

# C.O.C. 55 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				
<b>Head</b>	Any Tigear Headgear			
<b>Hands (Gloves)</b>	Age	10 yrs & Under	11-14 yrs	15 yrs & Over
	Size	6 oz minimum	10 oz minimum	14 oz minimum
	<i>Optional: Tigear Hand Wraps (no tape or gauze allowed)</i> <i>*Advanced Only: Ear Guards and or MMA Gloves may be worn for MMA divisions</i>			
<b>Mouth</b>	Tigear Mouthguard			
<b>Feet</b>	Tigear Shin Insteps			
<b>Chest</b>	Tigear Chest Protector (All female competitors)			
<b>Groin</b>	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. A 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.

Match times are as follows in the table below:

Match Time (Minutes)				
Age Group	Beginner	Intermediate	Advanced	Extension Round
<b>Juniors: 8 &amp; under</b>	1	1	2	1
<b>Juniors: 9 - 17</b>	2	2	3	1
<b>Adults: 18 &amp; up</b>	2	2	3	1
<b>Seniors: 35 &amp; up</b>	2	2	3	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