

## **RULES AND TERMS: FULL CONTACT LOW 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 short pants. Male competitors have no tops. An RCFA logo MUST be on the outside left leg of their pants.

### 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.

Low kicks to inside and outside of thighs.

Spinning backhand.

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.

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

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 Low Kicks, all punches, and kicks can be full power to the head. This rule may not be waived.

Techniques not allowed amateur:

- No backhand (Spinning backhand allowed)
- No Knee kicks
- No Low kicks to the groin
- No Elbow strikes or Spinning elbow (immediate disqualification)
- No Clinching
- No Throws
- No punches or kicks to the back or back of the head.

B. Professional:

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

Low kicks to inside and outside of thighs.

Spinning backhand.

Active Clinching (One clinch one technique and release)

Knee kicks to the body (not head)

Elbow strikes to the body (not head)

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

National title bout: 4 x 3-minute rounds with 1-minute rest between rounds.

World title bout: 5 x 3-minute rounds with 1-minute rest between rounds.

No extensions will be given for a draw.

Protection gear includes a gum guard, groin guard, 10oz boxing gloves for all categories, and a chest protector for female fighters. No shin and foot guards.

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 Low Kicks, all punches and kicks can be full power to the head. This rule may not be waived.

Techniques not allowed professional:

- No backhand (Spinning backhand allowed)
- No Knee kicks to the head
- No Low kicks to the groin
- No Elbow strikes to the head
- No Spinning elbow strikes (immediate disqualification)
- No Throws
- No punches or kicks to the back or back of the head.

4. Warnings

Referee can give warnings and point deductions for fouls:

5. 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.

#### 6. RCFA Weight Divisions for Full Contact Low 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)

