

RULES AND TERMS: FULL CONTACT HIGH KICKS DIVISION

1. Terminology and meaning:

The 10-point must system of judging is employed:

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

10-9 if one fighter is superior.

10-8 if the opponent is K.O. or the ref stops the bout due to the opponent being overpowered.

The 3-time knockdown rule will apply.

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.

The referee will make point deductions.

The fight takes place in a ring (four, six or eight corners) or a 6m x 6m impact mat. There will be a referee, head point official, 3 judges, timekeeper, and a medical assistant.

All competitors must wear long pants to the ankle. Male competitors have no tops. An RCFA logo MUST be on the outside left leg of their pants.

Protection gear includes a head guard, gum guard, groin guard, shin guards, foot guards, boot, 10oz boxing gloves for all categories, and a chest protector for female fighters.

2. Age Categories:

Juniors: 12 to 17 years.

Seniors: 18 to 40 years.

Veterans: 41 years and older.

(Positive proof of age may be required at all championships)

3. Divisions:

A. Amateur:

All punches and kicks above the belt full contact are allowed.

Duration of bout: 3 x 2-minute rounds with 1-minute rest between rounds.

National title bout: 5 x 2-minute rounds with 1-minute rest between rounds.

International/ World title bout: 5 x 2-minute rounds with 1-minute rest between rounds.

No extensions will be given for a draw.

Note: Some determinations may be waived at certain tournaments based on the decision of the tournament organizer and permission from the Master/National President. However, in Full Contact High Kicks, all punches, and kicks (min 8 kicks per round) can be full power to the head. This rule may not be waived.

Each competitor must have a minimum of eight (8) kicks per round. Failure to meet the kick requirement will result in point deductions.

B. Professional:

All punches and kicks above the belt full contact are allowed.

Duration of bout: 5 x 2-minute rounds with 1-minute rest between rounds.

National title bout: 10 x 2-minute rounds with 1-minute rest between rounds.

World title bout: 12 x 2-minute rounds with 1-minute rest between rounds.

No extensions will be given for a draw.

Note: Some determinations may be waived at certain tournaments based on the decision of the tournament organizer and permission from the Master/National President. However, in Full Contact High Kicks, all punches and kicks (min 8 kicks per round) can be full power to the head. This rule may not be waived.

Each competitor must have a minimum of eight (8) kicks per round. Failure to meet the kick requirement will result in disqualification and a deduction of 50% of purse money.

4. Techniques not allowed:

- No backhand or Spinning backhand
- No Knee kicks
- No Low kicks to thigh or calves
- No Low kicks to the groin
- No Elbow strikes or Spinning elbow
- No Clinching
- No Throws
- No punches or kicks to the back or back of the head.

5. Warnings

Referee can give warnings and point deductions for fouls:

6. Fouls:

- Hitting below the navel or behind the ear.
- Hitting an opponent who is down or is getting up after being down.
- Holding an opponent with one hand and hitting with the other.
- Holding or deliberately maintaining a clinch.
- Striking an opponent after being instructed by the referee to a neutral corner.
- Butting with the head or shoulder.
- Hitting with the open glove, the butt of the hand, the wrist, or the elbow.
- Purposely going down without being hit.
- Jabbing the opponent's eyes with the thumb of the glove.
- Using abusive language in the ring/tatami.
- Engaging in any unsportsmanlike conduct including, but not limited to, a trick or other action which causes injury to an opponent.
- Hitting on the break.
- Hitting after the bell has sounded signalling the end of the round.
- Hitting an opponent whose head is between or outside of the ropes.
- Pushing an opponent.
- Intentionally spitting out the mouthpiece/gum guard.



- Biting or spitting.
- Not following referee's instructions.
- Stepping on opponent.
- Leaving neutral corner.

In case of any unauthorized techniques being used the fighter will be disqualified.

In the case of accidental use of unauthorized techniques, a warning will be issued.

Head guards are mandatory for all classes and divisions EXCEPT A-Class Senior fighters.

7. RCFA Weight Divisions for Full Contact High Kicks:

Junior under: 20kg, 25kg, 30kg, 35kg, 40kg, 45kg, 50kg.

When matching, also consider the ages for fair matchmaking.

Senior under: 50kg.

RCFA Weight divisions for Junior and Senior amateurs and professionals above 50kg:

- 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)

