges, lights may only shine downward and not shine at any angle directly into the fighting ring area that may blind the contestants or judges.

The promoter shall provide a ringside restrictive barrier between the first row of ringside seats and the event official's area that will prevent the crowd from confronting either the contestants or event officials. The ringside barrier must be a minimum of eight feet from the outside edge of the ring.

38. TYPES OF BOUT RESULTS

A. Judges decision

- 1) Unanimous when all three judges score the bout in favor of the same contestant.



- 2) Split decision when two of the judges score the bout in favor of the same contestant and the third judge scores for the other contestant.
 - 3) Majority when two judges score in favor of one contestant, while the third judge scores the bout a draw.
- B.** Three knockdown rule. In every amateur kickboxing bout, the "three-knockdown rule" will be in effect, and applied to the match not the individual round. Should any athlete be knocked down three times during a match, he will be considered unable to continue due to technical knock out. The referee will automatically terminate the bout and award the victory to the opponent by knockout or technical knockout
- C.** Technical knockout – Referee or ringside physician stops the bout when an injury as a result of a legal maneuver is severe enough to terminate a bout.
- D.** Knockout – Contestant is unable to continue due to a legal strike.
- E.** Draws
- 1) Unanimous when all three judges score the bout a draw.
 - 2) Majority when two of the judges score the contest a draw.
 - 3) Split when all the judges score the bout differently and the score total results in a draw.
- F.** Disqualification – An injury sustained during the competition as result of an intentional foul is severe enough to terminate the contest.
- G.** Forfeit – A contestant fails to begin competition or prematurely ends the contest for reasons other than injury.
- H.** Technical draw – An injury sustained during the competition as a result of intentional foul causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of the stoppage.
- I.** Technical decision – The bout is prematurely stopped due to injury and a contestant is leading on the score cards.
- J.** No contest – When a contest is prematurely stopped due to accidental injury and a sufficient number of rounds have not been completed to render a decision by the score cards.

39. RECONSIDERATIONS & PROTESTS

- A.** Any promoter or contestant may request reconsideration by the executive director of the event inspector's decision (fairness of matches) by immediately providing in writing additional information or contradictory evidence concerning the contestant's skill, ability, or medical fitness.
- B.** Any party may contest the outcome of any event within ten (10) days of the decision by writing all the facts and the basis for a complaint with specific reference to the rules in violation, which must serve as basis for the complaint.



- C. Ignorance of the Rules and Regulations of UCA does not constitute a basis for any complaint or protest. All protests must be filed on an Official UCA Protest form and sent to the UCA executive director, and must include a review fee of \$100.00 which will be returned if your claim is validated to be true.
- D. Upon receipt of a properly completed UCA Protest Form, UCA shall immediately call a “No Contest” 30-day review, and direct an investigation into the protest. If there appears to be a violation of these rules, the director or a designated review board shall determine if the claims seem to be substantiated, hold a hearing and issue its findings and decision. The protesting party will be responded to after the 30-day review process, if there is no further action deemed necessary the original decision shall stand and the review fee will not be returned.

RULES REGARDING BOUT PROTESTS: Bout reviews will only be done when there is a legitimate, justified and provable reason for them. Some of those issues may include but not be limited to:

1. Personal issues with a certain judge such as favoritism or a judge having personal ties to a fighter and can be proved these ties are either negative or positive towards one or both of the fighters involved.
2. A questionable stopping of the bout, problem with the round times, too long or too short, failure of equipment that caused an issue with the fight. (Ring breakdown etc.)
3. Any and all protests must be received by UCA in writing within 10 days after the event from which the protest took place. No protest will be considered without the below fees. Protest **MUST** include a video or unedited DVD of the bout. If no video is presented we will have no way to review the bout.
4. Any additional evidence should accompany the written protest such as statements, pictures etc.
5. A final decision of the protests will be determined within 30 days of the filed protest on an appropriate Official Protest form.

PROTEST FEES – All Bout Reviews \$100.00.

MAIL TO: UCA, C/O 2957 Reed Creek Drive, Draper, VA 24324