

# Youth Rulebook

## United States Fight League



### Table of Contents:

- [ARTICLE I: DEFINITIONS](#)
- [ARTICLE II: FOULS AND ILLEGAL TECHNIQUES](#)
- [ARTICLE III: SCORING OF GRAPPLING TECHNIQUES](#)
- [ARTICLE IV: SCORING OF STRIKING TECHNIQUES](#)
- [ARTICLE V: CHALLENGES](#)
- [ARTICLE VI: OPERATION OF MATCHES](#)
- [ARTICLE VII: UNIFORMS AND EQUIPMENT](#)
- [ARTICLE VIII: DIVISIONS](#)
- [ARTICLE IX: COMPETITION AREA](#)
- [ARTICLE X: REFEREES AND OFFICIALS](#)
- [ARTICLE XI: MEDICAL SCREENING AND SUPPORT](#)
- [ARTICLE XII: PROMOTERS/ PROMOTION OF EVENTS](#)
- [ARTICLE XIII: ALTERNATIVE RULE SETS](#)

## ARTICLE I: DEFINITIONS

The **United States Fight League** is dedicated to fostering Safe and affordable local, national and international competition opportunities for Youth Pankration. The USFL shall be governed by an executive board and utilize technical advice and recommendations by independent committees. The USFL shall report to and adhere to guidelines as set by the athletic or boxing commission of jurisdiction. The executive board shall hold an annual meeting for implementation of rule book modifications as recommended by the five committees or athletic/ boxing commission and report any modifications to the athletic or boxing commission of jurisdiction.

- |             |                                     |
|-------------|-------------------------------------|
| <b>I.</b>   | <b>Promoters committee</b>          |
| <b>II.</b>  | <b>Medical advisory committee</b>   |
| <b>III.</b> | <b>Referee/ Officials committee</b> |
| <b>IV.</b>  | <b>Parental advisory committee</b>  |
| <b>V.</b>   | <b>Special Advisory Committee</b>   |

**Athletic/ Boxing Commission** – A state run organization responsible to set guidelines in the regulation of professional and amateur boxing, kickboxing, Muay Thai, Mixed Martial Arts and other combative sports listed under their jurisdiction. Some state commissions may delegate sanctioning authority to a non-government organization but the authority to regulate ultimately falls on the commission. State regulations of the jurisdiction of event will supersede articles within this rulebook and promoters shall allow state officials with credentials the right to enter without charge.

**Contestants** may be referenced as Grapplers, Wrestlers, Fighters, Competitors or Athletes

**Officials** may be referenced as referees, judges and inspectors.

**Tournament** – Is a competitor-based competition. Athletes generally participate by paying a registration fee and are placed in an appropriate age, weight and skill level. Tournaments are typically funded by participation fee.

**Show** – (Also know as a “Dual Meet”) Is a spectator-based competition where athletes are selected in prearranged matchups and compete before a spectator audience. Shows are generally funded by spectator fee.

### **General Rules**

- Takedowns, Ground Control, Submissions and Body Strikes are allowed. Strikes above the collarbone and other vital points are prohibited.
- Techniques must be executed with no ill intent and matches cannot be won by knockout, brutality or with deliberate intent to cause injury.
- Potentially dangerous strikes, takedowns and submissions are prohibited.
- Submissions must be executed with applied pressure, allowing time to submit before injury.
- Strikes must be focused and delivered in a controlled/ restrained manner ensuring proper placement.
- Matches are won by score or by properly applied submission technique.

## **ARTICLE II: ILLEGAL TECHNIQUES AND FOULS**

### **Section 1: Fouls for all levels of Pankration**

#### **A. Striking Related Fouls**

1. Strikes to the face, head, back and spine.
2. Any strike to the knee joint; especially frontal.
3. Kicks or strikes directed to the shins.
4. Elbow or forearm strikes of any kind.
5. All Strikes with the non-gloved portion of the hand aside from hammer fist.
6. Butting with the head.
7. Heel kicks to the Kidney or any other part of the body from the bottom.
8. Kicking the body of a downed opponent.
9. Stomping of a grounded fighter and up kicks from the grounded fighter.
10. Grounded knees are permitted only when executed with one knee touching the ground and one hand on opponent.
11. All striking techniques must be controlled and focused.

#### **B. Grappling Related Fouls**

1. Takedowns and throws designed or intended to cause injury.
2. Intentional slamming when performing a takedown or defending a submission.
3. Spiking the opponent to the floor onto the head or neck.
4. Flying Scissors style takedowns. *\*Connection to opponent and ground is not "flying".*
5. Back Splashing to escape a submission.
6. Small joint Manipulation.
7. Clawing, Pinching, Twisting the flesh or grabbing the clavicle, neck or trachea.
8. Neck Cranks.

9. All Twisting leg submissions.
10. Spine locks or twisters.
11. Bicep and Calf Slicers.
12. Straight Guillotines
13. All submissions must be executed with applied pressure not “cranked”, to allow reasonable time to submit prior to injury.

### **C. Other Fouls**

1. Holding opponent's shorts or gloves.
2. The use of abusive language or unsportsmanlike conduct in the fighting arena.
3. Biting or spitting at an opponent.
4. Hair pulling.
5. Fish-Hooking.
6. Groin attacks of any kind.
7. Intentional placing finger or toe into any orifice or into any cut or laceration of your opponent.
8. Eye gouging.
9. Attacking an opponent after the round has ended or when referee halts the match.
10. Maliciously causing injury to an opponent or exploiting an injury.
11. Attacking an opponent on or during the break.
12. Attacking an opponent who is under the care of the referee.
13. Throwing an opponent out of the fighting area.
14. Executing excessive non-scoring techniques.
15. Any Unreasonable conduct of any kind that may causes an injury to opponent or any officials.
16. Interference from a corner.

17. Flagrant disregard of the referee's instructions.
18. Timidity.
19. Holding or grabbing the fence or ropes.
20. Weight cutting is not permitted.
21. Athletes may subject to testing for banned performance enhancing drugs.

## **Section 2: Common names of Illegal techniques in Pankration (Class A rules)**

*\* Additional techniques not listed below may also be illegal, view Section 1 for a detailed listing of illegal maneuvers.*

<b>SUBMISSION</b>	<b>STRIKING WEAPONS</b>	<b>TAKEDOWNS</b>
Heel Hook	Elbow Strike	Suplex to head
Toe Hold inside & outside	Forearm Strike	Salto to head
Hard reaping of knee	Head Butt	Pile driver
Crucifix	Open hand Slap	Spiking to head
Peruvian Neck Tie w/o arm	Spear hand	Bull dogging
Can opener	Ridge hand	Head lock (without arm)
Twister	Palm Heel	Flying Scissors W/O Connect
Straight Guillotine	Knife hand	Body Slam
Ezekiel w/ bent neck	Finger poke	Wrist lock throw
Mount Guillotine w/ arch	Stomp	Elbow lock throw
Bicep Slicer	Up Kick	Shot to knee
Calf Slicer	Haymaker	Football Tackle

## **AGE MATRIX**

<b>Age Group</b>	<b>Length of round</b>	<b>Added legal techniques based on age</b>
Junior: ages 16 to 17	2 or 4 minute period	Knee Strikes & Straight Leg Submissions
Cadet: ages: 14 & 15	2 or 4 minute period	Standing or Jumping Submissions
Schoolboy: ages 12 & 13	2 or 3 minute period	Arm in Guillotine, Anaconda, Peruvian Necktie
Novice: ages: 10 & 11	2 or 3 minute period	Ground Striking
Rookie: age 8 & 9	2 or 3 minute period	

*All multi round bouts have 2 minute rounds*

*Catch age bouts defer to younger age group rules of prohibited techniques*

*\* See Article VIII for additional information on age groups and length of bouts*

## **Section 3: Penalties from Fouls**

- 1<sup>st</sup> accidental foul/violation will result in 1 point for the fouled competitor.
- 2<sup>nd</sup> accidental violations will result in a 1 additional point for the fouled competitor.

