

# C.O.C. 53 KICKBOXING / MMA RULES

## Uniform Code:

### Kickboxing

Any **TSMA Approved** uniform shirt and uniform pants or TSMA Fight Team Competition shorts.

Belt: Not required

### MMA Divisions

Any **TSMA Approved** uniform long-sleeve shirt and uniform long pants. TSMA Fight Team Competition shorts may be worn with TSMA leggings underneath. Must have **full** leg and arm coverage – no bare skin.

Belt: Not required

No shoes or jewelry allowed. Fingernails and toenails must be cut short. Hair must be neat and short or tied back with a soft tie. Personal cleanliness is mandatory. No lubricants, oils, or lotions of any kind may be applied to the body. Violation of the uniform code may result in disqualification.

## Mandatory Protective Equipment:

Beginner / Intermediate / Advanced						
Head	Any Tigear Headgear					
Hands	Weight	Up to 60 lbs	Under 80lbs	Under 100 lbs	Under 140 lbs	Over 140 lbs
	Size	6 oz	10 oz	12 oz	14 oz	16 oz
	<i>Optional:</i> Tigear Hand Wraps (no tape or gauze allowed) <i>*Advanced Only:</i> Ear Guards and or MMA Gloves may be worn for MMA divisions					
Mouth	Tigear Mouthguard					
Feet	Tigear Shin Insteps					
Chest	Tigear Chest Protector (All female competitors)					
Groin	Tigear Groin Cup (All male competitors)					

## Weigh-In:

A mandatory weigh-in for Kickboxing divisions will be conducted at ringside before that division begins. At weigh-in, competitors must have on their complete uniform as set forth in the rules. Competitor must not exceed the upper limit of the weight range of the division in which he or she is registered. **EXCEEDING THE WEIGHT LIMIT WILL RESULT IN DISQUALIFICATION.**

## The Match:

All Beginner and Intermediate divisions are Kickboxing. All Advanced divisions are MMA with the exception of the Senior Intermediate / Advanced divisions.

Match times are as follows in the table below:

Match Time (Minutes)				
Age Group	Beginner	Intermediate	Advanced	Extension Round
Juniors: 8 & under	1	1	2	1
Juniors: 9 - 17	2	2	3	1
Adults: 18 & up	2	2	3	1

  

	Beginner / Intermediate	Intermediate / Advanced	Extension Round
Seniors: 35 & up	2	2	1

**Legal Techniques:**

1) All kicks, strikes, and knees directed to the body (excluding illegal techniques); 2) Kicks to the legs, including sweeps; 3) Takedowns; 4) Grabbing is limited to 5 seconds (non-MMA divisions only); 5) Hand strikes to the body of a downed opponent (MMA divisions only); 6) punches, knees and kicks to the body and legs if both competitors are down (MMA divisions only); 7) all legal near submissions and submissions (MMA divisions only).

**Illegal Techniques:**

1) Kicks to the head; 2) Any hand, elbow, arm, or head strikes to the face, neck, or head; No elbow strikes to the body; 3) Any kick to the opponent's face, neck or head; 4) Any strikes or kicks to the throat, back (spine), groin, or front of the knee; 5) Punching a downed opponent (non-MMA divisions only); 6) Kicking a downed opponent from the standing position; 7) Up kicking a standing opponent from the ground; 8) Biting, eye gouging, hair pulling, fish hooking; 9) Body slamming. If a competitor picks an opponent up off the ground, he/she must return the opponent safely to the ground; 10) Holding for more than 5 seconds (non-MMA divisions only).

Depending on the severity of the illegal technique, the head referee may give a warning, deduct a point, or disqualify the competitor.

**Out of Bounds:**

One competitor having both feet out of the circle constitutes out of bounds. Both competitors will then be returned to the center of the ring and will start again in a standing position, no matter what position they were in when they went out of bounds.

**Criteria for Decision:**

Decisions of the judges are final. They will be based on the following:

**Counted for the competitor:** 1) Legal techniques delivered with proper technique, speed, power, and timing to legal vulnerable areas; 2) All takedowns and sweeps if: A) it is cleanly executed; and B) the executing competitor stays on his/her feet. It will count more heavily in the competitor's favor if takedowns and sweeps are followed up immediately with a non-contact, focused finishing technique.

**Counted against the competitor:** 1) Illegal techniques; 2) Running out of bounds; 3) Pushing or shoving your opponent out of bounds with your hands or any part of your body.

**Sportsmanship:**

The decision of the judges is final. Any competitor acting in an unsportsmanlike or disrespectful manner will be automatically disqualified. Coaching the competitor is not allowed. Coaching will result in a deduction of points or disqualification of the competitor. **Stopping the match:** 1) If a competitor is unable to continue for any reason, the referee will stop and give him/her 5 seconds to recover. If the competitor cannot recover after 5 seconds, the match will be stopped; 2) The match can be stopped early by any competitor who chooses not to continue. In MMA divisions, if on the ground, a competitor must signify that they wish to stop by tapping twice on their opponent's body; 3) The match can be stopped at any time the head referee decides a competitor should not continue. Note: In the above-mentioned three cases, the win will be awarded to the remaining competitor, provided the fight was not stopped due to an illegal technique.

**Automatic Disqualification:**

1) Failure to make weight; 2) Disrespectful behavior; 3) Violation of protective equipment rules; 4) Use of intentional illegal techniques; 5) Vomiting during match; and 6) Obvious disregard for the rules