



USFL INSPECTOR MANUAL

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1. [INTRODUCTION](#)
2. [MEDICAL REQUIRMENTS](#)
3. [PRE-EVENT DUTIES](#)
4. [ATHLETE WEIGH IN/ CHECK IN PROCEDURES](#)
5. [EQUIPMENT](#)
6. [APPEARING TO THE RING/CAGE/ MAT](#)
7. [THE ROLE OF THE INSPECTOR DURING THE CONTEST](#)
8. [OPERATION OF BOUTS](#)
9. [POST BOUT PROCEDURES](#)
10. [SUSPENSIONS](#)
11. [DIVISIONS](#)

1. INTRODUCTION

The purpose of this manual is to act as a training tool for Inspectors to perform tasks with emphasis on procedures, duties, responsibilities, and expectations in Class B Pankration events regulated by the United States Fight League (USFL). The primary goals are to ensure the health and safety of the participants and to preserve the integrity of the sport. This manual is to certify Pankration Inspectors.

A. Inspectors and their duties

- All Inspectors are independent contractors licensed by the USFL and assigned to work with promoters at their events to enforce USFL rules and regulations. An Inspector has the authority and responsibility to stop any event at any time if any of the USFL requirements are lacking or in question. The lead official of an event is often the Senior Inspector and the direct representative of the USFL for all aspects of the event.

B. Qualifications

An Inspector is required to maintain the highest levels of safety and integrity in competitions and therefore must meet the following criteria

- Be knowledgeable of the rules governing hand wraps, gloves, approved substances, and approved/required equipment allowable in a match.
- Be able to remain impartial when interacting with a promoter, athlete or coach.
- Be able to exhibit a demeanor of control of the dressing / warm up area and the activities of the coaches and participants at mat, ring or cage side.
- Be knowledgeable of the rules governing the conduct of coaches in the dressing rooms and in the corner at mat, ring or cage side.

C. Entry Level Exam; Inspector Certification

- Perspective inspectors must attend a training course with the USFL based on this manual.
- Certified inspectors from other Combat Sports Federations may bypass official training with completion of online exam.
- The trainee must know how to use the inspector checklist, ensuring all promotional requirements of safety are met and any shortcomings are promptly addressed and corrected.
- Candidates must complete and pass a comprehensive written examination that explores every facet of the USFL Inspectors Manual.

D. Ethics; Code of Conduct

- Inspectors must complete a criminal background check.
- Must not seek or accept any money, gift, service, favor, employment or other economic opportunity which would tend to influence or give the appearance of influencing a reasonable person in his/her position to depart from the neutral and impartial discharge of his/her duties.

- Must not consume or be under the influence of any drugs or alcohol while rendering services as an Inspector.
- Never get into an argument with athletes, coaches, parents or spectators. Maintain the highest degree of professionalism towards athletes, promoters, coaches, spectators, the media and other staff members.

Conflicts of Interest

- **Socializing with fighters**

Understanding that perception may not be reality; the integrity of the sport is at risk when anyone (participants, coaches, spectators, media, etc.) perceives a conflict of interest.

- o Inspectors should not celebrate with coaches or parents or show signs of enthusiasm if their athlete wins the bout. Any act of congratulations in a low key manner (such as a handshake) is acceptable.

- **Handling Media Issues**

- o All media requests must be approved by the USFL.
- o Do not publicly criticize or demean the performance of another inspector, Referee or staff member.
- o Report the spreading of rumors or untrue information to the USFL immediately.
- o Abstain from giving any personal opinions or views.
- o If placed in a position to deal with the media, make clear that you do not speak for nor represent the views of the USFL.

E. Inspector Appearance

All Inspectors shall wear the following attire during an event

- Clean Shaven or Groomed appearance
- Black pants or slacks
- Black socks
- Black sneakers or shoes without a heel
- Belt
- USFL Polo Shirt
- Or other designated uniform.

2. MEDICAL REQUIRMENTS

A. Event Staffing:

- Must have an approved Medical Official (as required by jurisdiction of event) on site at all times and to conduct pre -fight athlete screening. Athletes must also have an annual physical completed by a physician within one year of the competition.
- An approved first responder/ambulance (as required by jurisdiction of event) must be on site at all times.
- Bio cleaning supplies (bleach, paper towels, special purpose trash can) must be available and accessible.