- 3<sup>rd</sup> accidental violation will disqualify.
- The match will be restarted in the neutral position if the foul was committed on the ground unless the fouled athlete was in an advantageous position.
- Malicious or intentional fouls may result in immediate disqualification on first offense.
- Injuries caused the “fouled” fighter’s negligence will not be charged to the executer. If the injury ends the bout, the “fouled” fighter will lose by injury default.
- If a bout ending injury is due to a foul, either unintentional or intentional, the fouled fighter will be declared the victor.
- If the bout ending injury was caused by no fault of either fighter, the uninjured athlete will be declared the winner via injury default. A “no fault” injury is defined as an injury that does not involve the contest itself or an injury where the injured athlete was at fault, or equally at fault.

#### **Section 4: Treatment of Injuries**

- Up to 5 minutes of injury/ recovery time is allotted to the athlete hurt by an illegal strike or technique.
- Blood time is treated the same as injury time with bout halted upon detection of blood. A maximum of 5 minutes per bout is allotted to stop bleeding.
- Athletes hurt by a legal technique should be afforded a short recovery period and not be “finished off” while injured. Referees should halt the bout and conduct a short evaluation to determine if the athlete is fit to continue. The medical official may be summoned to help in the evaluation.
- Referee may halt the match at anytime to ensure the safety of a participant and seek medical consultation if the athlete shows any signs of injury.
- Only event medical staff shall treat injuries. The referee should stay with and protect injured athletes until relieved by medical staff.
- Medical staff shall determine if the injured athlete is able to continue.
- Medical evaluation or treatment does not count towards injury or blood time.

#### **Section 5: Penalties related to conduct**

- Example include failure to follow rules of the match or disrespectful conduct.
- Licensed coaches are fully responsible for the conduct of their corner.
- 1<sup>st</sup> Offense = Yellow Card and Warning.
- 2<sup>nd</sup> Offense = Yellow card with point deduction.
- 3<sup>rd</sup> Offense = Red card and disqualification.

#### **Section 6: Suspensions**

- USFL Suspension forms shall be provided to all promoters, coaches and staff.
- Athletes injured in training and/or competition may be placed on a medical suspension by the examining medical official.
- Athletes or coaches who flagrantly violate rules of safety or sportsmanship may be placed on suspension by the USFL or advisory committee.
- Injured athletes shall be placed on automatic medical suspension in concurrence with USFL medical policy (article XI, Section 5).
- The referees and lead official have the authority to yellow or red card all licensees, both within the competition area and venue in general. Red card suspensions can be for either a particular bout or entire event.

- Petitions to suspend a license for an extended period of time must be made in writing and within 7 days of incident. A review board shall review all documentation at its earliest convenience.
- Licensees placed on conduct related suspensions have 10 days to appeal to one of the USFL committees.

## **ARTICLE III: SCORING OF GRAPPLING TECHNIQUES**

### **Section 1: Takedown (2 points)**

A Takedown occurs when a grappler has at least 3 supporting points on the mat. Supporting points are: Feet/Foot; Knee(s); hands; forearm(s); head; buttocks; lower back; upper back/shoulder(s). The top grappler must settle in a weighted and controlled top position for 3 seconds to receive the takedown point(s). A take down that results in a controlled back mount position is considered a take down even if the grappler is not on top.

Additional takedown points cannot be scored unless one grappler reestablishes the neutral standing position or if the match is restarted in the neutral standing position.

### **Section 2: Push out (1 Point)**

- This rule is waived if match is conducted inside a cage or ring.

### **Section 3: Attempted Submission (2 points)**

- Must be a high percentage submission or recognized by officials, place opponent in danger and/or shut down all offensive/ scoring capabilities for a minimum of 3 seconds.

### **Section 4: Ground Control (2, 3 or 4 points)**

Each Ground Control Position may be scored only once adding up to a maximum of 9 points unless the controlled grappler reestablishes a neutral position with a full guard, reversal or neutral standing position.

- Side Control (2 points)
- Full Mount (3 points)
- Back Mount (4 points)

### **Section 5: Re-Start Positions**

(Both grapplers must be fully outside the marked boundaries to be considered out of bounds)

- Neutral Position
- Guard Restart Position:
- Mount Position Restart
- Side Control Restart Position:
- Back Control Restart Position:
- Attempted Submission Restart: Matches will not be re started in a submission if the grapplers go out of bounds due to a natural progression during an attempted submission attempt.
- Elevating opponent fully above hips is considered an effective escape of attempted submission or guard. Referee should break the hold to prevent an unintentional slam.

## **ARTICLE IV: SCORING OF STRIKING TECHNIQUES**

### **Section 1: Stand-up striking techniques:**

Visible contact with shock or displacement of the body must be observed to award body striking points. Strikes must be executed in good form with torque, distance and follow through.

**2 points** – Body Kick

**1 point**- Punch, Knee or Leg Kick

**0 points**

- Any strike not witnessed by the Referee.
- Any strike which is partially blocked before landing to a target area.
- Any body strike lacking clear contact and/or displacement to the opponent's body.
- Any striking technique in which the striker falls to the mat.
- A clash of strikes when there is no clear advantage to either competitor.
- Unrestrained, sloppy or wild strikes.

## **Section 2: Ground control striking techniques**

- Striker must be in top position; "Side Mount", "Reverse Side Mount", "Scarf Hold", "North/South", "Knee on Belly", Back Mount or inside any "Guard" position to earn ground striking points.

**1 point**: A punch or knee strike

A maximum of 3 scoring strikes can be executed per ground position. Only torso strikes may score.

- Each strike is scored individually but with a maximum of 3 strikes allowed to score.
- Adjusting from side control to knee on belly or opposite side constitutes a ground control adjustment allowing 3 "new" strikes to be earned per positional adjustment.
- All strikes within the guard or any guard variation are considered the same position and are not considered a new adjustment for scoring.
- All strikes from the mount position or any variation are considered the same position and are not considered a new adjustment for scoring.
- All strikes from the back-mount position or any variation are considered the same position and are not considered a new adjustment for scoring.
- Standing over a grounded opponent or any variation are considered the same position and are not considered a new adjustment for scoring. Striker must have some form of body connection to grounded athlete to ensure strikes are controlled.
- Excessive or non-scoring ground strikes may be considered stalling for restart or punitive purposes.

**0 points** (May be grounds for a stalling call)

- Excess of 3 strikes to a downed opponent from the same position of control.
- Striking without position of control.
- Punches from a "Clinched" or non-upright posture while on the ground.
- Punching or Knees to legal areas of the legs.
- Legs kicks to a downed opponent with control of a limb are allowed only as a set up for an actual scoring technique and score no points.

## **Section 3: Stalling (1 point)**

Stalling is a technical penalty but cannot be used for disqualification or a Technical submission. Competitors must constantly attempt to improve their position and earn points by positional

control, strikes and submission attempt. The burden of action is applied to the competitor who initiated the position causing inactivity.

