

RULES AND TERMS: FULL CONTACT CLOSE COMBAT DIVISION.

1. Terminology and Meaning:

The 10-point must system of judging is applied:

10-10 if the standard of the fighters is equal.

10-9 if one fighter is better.

10-8 if one fighter is forced down by standing 8 counts.

The referee will make point deductions.

A knockdown means that the fighter is forced to stand for eight (8) counts by a referee.

K.O. (Knockout): The fighter is out for the count of ten (10).

T.K.O. (Technical Knockout): The fighter is standing for the eight (8) count but cannot protect him/herself.

2. Age Categories:

12 and upwards (Amateur).

18 and upwards (Professional).

3. Close Combat: Amateur

The fight takes place in a ring (four, six, or eight corners) or a 6m x 6m impact mat. Officials include a referee, a head point official, three judges, timekeeper, a medical assistant, and an RCFA representative.

Normal bouts will be 3 x 2-minute rounds with a 1-minute rest between rounds.

National title fights will be 5 x 2-minute rounds with a 1-minute rest between rounds.

World Title fights will be 5 x 2-minute rounds with a 1-minute rest between rounds.

No extensions will be given for a draw.

Protection gear includes a gum guard, groin guard, 7oz Shute gloves, insteps, and optional ankle guards. Chest protectors are mandatory for females. Competitors must wear shorts; no tops for male competitors. All competitors MUST have an RCFA logo on the left outside of their shorts.

4. Techniques Allowed:

- All kicking and punching techniques in stand-up.
- All Spinning techniques, including backhand.
- Elbow strikes to the body only
- Knee kicks to the body only
- Low kicks to thigh or calves
- All Locks
- All chokes
- Any Throws
- Non-active Clinching (minimum of 5 seconds)

- Only groundwork techniques allowed on the ground
- Takedown only 20 seconds to apply a technique

5. Techniques Not Allowed:

- No kicking, knees, punching, or elbows when any 3 points touch the ground.
- No elbows or knees to the head.
- No Low kick to the groin.
- No punches or kicks to the back or the back of the head.
- No gouging of the opponent or opponent's gear.

6. Close Combat: Professional

The fight takes place in a ring (four, six, or eight corners). Officials include a referee, a head point official, three judges, a timekeeper, a medical assistant, and an RCFA representative. The representative of the national control board or athletic commission or the representative rules and regulations of the specific country must be followed.

Normal bouts will be 3 x 3-minute rounds with a 1-minute rest between rounds.

National title fights will be 4 x 3-minute rounds with a 1-minute rest between rounds.

World Title fights will be 5 x 3-minute rounds with a 1-minute rest between rounds.

No extensions will be given for a draw.

Protection gear includes a gum guard, groin guard, 4oz fighting mitts, and optional ankle guards. Chest protectors are mandatory for females. The competitors must wear shorts; no tops for male competitors.

All competitors MUST have an RCFA logo on the left outside of their shorts.

7. Techniques Allowed:

- All Spinning techniques, including backhand/elbow.
- Elbow strikes.
- Knee kicks.
- Low kicks to thigh or calves.
- All Locks.
- Non-Active Clinching (minimum of 5 seconds).
- All chokes.
- Any Throws.
- Takedown only 20 seconds to apply a technique.

8. Techniques Not Allowed:

- No Low kick to the groin.
- No punches or kicks to the back or the back of the head.

9. Warnings

Referee can give warnings and point deductions for fouls:

10. Fouls:

- Hitting (kicking and punching) behind the ear.
- Striking an opponent after being instructed by the referee to a neutral corner.

- Butting with the head.
- Jabbing the opponent's eyes with the thumb of the glove.
- Using abusive language in the ring.
- Engaging in any unsportsmanlike conduct, including, but not limited to, a trick or other action that causes injury to an opponent.
- Hitting on the break.
- Hitting after the bell has sounded signalling the end of the round.
- Intentionally spitting out the mouthpiece/gum guard.
- Biting or spitting.
- Not following the referee's instructions.
- Leaving the neutral corner.

RCFA Weight divisions for amateurs and professionals:

Atom weight: under 51kg.

Fly weight: under 54kg.

Bantamweight: under 57kg.

Featherweight: under 60kg.

Super featherweight: under 63kg.

Lightweight: under 66kg.

Super lightweight: under 69kg.

Welterweight: under 72kg.

Super welterweight: under 75kg.

Middleweight: under 78kg.

Super middleweight: under 81kg.

Light heavyweight: under 84kg.

Super lightweight: under 87kg.

Cruiserweight: under 90kg.

Heavyweight: under 95kg.

Super heavyweight: open (over 95kg and upwards).