B. Placement of EMTs

- There should be no stairs or elevators between the competition area and the ambulance. If this is physically impossible the ambulance crew must know about this in advance.
- No obstructions that would prevent stretcher, doctor or other emergency personnel to reach the athlete. This includes spectators.
- No obstruction that would prevent a stretcher, EMT's or the physician from moving an athlete to the ambulance.
- Security should be instructed to provide crowd control and secure the evacuation route in case of emergency evacuation, including calling elevators when needed.
- The lead EMT must have a clear view of the ring so the EMT team can be summoned utilizing a hand signal in case of emergency evacuation.
- The physician should meet with the EMT team prior to the start of the first bout to be certain of their placement on the field of play and establish what signal would be given when they are needed to come evacuate and/or transfer the athlete.
- If Jurisdiction of event does not require the constant presence of an ambulance, an evacuation plan detailing routes and staging area of ambulance must be formulated.

3. PRE-EVENT DUTIES

A. Entering the venue

- Each Inspector shall arrive at the venue at the indicated report time. If you feel you will not be able to meet this timeframe, notify the USFL head official (or most senior member of the USFL) as soon as possible. Any official arriving late can cause a catastrophic chain reaction severely impacting the promotion.
- Most venues will have a service or staff entrance that is separate from the general admission entrance. It is important to carry proper identification should a security checkpoint require you to prove your identity for clearance into the venue.

B. Pre-event activities

- Ensure the head referee conducts a rules review and that any additional information relevant to the event is presented to athletes and coaches.
- Obtain a copy of the bout card, if a show, disclose dressing room/warm up area locations and establish where the participants will enter and exit the mat, ring or cage.
- Establish where medical staff will be positioned.
- Ensure the venue and competition area is inspected and all required documentation reviewed.

C. Competition venue specifications

- All buildings or structures used or intended for use to conduct/hold a contest, match, or exhibition shall be safe and shall conform to the laws, ordinances and regulations pertaining to the buildings in the jurisdiction where the building or structure is situated. Be aware of your surroundings. All emergency exits shall be clearly marked.

- Ensure at least three chairs or mat spaces for coaches and that one clean towel is in each corner.
- Make certain the aisle leading to each corner is clear of obstructions.
- If being used, side/striking referees have opposing views of the competition area without obstruction with the scoring table placed in an area with an unobstructed view of all referees.
- One seat accessible to the competition area is reserved for the medical official.
- Bio hazard cleaning materials such as bleach should be available and accessible.
- A barrier and/or security staff member is assigned to ensure spectators stay clear of competition area is in place.
- Event equipment such as clocks, stopwatches, scoreboards and challenge blocks should be in place and serviceable.
- No food and only bottled water is allowed in the competition area.

D. Ring, cage and open mat inspection

Ring

- The ring shall be not less than 20 x 20 feet square and no larger than 32 x 32 feet within the rings. The ring floor shall extend beyond the ropes not less than 20 inches. The fighting area mat or canvas shall be padded in a manner as approved by USFL and CSAC. Padding must extend beyond the ring ropes and over the edge of the platform.
- The ring platform shall not be more than four (4) feet above the floor of the building, and shall be provided with suitable steps for use of contestants. Ring posts shall be of metal, not more than four inches in diameter, extending from the floor of the building to a height of 58 inches above the ring floor, and shall be properly padded.
- Ring ropes shall be at least five (5) in number, not less than one (1) inch in diameter; the lower rope 5 – 8 inches above the ring floor. The lower rope shall have applied around it padding of a thickness not less than one-half inch and of a type and construction to be approved by the USFL.
- An adult safety person must post on each side of the ring if platform is elevated three (3) feet or over. (Smaller athletes may be at risk of falling through the ropes even if five (5) are used.)

Cage

- The fighting area canvas shall be no smaller than 20 feet by 20 feet and no larger than 32 feet by 32 feet. The fighting area mat or canvas shall be padded in a manner as approved by USFL and jurisdiction of event.
- The fighting area mat or canvas shall not be more than four feet above the floor of the building and shall have suitable steps or ramp for use by the participants. Posts shall be made of metal not more than six inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the fighting area canvas and shall be properly padded in a manner approved by USFL.
- The fighting area canvas shall be enclosed by a fence made of material that will not allow a fighter to break through or fall out onto the floor or spectators including, but not limited to,

vinyl coated chain link fencing. All metal parts shall be covered and padded in a manner approved by USFL and shall not be abrasive to the contestants.