**Some examples of passivity:**

- Refusing to ground grapple after executing a takedown.
- Avoiding takedown by “butt scooting”.
- Continuously backing up without any offensive techniques.
- Holding a mount, side control or back control position without attempting to advance the match (score points).
- Holding a closed guard with no serious attempt to score with submission or reversal attempts.
- Laying or remaining static inside the guard with no serious attempt to pass, submit or score striking points.
- Executing excessive non-scoring strikes on the ground without change of position.
- Defending a submission or scoring attempt is not considered passivity.
- In general 15 seconds of inaction (to include warning) is considered passivity before the point is awarded.
- Referees will award the opponent 1 point for each occurrence of passivity and restart to the neutral position unless the passive fighter was in a disadvantaged controlled position.

## **ARTICLE V: CHALLENGE**

### **Section 1: Challenges**

- Judgmental calls by the referee cannot be overturned.
- A challenge must be due to a misapplication of rules such as a misidentified foul, missed call of a foul or regulatory oversight that directly affected the outcome of the match.
- Challenges must be within the spirit of the rules and competition and not used to exploit a void in the rules.
- A licensed coach must be used to submit a challenge.
- In open scoring bouts, coaches may state their challenge during a bout by standing next to the score table or by throwing the provided “Challenge block” into the competition area. The Referee will stop the match during an appropriate time to address the challenge. Coaches, athletes and spectators may not speak to referees during the match or risk point deductions and removal from the competition area. This is not permitted in closed scoring.
- Challenges that occur after the bout must be done via written petition to the USFL or advisory Committee.
- A USFL board member will determine if the challenge is permitted within the rules and a committee of officials will vote on the challenge. If the outcome of bout is changed the opposing coach will be notified and have an opportunity to appeal under the same protocols as the challenge.
- Video replays are not the responsibility of the USFL.
- Unjustified, excessive or needless challenges may be penalized and effect the ability to challenge in the future.
- Petition for a change of rules must be brought to the one of the USFL Committee.

## **ARTICLE VI: OPERATION OF MATCHES**

**Section 1: Weigh in**

- Weigh in will be conducted prior to competition.
- Weigh in must be supervised by a USFL referee or official.
- All competitors must have similar and fair access to weigh in regard to time and equipment.
- Weigh in should be conducted approximately 3 hours prior to event start to discourage weight cutting.
- Certain Tournaments may have day prior weigh in to accommodate the demands for pairing.
- Weight cutting and use of sauna is prohibited.
- A ½ pound weight allowance can be granted to compensate for undergarments.
- In cases where one athlete is slightly above the agreed weight limit, a 2 point per pound penalty will be held against the overweight athlete as long as the weight differential does not exceed the maximum limits. In team events, the team of the overweight athlete may also receive a pre agreed point penalty.

**Section 2: Health and Safety check**

All competitors will be examined for contagious skin conditions, trimmed nails and open wounds prior to competition.

**Section 3: Rules Briefing**

All competitors and/or coaches must attend a rule briefing prior to competition.

**Section 4: Allowable fluids**

Only water may be consumed during the bout. Excessive amounts of water being discarded in the competition area could be penalized or subject to disqualification.

**Section 5: Grease, gear and nail check**

Prior to the bout referees or officials shall check for long nails, body grease, gels, balms, lotions, oil or other substances applied to the hair, face, or body.

**Section 5: Other prohibited items**

- Hair clips (Soft bands may be used to tie hair)
- Jewelry in piercings or body jewelry
- Make up

**Section 6: Ankle Bands**

- 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, T-Shirt, fight shorts and gloves
- Tape on gloves or protective gear should be used in lieu of bands in shows.

**Section 7: Methods of Scoring**

**A. Open View Scoring – Score is visible as match progress**

**B. Closed Scoring – Score is announced after bout**

**Section 8: Restart on feet**

The bout may be restarted in the standing neutral position in the event of a stalemate or when both competitors are on the ground for an excess of 15 seconds with no additional advantage imminent. Points may be awarded in conjunction with the rules of passivity. Center referee may look to side referees for conformation of stalling.

### **Section 9: 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 10 second warning prior to the end of the round and rest period.

### **Section 10: Determining the Winner of the Match**

- Competitor who causes opponent to submit by tapping or by verbal announcement. Note: ANY sounds coming from opponent in a submission may be grounds for calling a match. This is a judgment call by the referee and not subject to appeal.
- Disqualification
- Referee stops bout for safety of participant or upon properly applied submission.
- 20 Point advantage is considered a technical superiority and can end the match at referee's discretion. (20 points per round if multiple periods) Technical penalty points do not count.
- In single round bouts, a two or less point advantage can be considered a tie (in open scored bouts) and send the match into overtime. Following the overtime period, the highest scoring athlete will be declared the winner.
- Overtime - The overtime period score will be added to the actual end of regulation score to determine winner of the match. A sudden death grappling period will follow if the score still remains a true tie.

### **Section 11: Team Scoring:**

- Team match scoring consists of 6 points for a Submission/ Stoppage/ Forfeit; 5 points for a technical submission (20 point advantage); 4 points for a major decision (8-19 point advantage); and 3 points for a decision (1 to 7 point advantage)
- Two formulas may be used to determine top teams in tournament formats.
  1. *Cumulative format.*
    - a. Each individual win earns a team point. Byes do not score but a win after a Bye counts double. More points are earned in Championship rounds. Submissions = Max Pts.; followed by Technical Submission (20 point advantage); Major Decision (8 point advantage); and Regular Decision (less than 3 point advantage).
  2. *Top three Placers.*
    - a. 1<sup>st</sup> place = 6 Pts.; 2<sup>nd</sup> place = 3 Pts.; and 3<sup>rd</sup> place = 2 Pts

## **ARTICLE VII: UNIFORMS AND EQUIPMENT**

### **Section 1: Attire**

- Competitors may compete in Board shorts, Fight Shorts, Rash Guard, tight fitting T-Shirt, or bare chest\*. All competitors are encouraged to wear traditional rash guard and grappling style shorts. \*Shows require rash guard or tight-fitting T-shirt.
- Clothing with griping material is not allowed.

- “Sliders” or padding is permitted under shorts.
- All clothing must be clean and in good repair. Buttons, zippers, metal or sharp objects are not allowed on clothing. Shorts may have pockets as long as Velcro.
- Wrestling shoes are allowed in Class C rules only.
- It is STRONGLY recommended that athletes have and use both red and blue rash guards or competition T-Shirts.

## **Section 2: Protective Gear**

- All competitors must compete with a mouthpiece. Quality double mouthpiece is highly recommended. A second mouthpiece is strongly recommended in case of a loss.
- Male competitors must wear a cup.
- Female competitors may wear a chest guard.
- Approved gloves, shin guards and headgear.
- USFL shall have a listing of all approved gloves, shin guards and headgear. Venders, users and manufactures of gear not included may submit a sample to the USFL for approval.
- Gloves and other safety gear will be inspected prior to entering the competition area
- Other protective gear such as knee pads, elbow pads, forearm guards are optional and subject to approval by officials.

