

RULES AND TERMS: MILLINIUM 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 superior.

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

A body kick or punch that stuns the opponent will be a knockout (K.O.) win. 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 table official, 3 judges, a timekeeper, 2 kick counters and a medical assistant.

All competitors must wear long pants to the angle. No tops in the case of male competitors. A RCFA logo MUST be on the outside left leg of their pants.

Protection gear includes a head guard (not compulsory), gum guard, groin guard, shin guards, foot guards, boot, 10oz boxing gloves for all other categories, and a chest protector for female fighters.

2. Age Categories:

Toddler competitions will be a separate division.

Juniors: 12 to 14 years.

Juniors: 15 to 17 years.

Seniors: 18 to 40 years.

Veterans: 41 years and older.

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

3. Millennium divisions:

A. Ranking and Provincial fights:

All punches (straight, hook, and uppercut) controlled to the head and face and full power to the body.
All kicks controlled to the head and face and full power to the body.

Foot-to-foot sweep (boot to boot) to take the balance of the opponent is allowed.

Duration of bout: 5 x 1-minute rounds with 30 second's rest.

If it is a draw an extension of 30 seconds will be added. There can only be two extensions.

Each competitor must have a minimum of six (6) kicks per round. Failure to meet the kick requirement will result in point deductions and possible disqualification.

B. National Title fights:

All punches (straight, hook, and uppercut) controlled to the head and face and full power to the body.
All kicks controlled to the head and face and full power to the body.

Foot-to-foot sweep (boot to boot) to take the balance of the opponent is allowed.

Duration of the bout: 8 x 1-minute rounds with 30 seconds rest between rounds.

If it is a draw an extension of 30 seconds will be added. There can only be two extensions.



Each competitor must have a minimum of six (6) kicks per round. Failure to meet the kick requirement will result in point deductions and possible disqualification.

C. World Title fights:

All punches (straight, hook, and uppercut) controlled to the head and face and full power to the body.
All kicks controlled to the head and face and full power to the body.

Foot-to-foot sweep (boot to boot) to take the balance of the opponent is allowed.

Duration of the bout: 10 x 1-minute rounds with 30 seconds rest between rounds.

If it is a draw an extension of 30 seconds will be added. There can only be two extensions.

Each competitor must have a minimum of six (6) kicks per round. Failure to meet the kick requirement will result in point deductions and possible disqualification.

Note: Some of the above determinations may be waived at certain tournaments based on the decision of the tournament organizer and permission from the Master/National President. However, in Semi High Kicks / Semi Low Kicks / Millennium (min 6 kicks per round) all kicks and punches may not be full power to the head. It must be controlled. This rule may not be waived.

4. Techniques not allowed:

- No Spinning backhand.
- No Knee kicks.
- No Low kicks to thigh or calves
- No Low kicks to the groin
- No Elbow strikes.
- 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 (punching and kicking) 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 or kicking.
- 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 or using the knee.
- 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 or on the 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 signaling 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 guard is not mandatory.

7. RCFA Millennium Weight Divisions for Amateurs:

- 7.1 Junior under 20kg, 25kg, 30kg, 35kg, 40kg, 45kg, 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 80kg, 80kg+ open
When matching, also consider the ages for fair matchmaking.
- 7.2 Senior under 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 82kg, 90kg, 90kg+ open
- 7.3 Professionals: Only from 18 years old
Under: 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 82kg, 90kg, 90kg+ open.