- The fence shall have two separate entries onto the fighting area canvas. If only one entry, coaches will remain outside the cage between rounds.
- The referee shall thoroughly inspect the enclosure making sure that the cage door opens and closes and is able to be secured. The enclosure should be put together correctly providing a smooth and stable surface free from defect.

Open mat

- Must be a minimum of 20 x 20 feet and a maximum of 32 x 32 feet Judo, JiuJitsu or wrestling style mat padded in a manner as approved by USFL, with at least one inch layer of foam padding.
- Padding shall extend a minimum of three (3) feet beyond the fighting area.
- The mats shall be affixed or taped together without space, be clean and in good condition.
- Elevated mats shall not be more than three (3) feet above the floor of the building, have suitable steps or ramp for participants and have a minimum of five(5) feet of surface beyond the fighting area.

E. Bout Card (For shows/dual meets)

- Check bout order.
- Ensure Blue and Red corners are assigned and tape for gloves is available.
- Ensure judges have scorecards.

F. Pairing (Tournaments)

- Make sure pairing official is set up in an open and accessible area.
- Make sure proper age and weight spreads are used by pairing official.

4. ATHLETE WEIGH- INS/ CHECK IN PROCEDURES

A. Weigh in

- Dual meet or show weigh-ins should be scheduled the same day as the event; approximately 3 hours prior to start of event. Undergarments must be worn at weigh-in. Overweight athletes (fixed weight classes) may be assessed a two (2) point per pound penalty, not to exceed five (5) lbs. or ten (10) points. Coaches, promoters, parents and USFL must approve any match where one contestant is overweight and the weight spread must be within maximum allowable weight differential as in the Pooled or Madison System of tournament bracketing. Some tournaments may allow for day before weigh-ins.
- A parental waiver requesting the next higher weight spread criteria may be accepted if all parties and promoter agree.
- Weight cutting is not permitted and athletes have only one chance to weigh in.
- Athletes must wear undergarments or shorts during weight in. A ½ pound weight allowance is provided to compensate for the weight of the undergarment.
- Athletes shall present their USFL license at time of weigh in or obtain a license by providing proof of annual physical and proof of age.

- The USFL bout agreement form should accompany athletes with the official weight recorded on the form.

B. Medical screening and gear check

- Athletes shall be medically pre-screened just prior or just after they weigh-in. The USFL bout agreement form should accompany athletes and be signed off by medical official conducting the screening.
- Athletes shall have shin guards, mouthpiece, cup, gloves and headgear (youths) checked just prior or just after weigh-in. The USFL bout agreement form should accompany athletes and be signed off by an inspector after inspecting gear.
- All athletes must attend a rules briefing either just prior to or just after gear check.

C. Rules Meeting

- All athletes and coaches must attend a mandatory rules meeting prior to the event. The rules briefing will occur either just before or after weigh in for shows and at start of event if a tournament. The rules briefing should cover at a minimum.
- Code of conduct for athletes and coaches to include discussion of yellow and red cards.
- Illegal techniques and fouls.
- The general operation the of event including but not limited to dressing room/ staging area requirements, gear inspections and pre and post-bout medical procedures.
- Events with beginners should also cover scoring criteria.
- Athletes shall be advised of the policy prohibiting lubricants or gels on body or hair, offensive odors, and that their finger and toe nails are to be trim.
- Coaches should be advised of challenge procedures.
- Time for a question and answer period should be allotted after the rules meeting.

D. Dressing room/ Staging area

- Dressing rooms shall be utilized in shows/ dual meets with pre-scheduled bouts.
- Staging area shall be utilized in multi-bout elimination tournaments.
- Dressing rooms and staging areas should have enough space to warm up and be located near bathrooms.
- Only athletes and coaches may be in the dressing rooms or staging area.
- Athletes may not leave the dressing room or staging area unescorted once they have checked in.
- Coaches may exit the dressing room and staging area on own demand.
- Other people may be authorized to be in the dressing room and staging area such as the promoter, personnel and media.
- The order of bouts shall be posted for shows. Bout sheets shall be issued in tournaments.