## **Section 3: Taping of hands:** One form of protective wrapping is required for all athletes.

1. A protective wrap is optional and used to support the wrist and thumb but not cover the knuckles. One-inch Surgeons tape must be used with 4 wraps around the wrist and twice around the thumb.
  2. Commercial bag wraps may be used. Wraps may be cut down to fit smaller hands.
  3. Industry approved taping is required for Junior (16 & 17yrs) age group athletes.
- Use only soft surgical gauze and trainers/surgeons adhesive tape. The gauze shall be no more than 2 inches wide and shall not exceed 20 yards in length. The tape shall be no more than 1 1/2 inch wide and shall not exceed 10 yards in length. Due to the small size of MMA gloves and the small size of a youth’s hands, use gauze and tape sparingly. These parameters are maximum amounts. Less can always be used.
  - Tape must be at least 1 inch behind the knuckles when the hand is clenched in a fist.
  - The only thing that may go on the knuckles is a pad that is made from the allotted length of gauze. When creating the pad be mindful of the size of the glove so that the hand can still fit without compromising circulation.
  - Strips of tape may be placed between the fingers and must lay between the knuckles but not extending onto the actual knuckle bone.
  - Tape may **never** be placed over the knuckles.
  - The use of any water or other liquid on any part of the hand wrap is prohibited.
  - It is prohibited to stack gauze and tape. (i.e., you may not layer gauze then tape then gauze then tape , etc.)
  - Nothing may be placed underneath the gauze.
- \*Be aware that if the youth has small developing hands, the wrap does not have to go between the fingers. The rest of the above rules apply.

## **Section 4: Appearance/ hygiene of fighter**

Personal hygiene, length of head hair, length of facial hair, or any other aspects of personal appearance should not present a hazard to the safety of the contestant or their opponent or interfere with the supervision or conduct of the event.

## **ARTICLE VIII: DIVISIONS**

### **Section 1: Divisions**

- Ages above 11 years old will be gender separate. Older girls may petition to compete in mixed gender divisions. Show divisions shall promote gender separate at all ages.
- The tournament director reserves the right to modify divisions within the allowable parameters to ensure competition.

### **Section 2: 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 the the move is within maximum age and weight class limits.

### **Section 3: 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 weighing 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 and reduces the chance of sole competitors in age and weight groups.

#### **Maximum Allowable Weight Spread:**

- Under 50lbs: 5lbs max differential
- 50 to 90lbs: 7lbs max differential
- 90 to 140lbs: 10lbs max differential
- 140 to 170lbs: 15lbs max differential
- 170 to 220lbs: 20lbs max differential
- Weight groups have an allowable age spread of 2 years.
- Certain waivers to increase parameters in age or weight may be considered. More consideration for older age groups. Waivers of weight cannot exceed the parameters of next higher category.
- Athletes under age 10 yrs have a maximum 5 lb weight differential regardless of weight.

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

#### **USFL Age and Weight Divisions:**

- a. Athletes may petition to go up in age group but are still limited to within the two-year age differential unless a waiver permits the 3 year exception.
- b. Athletes may petition to go up in weight class but limited to the maximum allowable weight differentials as in the Madison system.
- c. Age groups – Defined as the age of participant on the day of competition.
- d. 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 & 13 yrs**  
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...

A ½ pound allowance is permitted to compensate for undergarments, which must be worn.

*\*\*\*Girls must 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.*

#### **Section 4: Length of bouts**

- Tournaments shall generally consist of one round per bout. Rookie, Novice and Schoolboy/ Girls age groups compete in one 3-minute period while Cadet and Junior age groups compete in one 4 minute period.
- Shows shall generally consist of three 2-minute periods with a 1-minute rest period between rounds.
- A maximum of 5 rounds may be fought in a single day tournament or show.
- Athletes must be afforded a minimum of 15 minutes between bouts.

### **ARTICLE IX: COMPETITION AREA**

#### **Section 1: Type of Competition areas**

- Wrestling Mat
- 5 Rope Boxing ring
- MMA cage

#### **Section 2: Specifications of Competition area**

- A USFL official will physically inspect the surface, enclosure and surrounding area to ensure standards and specifications of safety are met. All buildings and structures must comply with local and state health and safety code.

### **ARTICLE X: REFEREES AND OFFICIALS**

### **Section 1: Objective**

To identify specific requirements and classifications of referees, and to standardize conduct and attire of USFL Referees during an USFL-Sanctioned Event. The USFL has developed a detailed referee manual which shall govern the operation and conduct of all officials. A referee refresher clinic shall be conducted prior to each USFL sanctioned event. Persons who have certain criminal convictions are prohibited from refereeing. See USFL background and waiver policy.

### **Section 2: Attire**

All Referees shall wear the following attire during an event:

- Black Khakis
- Black socks
- Black sneakers or shoes without a heel.
- Belt
- USFL Polo Shirt
- Red and Blue Wrist Bands
- Yellow and Red Cards
- Clean Shaven or Groomed appearance

### **Section 3: Skills and Abilities Classification**

It is a recommended practice that the USFL utilize formally trained Referees for Class A bouts but also provide a referee training progression utilizing Class B and C rules for new (Non-ABC approved course) referees

### **Section 4: Protocols**

#### **A. Verbal:**

During the course of refereeing a match, there are several reasons why the referee must communicate with the fighters, coaches, and/or crowd.

#### **B. Visual:**

During the course of a match, there are several hand signals that must be given to direct coaches, other referees, and audience toward the guidance being provided.

#### **C. Dealing with fouls:**

It is the referee's discretion as to whether to label the foul "intentional" or "unintentional".

## **ARTICLE XI: MEDICAL SCREENINGS AND SUPPORT**

### **Section 1: Objective**

The United States Fight League considers the safety of its competitors as of the utmost importance. In concert with our unique rule set and highly qualified referees, which protect athletes while they compete, the following medical policy serves to ensure that their physical condition is acceptable to

enable them to participate in the sport of Pankration and to provide a high quality of care should an injury occur during an event.

### **Section 2: Required Medical Support**

Requires a physician and approved first responder ambulance (or as required by law of jurisdiction) to be present during event.

### **Section 3: Medical Staff Duties**

- \* Provide proof of current licensure as an approved first responder.
- \* Verify that all competitors are in compliance with the Annual Physical Examination requirement.
- \* Conduct pre bout medical screenings prior to start of event and either approve participation of each athlete or advise USFL if medically unfit to participate.
- \* Conduct post bout screenings after each bout to include multi bout tournaments.
- \* Carry all equipment necessary to provide for basic life support level assessment of injured competitors, splinting of fractures and joint injuries, application of cold/ice therapy, dressing of wounds, cervical spine immobilization and cardiopulmonary resuscitation.
- \* Remain at competition area(s), easily accessible and ready to respond throughout the entire duration of the event. (Ringside, Cage Side or Mat side).
- \* Provide high quality medical care to injured competitors during the event
- \* Determine the need for and appropriate level of follow-up care depending on the severity of any particular injury and communicate with parents/guardians of competitors and/or local emergency medical services.
- \* Familiarize themselves with local emergency medical protocols and locations of nearby emergency hospitals and closest level 1 trauma center.
- \* Keep a running and accurate record of all injuries that occur during the event and submit a completed post-event injury report to USFL officials at the conclusion of the event.

### **Section 4: Annual & Pre-Event Screening**

Licensed athletes shall be required to complete an annual sport physical.

### **Section 5: Reporting of Injuries**

Thorough and accurate reporting of injuries is of paramount importance in order to both demonstrate the safety of the sport and provide data used to keep it safe for youth competitors on a continuing basis. The following reporting procedure will ensure these high standards:

- \* Qualified medical personnel will keep a continual record of all injuries requiring treatment during the course of competition
  - At the conclusion of the event, before leaving the venue, they will submit a completed USFL Post-Event Injury Report Form to the highest-ranking USFL official at the event. The information included on the form shall consist of the following:
  - Name, age and gym affiliation of competitor.
  - Name, relationship and phone number of parent or guardian.
  - Description of Injury: A detailed description of the competitor's condition.

- Mechanism of Injury: How the injury happened, including specific technique used, if possible.
- Care Rendered by medical personnel to treat injury.
- Follow-Up care either recommended or initiated based on severity of injury.

**Medical Official determines medical suspension period. Minimum suspension periods as listed below.**

- An athlete choked unconscious shall be placed on automatic 30 days medical suspension.
- An athlete who receives a bone or joint injury shall be placed on automatic 60 day medical suspension. Must obtain a doctors letter of clearance to resume competitions prior.
- An athlete who receives a concussion shall be placed on automatic 90 day medical suspension.
- An athlete who receives two concussions within a 6 month period shall be placed on an automatic 6 month medical suspension.
- An athlete who receives three concussions within a 1 year period shall be placed on an automatic 1 year medical suspension. Must obtain a doctors letter of clearance to resume competitions after suspension expires.

**Special Athletic commission Reporting Requirements:**

1. USFL shall maintain an injury log that shall be made available to the Commission upon request.
2. USFL shall report significant injuries, meaning injuries that require or should require emergency medical treatment occurring at amateur events to the Commission's Executive Officer or, in the Executive Officer's absence, the Assistant Executive Officer within two (2) hours of the occurrence.

## **ARTICLE XII: PROMOTERS/ PROMOTION OF EVENTS**

**Section 1: Who are promoters**

- Promoters host Pankration Shows and Tournaments as either "stand alone" events or joined with other authorized MMA, Boxing, Kickboxing or Muay Thai event.
- Promoters must complete required training by the USFL in code of conduct, promoter requirements & responsibilities, and matchmaking.
- A criminal background check is also required, and persons convicted of certain crimes are not permitted to be promoters.
- The USFL does not promote shows but may retain the rites to conduct National Championship/ World Team Trials or tournaments of national or international significance.
- All requests for media coverage must be approved by the USFL.
- All advertisements and programs for USFL events must contain the USFL logo.

**Section 2: Booking an Event**

Promoters requesting a date for an event will have 10 days to secure a certificate of liability insurance including the USFL as additionally insured. A Head official will be assigned to work with the promoter to ensure all the requirements and regulations are understood in preparing for the event. Promoters contract approved medical personal and pay a per diem fee directly to officials.

### **Section 3: Staffing Responsibilities**

1. Security: An adult representative of the host site will be available at all times to provide the following:

2. Assistant for weigh-in.
3. Staging area personnel.
4. Announcer or MC, DJ or Band if used.

### **Section 4: Medical Requirements**

Requires promoter secure and directly pay the medical officials and first responders.

### **Section 5: Insurance Requirements**

- \$1,000,000 event liability insurance policy also covering the USFL.
- All Athletes must be covered under a minimum of \$25,000 secondary medical policy with a maximum of \$500 deductible. The participant can be made responsible for deductible. The USFL provides the required secondary medical coverage to all licensed youth athletes at no charge to the promoter.

### **Section 6: Referee and Inspector Fees**

The promoter shall pay referee and inspectors a per diem fee in advance of the show.

Shows may have minimum per diem fee regardless of quantity of matches.

- Promoters are expected to accommodate USFL staff and referees if travel in excess of 3 hours is required.

### **Section 7: Media**

All requests for media coverage must be approved by the USFL.

### **Section 8: Services Provided by USFL**

- Use of athlete database
- Approval of matchmaking
- Recording of results and suspensions
- Assignment of officials

### **Section 9: Licensing of Athletes**

- Licensing is open to all athletes regardless of style, school or affiliation.
- Athletes must purchase a USFL License
- The license will be issued when:
  1. The applicant and parent sign the USFL code of conduct.
  2. Provide a copy of birth certificate or passport showing proof of age.
  3. Complete an annual sport physical.
- The license will carry a USFL secondary medical insurance valid for all USFL sanctioned events.
- Licensed athletes will be entered in the USFL Athlete database under their appropriate age and weight group and if applicable ranked within their division. Suspended licensees will be prevented from registering and participating in all USFL events while under suspension.

### **Section 10: USFL Reporting Responsibilities**

- Once a promoter secures an event, the USFL will be the responsible party to notify the athletic/boxing commission of jurisdiction for that sanctioned event.
- The USFL will be responsible to report rule violations arising from the promoter or the USFL itself to

the athletic/ boxing commission of jurisdiction and appear upon request to address questions of the commission.

- The USFL shall maintain documentation of injuries, suspensions, challenges and complaints along with dispositions resolving such challenges and complaints and upon request share with athletic/ boxing commission of jurisdiction.

## **ARTICLE XIII: ALTERNATIVE RULE SETS**

### **Section 1: C RULES** (Exhibition)

Class B and C rules contain “less” and no additional techniques than standard Class A rules. Participants may elect to participate in more restrictive bouts which would be considered exhibitions under the USFL.

- CLASS C RULES (Exhibition).
- In addition to techniques limitations of Class A, all striking techniques are prohibited.
- Class C athletes are not required to be licensed under the USFL, however coaches must be USFL licensed.
- The attending doctor must clear the participant of a Class C bout to compete in any subsequent Class A or B bout on same event date.
- Class C bouts will not count towards ranking or record of athlete or team.
- Promoters who choose to hold grappling exhibitions outside these rules would be permitted to do so either before or after regular USFL bouts as to not give the appearance of USFL approval or oversight.

### **Section 2: CLASS B RULES** (Exhibition)

- Class B Rules also contain strikes but with additional technique limitations as compared to Class A; as agreed upon by coaches.
- Class A participants (standard USFL Rules) may be permitted to compete in additional periods of competition under Class B rules if the Class A bout was ended due to a quick submission, however subsequent rounds would preclude further submissions. The result of the Class A bout will stand regardless of the outcome of the Class B bout.
- The total periods of competition for both contests (Class A & B) may not exceed the maximum allowable rounds of Class A. The attending doctor must clear the participant before any additional bouts or rounds.
- Class B rules must permit for 15 seconds of ground grappling or until a grappler obtains an additional scoring position, whichever comes first, as to not take on the appearance of Kickboxing or continuous sparring competitions.
- Class B athletes are subject to same licensing and medical standards as Class A in California and other “regulated jurisdictions”.
- Class B Coaches must be USFL licensed.



Copyright © 2014 United States Fight League

Last update 12/19/2019

Personal use of this material, including one hard copy reproduction, is permitted. Permission to reprint, republish and/or distribute this material in whole or in part for any other purposes must be obtained from the United States Fight League. For information on obtaining permission e-mail: [jon@fightleague.org](mailto:jon@fightleague.org)

## Attachment A

*USFL exceptions are noted in red font.*

# CALIFORNIA STATE ATHLETIC COMMISSION

## Rules Applicable to Amateur Full Contact Martial Arts and Kickboxing

### **§ 702. Professional Full-Contact Martial Arts And Kickboxing Rules Apply.**

The Professional Full-Contact Martial Arts and Kickboxing Rules (Chapter 2 of this division.) shall apply to amateur full-contact martial arts and kickboxing, unless a club or organization obtains a waiver of the applicable laws and rules under Section 18646 of the code or unless they are clearly inconsistent with the rules contained in this chapter.

### **Applicable Rules**

#### **§ 500. Citation.**

The rules in this subchapter shall be cited and referred to as the "Professional Full-Contact Martial Arts and Kickboxing Rules."