E. Items allowed in the dressing room and staging area

- Competition safety gear
- Scissors
- Towels

- Food and Beverages
- Ice
- Sponges
- Gauze
- Bucket(s)
- Surgical tape
- Participant's hygiene articles

5. EQUIPMENT

A. Taping of hands; recommendations and standards

Bouts without head strikes require a visual and physical “crush & feel” inspection after wraps are applied. Inspector must sign/ initial wraps prior to glove applied once satisfied no unauthorized substance or technique.

1) Ages 16 years & up must utilize MMA/ Boxing industry standard taping

- The bandages on each contestant's hand shall be restricted to soft gauze cloth not more than fifteen (15) yards in length and two (2) inches in width, held in place by not more than ten (10) yards of surgeon's/trainer's tape, one (1) inch in width, for each hand.
- Tape shall be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand but shall not extend within one inch of the knuckles when hand is clenched to make a fist. No tape shall be over the knuckles.
- The bandages shall be evenly distributed across the hand.
- Layering of gauze and tape is not permitted.
- Straps or stirrups placed from palm to back of the hand must be positioned between the knuckles crossing the soft tissue between the knuckles.
- Inspectors shall inspect wraps after applied to contestant's hands. Referees may be used to assist the inspector. The inspector will initial wraps after inspection is completed. Under no circumstances are gloves to be placed on the hands of a contestant until the approval of the Inspector is received.
- Additionally, no wrapping of any part of the body may occur unless the area has been reviewed by a member of the medical staff, to include knees, elbows, thighs, etc, to ensure contagious skin conditions are not masked. If any participant arrives pre-wrapped for the medical inspection, the wrap in question MUST be removed for inspection, no exceptions.

2) Additional options for ages fifteen years and under

- All ages to include ages under 16 may utilize industry standard taping.
- Protective wrap with surgeon's tape is optional but shall only be used to support the wrist and thumb and does not cover the knuckles. One (1) inch surgeon's or trainer's tape must be used with four (4) wraps around the wrist and twice around the thumb.
- Commercial bag wraps may be used. Wraps may be cut down to fit smaller hands.

B. Gloves

- Condition - look for any scuffing, scratches, scarring.
- Cleanliness - look to see if the gloves are soiled in any way.
- Padding - make sure padding is evenly distributed particularly in the knuckle area, not “pinched,” nor with padding broken.
- If gloves are used more than once at single event make sure water absorption is not present (all leather breathes, therefore, a pair of gloves used in the first bout of a night may have taken on water due to sweat inside the glove or excessive water being used in the corner during the bout).
- Inspect and make sure the gloves are not skinned or manipulated in any way.
- Tape will be placed around wrist area of the glove with inspectors initial after inspection has been completed.

C. Shin Guards

- Condition - look for any tears, scuffing, scratches, scarring.
- Cleanliness - look to see if the shin guards are soiled in any way.
- Padding - make sure padding is evenly distributed not “pinched,” nor with padding broken.
- Inspect and make sure the shin guards are not skinned or manipulated in any way.

D. Headgear

- Condition - look for any tears, scuffing, scratches, scarring.
- Cleanliness - look to see if the headgear is soiled in any way.
- Padding - make sure padding is evenly distributed not “pinched,” nor with padding broken.
- Inspect and make sure the headgear is not skinned or manipulated in any way.
- Inspect and make sure no sharp edges or exposed buckles or any other condition that may pose a threat to the participant.

6. APPEARING TO THE RING/CAGE/ MAT

Prior to entering competition area the referee or inspector shall conduct a final safety equipment check.

Officials should not begin inspection until all non-competition clothing and gear is removed. A two (2) minute grace period is permitted for athletes who are not properly equipped. Referees may issue up to a two (2) point penalty to any athlete reporting without all required gear.

- A top to bottom search is ideal to ensure nothing is missed.
- Headgear should be checked for tight fit.
- Hair clips may not be worn (soft bands may be used to tie hair)
- Hair, ears, face, neck, arms and legs should be checked for lubricants or gels.
- Referees shall inspect mouthpieces while in the contestant’s mouth to ensure proper fit.
- Referee should squeeze and pull gloves to ensure no unauthorized fillers or objects are inside and that gloves fit snugly.
- Fingernails and toenails should be checked for sharpness and length.

- Groin protectors shall be checked by having the male athlete knock on his cup.
- Optional chest protectors are allowable for female athletes.
- Athletes should not have make up, body piercings or jewelry.
- Shin guards should be squeezed to ensure no unauthorized fillers or objects are inside.
- Gloves should be taped in the appropriate color of the corner. Shin guards may also be taped in the same manner. The tournament promoter should supply the tape.
- Ankle Bands may be used in tournaments; once called to the competition area, competitors will put on their designated color ankle band. Bands may be worn on arm if shin guards get in the way. Colored rash guard, fight shorts, Gloves or protective gear may be used in lieu of bands.

A. Tournaments

- Only authorized persons are allowed to enter the ring, mat or cage.
- Athletes shall be called to the staging area with a minimum of three bouts before them. Tardy athletes will receive a five minute grace period to appear before being disqualified. Their name and gym should be announced on several occasions during this grace period.
- The staging official will give the athletes a bout sheet and assign them a mat to report to.
- Both competitors will report to their assigned mat, hand over the bout sheet to the mat official and remain in the vicinity of the mat until called to compete.
- Prior to the match a Referee will double check that competitors have appropriate protective gear and gloves.
- Athletes are afforded up to a 15 minute rest period between bouts.

B. Shows/ Dual Meets

- Only authorized persons are allowed to enter the ring, mat or cage.
- Athletes must remain in the dressing room/warm up area until called to compete.
- The Inspector will retain a posted order of bouts and ensure “on deck” athletes are ready to go with all their equipment.
- Once called to compete, competitors will be escorted to the ring, cage or mat by a staging official.
- No coach/support staff may enter between rounds without having cleaned the soles of their feet on a disinfectant towel placed at the entrance of the ring/cage to ensure hygienic competition areas. Shoes with heels that may damage the competition surface are not permitted in the ring, cage or mat.

7. THE ROLE OF THE INSPECTOR DURING THE CONTEST

A. Dealing with injuries and using medical staff

- No parent shall be allowed into the ring/cage/ mat to attempt to render aid to an athlete who has been injured during the course of a match before the Medical Official has examined the athlete.
- Referees shall stay with and protect the injured athlete until the medical official arrives.

- Coaches will be allowed into the ring/cage/ mat once the physician deems it is safe. The inspector shall summon security to deal with non-authorized persons inside the competition area.

B. Coaches/ Corner persons

- A maximum of three coaches may be seated in their athlete's corner.
- The inspector may advise the coach if unauthorized persons are mat side and/or summon security personnel if any further action is required.
- Coaches must remain seated during the bout.
- Coaches cannot speak to referees during a bout.
- Coaches may challenge a technical mistake by the referee or timekeeper; (e.g. the wrong competitor receiving a point.) A challenge is only done by throwing the provided challenge block into the competition area and waiting for the center referee to halt the bout at an appropriate time.
- If a coach becomes irate or interferes with the bout the referee shall stop the bout and issue him/her a yellow card warning and inform the coach that the next occurrence will result in a red card and removal from the corner.
- The following items are allowed in the corner
 - o Ice bags
 - o Clean sponges
 - o Clean towels
 - o Water in a clear plastic container
 - o Bucket
 - o Surgical tape
 - o Extra mouthpiece

C. In between rounds

- The Inspector should ensure the cage door is locked and all officials are ready and in place before starting a round. A referee may be also designated to do this check.
- Any ice or water spilled onto the competition area shall be cleaned up promptly before the start of the next round. All surfaces shall be dry when the corner exits. Any ice used must be in a bag.
- Coaches are not permitted to enter the competition area between rounds. Referees and Inspectors should be vigilant and ensure no lubricants, gels or unauthorized substances are applied or given to fighters.
- The time-keeper's ten (10) second warning between rounds signals the end of the coach's instructions and preparation period for athletes.

D. Crowd control

- The promoter must assign security personal to keep spectators away from the competition area and enforce the flash photography limitation. The referee may call time and stop the action to warn offenders if this occurs during a match.