#### **§ 501. Applicability of Rules; Definitions.**

The rules in this subchapter shall apply to professional full-contact martial arts and kickboxing contests or matches. For purposes of this chapter, the term "kickboxing" has the meaning given in Section 18627(b) of the code and the term "martial arts" means unarmed full-contact martial arts, other than kickboxing, which permit the use of a mix of techniques from different disciplines, including but not limited to the use of chokeholds, joint manipulation and grappling techniques.

#### **§ 502. Certain Boxing Rules Not Applicable.**

(a) unless otherwise specified in this chapter, all of the professional boxing rules apply to martial arts contests or matches except the following: Sections 242, 298, 306, 309 through 313, 322, 337, 338, 339, 349 through 351, 357, and 400 through 416.

(b) Unless otherwise specified in this chapter, all of the professional boxing rules apply to kickboxing contests or matches except the following: Sections 242, 298, 306, 309 through 313, 322, 337, 338, 339, 357, and 400 through 416.

**§ 503. Tournament or Elimination Format Contests – Selection of Opponents.**

In any tournament or elimination format contest, the commission shall determine the initial opponents in the first round of the tournament by drawing names at the weigh-in.

**§ 510. Weights and Classes. USFL, Article VIII sections 3. (Additional weights for younger age groups)**

**MALES**

- Flyweight..... through 125 lbs.
- Bantamweight ..... 125.1 – 135 lbs.
- Featherweight ..... 135.1 – 145 lbs.
- Lightweight..... 145.1 – 155 lbs.
- Welterweight ..... 155.1 – 170 lbs.
- Middleweight .....170.1 – 185 lbs.
- Light Heavyweight..... 185.1 – 205 lbs.
- Heavyweight..... 205.1 – 265 lbs.
- Super Heavyweight..... 265.1 lbs. and over

**FEMALES**

- Lightweight..... through 125 lbs.
- Middleweight ..... 125.1 – 135 lbs.
- Light-Heavyweight..... 135.1 – 150 lbs.
- Heavyweight..... 150.1 – 175 lbs.
- Super Heavyweight.....175.1 lbs. and over

**§ 512. Rounds; Number; Length; Rest Period.**

(a) Non-title kickboxing bouts shall not exceed 10 rounds, each round not to exceed 3 minutes, with a rest period of not less than one minute nor more than 2 minutes, as specified by the sanctioning body. Except with the approval of the commission, pursuant to Section 18748 of the code, title bouts shall not exceed the maximum length or number of rounds specified in this subsection and in no event shall the rest period between rounds be less than one minute.

(b) Non-title martial arts bouts other than kickboxing shall not exceed 5 rounds, each round not to exceed 5 minutes, with a rest period of not less than one minute nor more than 2 minutes, as specified by the sanctioning body. Except with the approval of the commission, pursuant to Section 18748 of the code, title bouts shall not exceed the maximum length or number of rounds specified in this subsection and in no event shall the rest period between rounds be less than one minute.

**§ 513. Fighter's Equipment.**

(a) The ring costume for each fighter on a program shall be approved by the commission and shall include two pairs of trunks and a custom-made individually fitted mouthpiece. Commission staff shall not approve ring costumes that are so similar as to possibly cause confusion as to the identity of the contenders.

(b) A fighter who is participating in a kickboxing contest may, at his or her option, use padded footgear and/or shin protectors. Shoes may not be worn either in martial arts contests or in kickboxing contests.

(c) In addition to the items described in subsection (a), the costume for each male fighter shall include a foul-proof groin protector.

(d) In addition to the items described in subsection (a), the costume for each female fighter shall include a body shirt.

**§ 514. Gloves..**

(a) Fighters in kickboxing contests in all weights up to and including heavyweight class shall wear no less than eight-ounce gloves. In heavier classes, fighters shall wear no less than ten-ounce gloves. When two contestants differ in weight classes, the contestants shall wear the gloves required for the higher weight classification.

(b) A fighter in martial arts contest shall wear gloves that have no padding in the palm or fingertip area and that are appropriate in weight for the fighter's hand size.

(c) All gloves must be approved by the commission.

(d) No gloves shall be required for those martial arts disciplines that prohibit striking or punching.

**§ 515. Time Between Bouts. USFL Section VIII section 4 (Tournaments consisting of 3 minute/ 1 round bouts have a 15 min rest period with athletes receiving a medal screening after each bout and prior to the next.)**

Unless written approval is obtained from the commission, a fighter who has competed in a bout or tournament format event anywhere in the world shall not be allowed to compete in this state until seven days have elapsed from the date of that bout or event. This limitation shall not be construed to prohibit a fighter from competing in a tournament format event that requires the fighter to rest a minimum of 30 minutes between bouts. In a tournament format event, a fighter shall be examined by a physician before each bout.

**§ 516. Method of Scoring when there is an Injury Not Resulting from a Foul.**

If the referee determines that the injured fighter was responsible for his own injury, the referee will not penalize his opponent in any manner. In this case, if the referee or ring physician determines that the injured fighter is unable to continue, he will lose by "technical knockout". If the referee determines that no fault was attributable to either fighter, the referee shall allow the injured fighter 5 minutes to recover. If, at the end of the recovery period, the referee or the ringside physician determines that the injured fighter cannot continue, the bout will be decided on the score cards if a majority of the rounds have been completed (including the round in which the injury occurred) or, if a majority of the rounds have not been completed, the bout will be called a technical draw.

#### **§ 517. Intentional Fouling.**

- (a) In the case of an intentional foul, the referee may interrupt the bout for the purpose of allowing the injured fighter time to recover. A maximum of five (5) minutes of recovery time will be permitted.
- (b) If the injured fighter is thereafter unable to continue, the offending fighter shall be disqualified, his or her purse may be withheld, and he or she may be subject to suspension. Disposition of the purse and the penalty to be imposed upon the fighter shall be determined by action of the commission or the commission's representative.

#### **§ 518. Unintentional Fouling. USFL Article II section 3. (All fouls are accountable even if unintentional)**

- (a) When a bout is interrupted due to an injury caused by an unintentional foul, the referee, in consultation with the ringside physician, shall determine whether the fighter who has been fouled can continue or not. If the referee sees, or if after consultation with the judges, determines that a fighter is unintentionally fouled and if the fighter's chance of winning has not been seriously jeopardized as a result of a foul, the referee may order the bout continued after a reasonable interval, not to exceed 5 minutes.
- (b) If the referee and/or the ringside physician determines that the bout may not continue because of an injury suffered as the result of an unintentional foul or because of an injury inflicted by an unintentional foul which later becomes aggravated by fair blows, the bout shall be declared a draw, if according to the score cards, the bout was determined to be a draw at the time the foul occurred. If, according to the score cards, the fighter committing the foul was winning prior to the foul, the bout shall be declared a technical draw. If, according to the score cards, the fighter being fouled was winning prior to the foul, then that fighter shall be declared the winner.
- (c) When an unintentional foul causes the bout to be interrupted for the purpose of allowing the injured fighter time to recover, the referee shall penalize the fighter guilty of the foul one or more points.

#### **§ 519. Suspected Fouls.**

If an injury occurs due to a suspected foul that the referee was unable to see, the referee may, in his sole discretion, confer with the judges to determine where the foul may be placed. He may consider any, all or none of the opinions expressed in making his determination. The referee may, in his sole discretion, ask for a replay, if television equipment is available, of the technique in question before rendering his decision.