- No one is permitted to use flash photography near the ring, cage or mat during a contest because it can temporarily blind the athletes and the referee.

E. Equipment malfunction

- **Technical emergencies; e.g. lighting failures, cage door malfunction, etc.**

If a technical malfunction occurs that poses a risk to the safety or integrity of the bout, the referee should immediately halt the bout, call time and consult with the head official (senior USFL official) to ensure the problem is resolved.

- **Fighter falls out of the ring or off mat**

If a fighter falls out of the ring or cage, time should be called and the medical official shall examine the fighter for injury. If the fighter is too injured to continue, the non-injured fighter should be declared the winner unless a deliberate foul was committed causing the fighter to fall out of the ring or cage.

8. OPERATION OF BOUTS

Each fighter is allotted up to three coaches/corner persons. It is the coach's responsibility to ensure their fighter receives the correct points for scoring techniques (as granted by the referee) by monitoring the scoreboard for errors.

A. Challenges

- Judgment calls by the referee cannot be overturned. Coaches may only challenge technical scoring errors such as wrong point values or if wrong athlete received points.
- For tournaments, coaches must state any challenge before their competitor exits the mat/competition area.
- Coaches, athletes and spectators may not speak to referees during the match or may risk point deductions and removal from the competition area.
- Unjustified, excessive or needless challenges may result in a yellow or red card.
- Challenges that occur after the bout must be done via written petition to the USFL. The challenge must be due to an official's negligence and affect the outcome of the match.

B. Time keeping:

- Time starts when the referee starts the match and halts each time the match is stopped.
- The timekeeper will give an audible and physical signal when time expires.
- The referee is the only one who may call a time out during a bout.
- In multi round events, the timekeeper shall give a ten (10) second warning prior to the end of the round and rest period.

9. POST BOUT PROCEDURES

Tournament

- Upon the conclusion of the match the victor will sign the bout sheet ensuring and verifying they are recorded as the winner. Both competitors will promptly return to the staging area with the bout sheet listing the name of the victor and method of win (score, submission, DQ etc.)

- Both athletes will be screened for injury. If an injury is encountered, the injured athlete will be sent for a further evaluation which shall be recorded on the bout sheet or other applicable recording document.

Dual Meet/ Show

- Upon conclusion of the match, both competitors will be screened for injury. If an injury is noted, that athlete will be sent for a further evaluation which shall be recorded on the injury log.

A. Post injury screening

After an initial medical screening, athletes who may have suffered damaging blows to the head, cuts, or excessive dehydration will be escorted to the dressing room by an inspector for further review by the medical official. The three 'W's' should be used as a final screening– Wait, Watch, and Water.

- Wait – It is the Inspectors responsibility to ensure the athlete “waits” until cleared to leave by the medical official.
- Watch – The Inspector should take the time to talk with the athlete that has returned to the dressing room or medical area after the bout. It is also a good idea to talk with the coach, and ask how their athlete is doing. Look for any signs of a concussion or dehydration such as stated below.
- Water – The Inspector should encourage the athlete to hydrate slowly. Do not allow the athlete to consume too much water too quickly.
- Any signs of concussion or dehydration should be brought to the attention of a medical official promptly.

B. Concussion symptoms

- Lethargy/fatigue
- Loss of concentration
- Headache
- Dizziness
- Imbalance of gait
- Poor/slowed coordination
- Slurred speech
- Confusion
- Blurred vision
- Wanting to go to sleep

C. Dehydration Symptoms:

- Lack of sweat after bout
- Decreased coordination
- Fatigue
- Impaired judgment

- Loss of elasticity in the skin (To test this, pinch the skin. It should spring back to normal immediately. If the skin stays in the pinch form and slowly returns to normal, this is a sign of dehydration.)

10. SUSPENSIONS

A. Medical

- Athletes injured in training and/or competition may be placed on a medical suspension by the examining medical official.
- An athlete choked unconscious shall be placed on an automatic 30 days medical suspension.
- An athlete who receives a fracture requires 180 days suspension. Must obtain written doctors clearance before resuming competition.
- An athlete who receives a concussion shall be placed on an automatic 90 day medical suspension. Must obtain written doctors clearance before resuming competition.
- An athlete who receives two (2) concussions within a six (6) month period shall be placed on an automatic six (6) month medical suspension. A written doctor's clearance must be obtained before resuming competition.
- An athlete who receives three (3) concussions within a one (1) year period shall be placed on an automatic one (1) year medical suspension. A written doctor's clearance must be obtained before resuming competition.
- The attending physician may dictate a medical suspension for any other injury or condition not listed above or modify suspension periods.

B. Conduct

- Athletes or coaches who flagrantly violate rules of safety or sportsmanship may be placed on suspension by the USFL coaches committee.
- The offending athlete and/or coach will have 10 days to challenge the allegation resulting in suspension.

11. DIVISIONS

- Ages above 11 years old shall be gender separate. Older girls may petition to compete in mixed gender divisions. All Star Show divisions shall be gender separate at all ages.
 - The tournament director reserves the right to modify divisions within the allowable parameters to ensure competition.
- a. Skill levels**
- Some events may allow beginner, intermediate and advanced/open divisions.
 - All Competitors may petition to move up one skill level, age group or one weight division upon approval of USFL as long as the move is within maximum age and weight class limits.
- b. Weight Classes**
- Weight classes are either fixed or formed by the Madison system.

- Weight cutting is not permitted.

A. Madison System weight classes

Weight and divisions are formed after weigh in with the lightest competitors bracketed with the maximum age and weight limits and ending with the heaviest competitors. This is the preferred method to conduct local tournaments as it reduces the chance of sole competitors in age and weight groups.

Maximum Allowable Weight Spread:

1. Under 50 lbs.- 5 lbs. max differential
2. 50 to 90 lbs.- 7 lbs. max differential
3. 90 to 140 lbs.- 10 lbs. max differential
4. 140 to 170 lbs.-15 lbs. max differential
5. 170 to 220 lbs.- 20 lbs. max differential
6. Athletes under ten (10) yrs. and under may have a maximum of five (5) lb. weight differential.
7. Weight groups have an allowable age spread of two (2) years.
8. Certain waivers to increase parameters in age by three (3) years may be considered, specifically for older high school age groups.
9. A parental waiver may request the next higher weight spread criteria.

B. Fixed Weight Classes – Used for shows and larger significant tournaments.

USFL Age and Weight Divisions:

1. Athletes may petition to go up in age group but are still limited to within the two (2) year age differential unless a waiver permits the three 3 year exception.
2. Athletes may petition to go up in weight class but are limited to the maximum allowable weight differentials as in the Madison system.
3. Age groups – Defined by the age of participant on the day of competition.
4. Weight Group – Listed weight designates maximum weight allowed per category
 - **Rookie boys & girls - 8 & 9 yrs**
45lbs, 50lbs, 55lbs, 60lbs, 65lbs, 70lbs, 75lbs...
 - **Novice boys & girls – 10 & 11 yrs**
60lbs, 65lbs, 70lbs, 75lbs, 80lbs, 85lbs, 90lbs, 95lbs, 100lbs...
 - **Schoolboy – 12 & 13yrs**
75lbs, 80lbs, 85lbs, 90lbs, 100lbs, 110lbs, 120lbs, 130lbs, 140lbs, 155lbs...
 - **Schoolgirl – 12 & 13 yrs**
70lbs, 75lbs, 80lbs, 85lbs, 90lbs , 100lbs, 110lbs, 120lbs...
 - **Cadet boys – 14 & 15 yrs**
90lbs, 100lbs, 110lbs, 120lbs, 130lbs, 140lbs, 155lbs, 170lbs, 185lbs...
 - **Cadet girls – 14 & 15 yrs**
90lbs, 100lbs, 110lbs, 120lbs, 130lbs, 140lbs...
 - **Junior Boys – 16 & 17 yrs.**
115lbs, 125lbs, 135lbs, 145lbs, 155lbs, 170lbs, 185lbs, 205lbs, 220lbs & 265lbs

- **Junior girls – 16 & 17 yrs**
105lbs, 115lbs, 125lbs, 135lbs, 145lbs, 160lbs...

***Girls may petition for a waiver to participate in mixed gender bouts after age 11.

***Athletes may petition to go up in age or weight class but must still fit within the maximum limits.



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