#### **§ 520. Method of Judging USFL Article III & IV (Pankration scoring system to encourage technique over punishment)**

Referees and judges shall score all contests and determine the winner through the use of the ten-point must system. In this system, the winner of each round receives ten points and the opponent a proportionately less number. If the round is even, each fighter receives ten points. No fraction of points may be given.

At the termination of the contest or the termination of each round, as determined by the commission's representative present at the event, the cards of the judges shall be picked up by the referee and delivered to the commission representative assigned to check the totals. The majority opinion shall be conclusive and if there is no majority then the decision shall be a draw. When the commission representative has completed verifying the score, the ring announcer shall be informed of the decision and shall announce the decision.

#### **§ 522. Fouls.**

- (a) Fouls in kickboxing and martial arts. The following tactics are fouls in both kickboxing and martial arts and are forbidden. Use of these tactics shall result in a warning and loss of points as determined by the referee.

- (1) Headbutts.
- (2) Striking downward using point of the elbow.
- (3) Openhand attacks to the eyes or throat or eye gouging.
- (4) Striking at that part of the body over the kidney or spine or chopping or striking the back of the neck or head.
- (5) Spitting, or, in the referee's discretion, slapping.
- (6) The use of abusive language in the ring.
- (7) Any unsportsmanlike trick or action that causes any injury to an opponent or referee.
- (8) Attacking on the break.
- (9) Attacking after the bell or gong has sounded ending the round, or when the opponent is out of the ring.
- (10) Intentionally pushing, shoving or wrestling an opponent out of the ring with any part of the body.
- (11) Linear kicks to the front or side of the knees.
- (12) Continuous dropping of mouthpiece.
- (13) Intentional evasion of contact.
- (14) Hair pulling.
- (15) Attacking or obstructing the trachea.

- (16) Clawing, pinching or twisting the flesh or grabbing the clavicle.
- (17) Pulling or holding uniform below hipline.
- (18) Holding ropes or fence.
- (19) Small joint manipulation (e.g. twisting of fingers or toes).
- (20) Groin attacks.
- (21) Fish hooks.
- (22) Biting.
- (b) Fouls in kickboxing. The following tactics are fouls in kickboxing and are forbidden. Use of these tactics shall result in a warning and loss of points as determined by the referee.
  - (1) Arm bars.
  - (2) Grabbing or holding onto an opponent's leg or foot, and grabbing or holding onto any other part of the body.
  - (3) Punching or kicking a contestant when he or she is down. A contestant is down when any part of his or her body, other than his or her feet, touch the floor. His or her opponent may continue to attack until the contestant has touched the floor with any part of the body other than the feet.
  - (4) Leg Checking. (Extending the leg to check an opponent's leg or to prevent him from kicking.).
  - (5) Purposely going down without being hit.
  - (6) Any use of throws or any takedowns.
  - (7) Holding and hitting.
  - (8) Hitting or slapping with an open glove.
  - (9) Palm heel strikes to the front of the face (using the heel of the palm of the hand to deliver a blow to the face).
- (c) Fouls in martial arts (non-kickboxing). In any martial arts contest other than kickboxing, the following tactics are fouls and are forbidden. Use of these tactics shall result in a warning and loss of points as determined by the referee.
  - (1) Kicking the head of a contestant when he or she is down.
  - (2) Spiking (purposely driving an opponent straight to the ring floor on his head or neck from an upright and vertical position).
  - (3) Using knees to the head of an opponent who is not standing.
  - (4) Putting a finger into any orifice or into any cut or laceration of an opponent.
  - (5) Stomping an opponent when the opponent is down.
- (d) In addition to or in lieu of losing points, any contestant guilty of any of the foul tactics listed in this section that are applicable to the contestant's sport may be disqualified, his or her purse may be with held from payment, and the contestant may be suspended. Disposition of the purse and the penalty to be imposed upon the contestant shall be determined by action of the commission.

**§ 523. Ring. Article IX. (Also includes a Wrestling mat)**

- (a) For kickboxing contests, the ring or fighting area shall either meet the requirements of Rules 310 through 312, inclusive, or shall meet the requirements of this section; except that subsection (d)(1) permitting a contest to be held in a ring enclosed by a fence shall not apply to kickboxing contests and the commission shall not permit a kickboxing contest to be held in a ring enclosed by a fence. For all other types of martial arts bouts, the ring or fighting area shall either meet the requirements set forth below in this section or shall be held in a ring that meets the requirements set forth in Rules 310 through 312, inclusive.
- (b) The ring or fighting area shall be no smaller than 20' by 20' and no larger than 32' by 32'. A ring enclosed by ropes shall be square. The ring floor or floor of the fighting area enclosed by ropes shall extend at least 20 inches beyond the ropes. The ring floor or floor of the fighting area shall be padded in a manner approved by the commission, consistent with the requirements of section 18724 of the code. Padding shall extend beyond the ring or fighting area and over the edge of the platform. The ring or fighting area shall have a canvas covering or similar material, tightly stretched and laced to the ring platform. Vinyl or other plastic rubberized covering will not be permitted. There shall not be any obstruction or object, including but not limited to a triangular border, on any part of the ring floor.
- (c) The ring platform shall not be more than four feet above the floor of the building. A ring enclosed by ropes shall have three sets of suitable steps or ramps, one for use by each of the fighters and one for use by the officials. A ring enclosed by a fence shall have two sets of suitable steps or ramps for use by the fighters and the officials. Ringside tables shall be no higher than ring platform level. Ring posts for a ring enclosed by ropes shall be of metal, not less than 3" nor more than 6" in diameter, extending from the floor of the building to a maximum height of 6" above the highest horizontal rope above the ring floor. Ring posts for a ring enclosed by ropes shall be separated from the ring ropes by at least 18 inches. The posts for a ring enclosed by a fence shall extend from the floor to the top of the fighting area and shall be no less than 66" and no more than 78" above the floor of the fighting area. All posts shall be properly padded in a manner approved by the commission.
- (d) The ring shall be enclosed by either of the following:
  - (1) A fence made of such material as will not allow a fighter to fall out or break through it on to the floor or spectators, including but not limited to vinyl-coated chain link. However, the enclosure shall not obstruct or limit the supervision and regulation of the bout by the officials or commission representatives. All metal parts shall be covered and padded in a manner approved by the commission and shall not be abrasive to the fighters.
  - (2) Five horizontal ropes not less than 1 inch in diameter and wrapped in soft material. The lowest rope to be not less than 5 inches nor more than 8 inches above the floor. The second rope to be not less than 8 inches nor more than 12 inches above the lowest rope. The top three ropes to be spaced equal distance apart and not less than 12 inches nor more than 14 inches from each other. The lowest rope shall have applied around it a padding of a thickness of not less than 1/2 inch. The horizontal ropes shall be tied together by vertical ropes not

less than 1/4 inch in diameter. If a ring is less than 24' by 24', there shall be two (2) vertical ropes, spaced equal distance apart, on each side of the ring. If a ring is 24' by 24' or greater, there shall be three (3) vertical ropes, spaced equal distance apart, on each side of the ring. The lowest portion of each vertical rope, between the lowest horizontal rope and second rope, shall have applied around them a padding of a thickness of not less than 1/4 inch.

#### **§ 524. Sanitation.**

The promoter of the event is responsible for ensuring that acceptable sanitary standards are met with respect to dressing rooms, water bottles, towels or other equipment. Physicians and commission representatives shall specifically check at every event for violations of these rules. The ring shall be swept, dry-mopped, or otherwise adequately cleaned before the event and prior to each fight.

#### **§ 530. Communication of Counting For Knockdowns -- Kickboxing.**

As soon as a fighter in a kickboxing contest has been knocked down, the official timekeeper shall begin calling the count (from 1 to 10) while the referee directs the opponent to a neutral corner. After the referee has directed the opponent to a neutral corner, he shall return to the fallen fighter and shall count over him, picking up the count from the timekeeper.

#### **§ 531. Standing Eight-Count -- Kickboxing.**

The referee may, at his discretion, administer an eight-count to a contestant in a kickboxing contest who is in trouble but who is still standing. He shall direct the opponent to a neutral corner, then begin counting from 1 to 8, examining the contestant in trouble as he counts. If, after completing the standing eight-count, the referee determines that the contestant is not able to continue, he shall stop the contest and declare the opponent the winner by technical knockout.

#### **§ 533. Championship Matches and Exhibitions.**

(a) Recognizing that different forms of martial arts exist, notwithstanding any rule in this division to the contrary, the commission may, in its discretion, authorize alternate rules or provisions from time to time for full contact martial arts exhibitions so long as the safety and welfare of the contestants and the public are not jeopardized.

#### **§ 541. Promoter's License. USFL Article XII Section 1. (USFL does not collect percentage of ticket sales.)**

In order to be issued a promoter's license, an applicant shall meet all the following requirements:

- (a) The applicant, or at least one principal of the applicant if the applicant is a corporation or partnership, shall meet the requirements for licensure as a matchmaker, or in the alternative submit evidence that the promoter employs a licensed matchmaker.
- (b) Provide evidence that the promoter will have complete control over the sale of tickets, collection of tickets, counting of tickets, and preparation of revenue reports, and supervision over the box office employees, ticket takers and ushers and security for each event promoted. In the alternative a promoter may submit for review by the commission an agreement between the promoter and the facility in which events will be conducted relating to the sale and accounting of tickets and revenues, preparation of required reports, the supervision of box office employees, ticket takers and ushers, and security of each event.
- (c) Provide evidence that the facility or facilities in which events will be held meet state and local fire and safety requirements and have dressing rooms and facilities which meet the requirements of Rules 292, 293 and 294.
- (d) Pass a written examination administered by the commission on the fundamentals of martial arts and kickboxing and California law and regulations relating to martial arts and kickboxing.

#### **§ 542. Matchmaker's License.**

In order to be licensed as a matchmaker, an applicant shall pass a written examination administered by the commission on California law and regulations relating to martial arts and kickboxing, and shall have been involved in matchmaking in at least five (5) amateur events. The examination may be waived if the applicant possesses a current and valid license as a matchmaker in another state or country and has not been subject to any disciplinary action.

#### **§ 543. Referee's License. USFL Article X Section 3 (Allows for a USFL Pankration referee course with prior officiating in grappling or wrestling required)**

In order to be licensed as a referee, an applicant shall meet all the following requirements:

- (a) Have two years of documented experience refereeing martial arts or kickboxing matches with a minimum of 100 matches with a minimum of 100 matches refereed. It is not necessary that this experience be obtained by refereeing professional contests.
- (b) Be found after examination by a licensed physician to be physically and mentally fit to referee a martial arts contest and to have uncorrected visual acuity of at least 20/100 in both eyes. Weight shall be proportionate to height in accordance with the standards of the American Medical Association in effect at the time of the effective date of this regulation.
- (c) Be in good physical condition with the speed and reflexes in the ring necessary for the protection of the fighters.
- (d) Pass a written examination administered by the commission on the fundamentals of martial arts and kickboxing, refereeing and judging martial arts matches and contests, and California law and regulations relating to martial arts and kickboxing.
- (e) Perform a demonstration of competency by performing as a referee in a martial arts match before a representative of the commission and two licensed referees. The applicant shall demonstrate knowledge of refereeing techniques and the ability to manage and control a martial arts match.

- (f) Perform a demonstration of competence in judging by judging at least 50 martial arts or kickboxing contests as verified by a representative of the commission.
- (g) These requirements may be waived for any applicant who is licensed or approved as a referee by the Professional Kickboxing Association or the World Kickboxing Association.
- (h) In order to renew a referee's license, a referee shall comply with subsections (b) and (c) in addition to any other requirements for renewal set forth in the law or these regulations.

#### **§ 544. Manager's Application.**

All coaches will be licensed after completing written exam and background check. Managers and seconds are considered coaches. In order to be issued a manager's license, an applicant shall pass a written examination administered by the commission on the fundamentals of martial arts and kickboxing and California law and regulations relating to martial arts and kickboxing. The examination may be waived if the applicant possesses a current and valid license as a martial arts and kickboxing manager in another state or country and has not been subject to any disciplinary action.

#### **§ 545. Second's License.**

In order to be issued a second's license, an applicant shall meet all the following requirements:

- (a) Pass a written examination administered by the commission on the fundamentals of martial arts and kickboxing and California laws and regulations relating to martial arts and kickboxing.
- (b) Perform a demonstration of competency by demonstrating the duties of a second before a representative of the commission.
- (c) The examination and demonstration of competency may be waived if the applicant possesses a current and valid license as a martial arts and kickboxing second in another state or country and has not been subject to any disciplinary action.

#### **§ 546. Professional Martial Arts Fighter's License-HIV/HBV Testing. (Exception for youth amateur athletes)**

- (a) As used in Section 18712(a) of the code:
  - (1) The phrase "within 30 days prior to the date of application" means that the blood test will be accepted for licensure purposes for 30 days from the date of the test report.
  - (2) The phrase "documentary evidence satisfactory to the commission" means the original or a copy of the test report on letterhead of the laboratory, accompanied by the applicant's declaration under penalty of perjury that the report represents the applicant's HIV/HBV test results.
- (b) The tests described in Section 18712 of the code shall be referred to collectively as the "HIV/HBV tests."

#### **§ 705. Classes of Amateur Contestants.**

- (a) Novice Class.

Any contestant who has participated in three or less full-contact martial arts or kickboxing contests approved by the commission may be in the Novice Class.

- (b) Open Class.

Any contestant who has participated in more than three full contact martial arts or kickboxing contests approved by the commission shall be in the Open Class.

#### **§ 710. Contestants' Equipment. USFL Article VII Section 2(Approved USFL youth gear)**

In addition to that equipment required in Section 513 of these regulations, every contestant shall wear all of the following during a contest or match:

- (a) At least ten (10) ounce gloves;
- (b) If the contestant is in the Novice class, headgear that is approved by the Amateur Boxing Federation or an equivalent organization.
- (c) Padded shin guards that extend from the ankle or instep to the top of the shin, and a safety boot that covers the toes. MMA style shin guards are used which cover shin and instep.

#### **§ 711. Headgear; Under 18. USFL Article VII Section 2(Approved USFL youth gear)**

In addition to that equipment required in Section 513 and 710 of these regulations, every contestant in the Open Class who is under 18 years of age may wear a headgear that is approved by the Amateur Boxing Federation or an equivalent organization during a contest or match.

#### **§ 720. Number of Rounds.**

- (a) The maximum number of rounds allowed for any contestant in the Novice Class shall not exceed three two-minute rounds with a one-minute rest period between rounds.
- (b) The maximum number of rounds allowed for any contestant in the Open Class shall not exceed five two-minute rounds with a one-minute rest period between rounds.

#### **§ 723. Kicks; Novice Class.**

Between contestants in the Novice Class, the only kicks allowed are to the outside of the legs or boot and kicks to the upper body. All other kicks shall be considered a foul.

