



USAMA AMATEUR KICKBOXING RULES



FIGHTER EXPECTATIONS:

Protect yourself at all times ● Exhibit professionalism and sportsmanship ● Follow/obey all commands
Engage in a vigorous fight ● Break cleanly ● Compete by the rules set forth, which follow:

- ◆ Each bout will be scored using the 10-Point Must System.
- ◆ Each bout will consist of 3–2 minute rounds with 1 minute rest periods.
- ◆ Headgear, Groin protection, Mouthpiece and Shin/foot pads are mandatory.
- ◆ There is a standing 8 count in affect.
- ◆ There is a 3-knockdown rule in affect.
- ◆ There is a mandatory 8-Count after all knockdowns.
- ◆ A fighter cannot be saved by the bell in any round.
- ◆ The mouthpiece will be replaced after a lull in the action, and may result in loss of a point if intentionally ejected.
- ◆ Only the referee can stop the fight.
- ◆ Leg kicks are allowed below the hip and above the knee on the inside and outside of the thigh.
- ◆ Knee strikes are allowed to any legal striking area, except the head.
- ◆ Clinching is allowed upon the head and neck, using a CLINCH – STRIKE – RELEASE method, to include multiple strikes.
- ◆ Spinning back-fists and spin kicks are allowed, only if the fighter has the ability to see the target.
- ◆ Elbow strikes are prohibited.
- ◆ A point will be deducted from any fighter who does not score one hard kick, not including knee strikes, in any given round.
- ◆ If knocked through the ropes and onto the apron, a fighter has 10 seconds to re-enter the ring, unassisted.
- ◆ If knocked out of the ring and off the apron, the fighter has 20 seconds to re-enter the ring unassisted.
- ◆ A fighter injured by a fair blow or other athletic movement, who cannot continue, loses by TKO.
- ◆ If a fight is stopped before the completion of a bout, due to an foul or cut, the bout will be ruled a no-decision.
- ◆ A fighter injured by a low blow/low kick will be allowed 5 minutes to continue, the fighter must continue or lose the fight by TKO. It may also be a no-decision or disqualification at the discretion of the referee.
- ◆ An intentional foul must result in a point deduction, but may also result in a disqualification for the offending fighter, determined by the referee.
- ◆ Un-sportsman like conduct may result in the loss of a point, or disqualification, determined by the referee.



RULES: FOULS, EQUIPMENT AND CLOTHING



FOULS:

- ♦ **Striking with any part of the body other than the front of the glove, the knee, or the foot or lower shin.**
- ♦ **Striking a non-scoring part of the opponent's body to include the back of the head, groin, back/spine/kidney area.**
- ♦ **Excessive holding of an opponent's body, head, or hands/gloves to avoid the fight, with the exception of CLINCH - STRIKE - RELEASE.**
- ♦ **Delaying the fight, by the fighter, coaches and/or corner.**
- ♦ **Exhibiting unsafe body position to include lowering the head below the waist, turning away or running away.**
- ♦ **Striking a fighter who is down, or on a knee.**
- ♦ **Holding the ropes or using the ring to an unfair advantage.**
- ♦ **Not breaking and/or continuing to fight after the command of STOP/BREAK, or striking or continuing the fight after the initial strike of the bell.**
- ♦ **Any action deemed by the referee to be unsafe, beyond or out of the scope of kickboxing.**
- ♦ **Any action deemed to be unsportsmanlike conduct by the referee to include behavior and conduct beyond or outside the scope of kickboxing.**

EQUIPMENT:

- ♦ **Headgear, designed for boxing/kickboxing is mandatory. Competition style headgear, with or without cheek pieces is acceptable. Headgear with full face protectors, nose bars or other devices are prohibited.**
- ♦ **Mouthpiece and Groin protection is mandatory for males. Female groin protection is optional.**
- ♦ **Female breast cup protectors are optional, while full chest protectors area prohibited.**
- ♦ **Shin pads with Instep protection are mandatory. Slip-on style soft foam and cloth pads are prohibited. Additional foot protection, such as boot-style foot pads, shoes or socks are prohibited.**
- ♦ **Gloves are to be approved boxing/kickboxing competition gloves, with both fighters wearing the same weight and style of gloves.**
- ♦ **Cloth hand wraps are admissible with no other materials. Tape and Gauze must meet guidelines.**

CLOTHING, APPAREL, AND GROOMING:

- ♦ **Boxing, MMA or Muay Thai Shorts are to be worn. Tank tops are approved, but optional for male fighters. Female fighters must wear a tank top, sports bra, bra or a combination of these with appropriate coverage and support of the breasts.**
- ♦ **All clothing must be appropriate and professional in manner, free of obscene, inappropriate, unprofessional or hate-type material, language or artwork, as determined by the Referee or Event Supervisor.**
- ♦ **The wearing off jewelry, body-art jewelry, earrings, posts, gauges or other hard objects are prohibited.**
- ♦ **The hair must be secured out of the face and maintained with no hard objects/surfaces which could interfere with a fighter, damage an opponent, or delay the contest. This includes the use of chemicals or hair produces that can transfer onto another or onto the gloves.**



USAMA PROFESSIONAL KICKBOXING RULES



FIGHTER EXPECTATIONS:

Protect yourself at all times ● Exhibit professionalism and sportsmanship ● Follow/obey all commands
Engage in a vigorous fight ● Break cleanly ● Compete by the rules set forth, which follow:

- ◆ **Each bout will be scored using the 10-Point Must System**
- ◆ **Each bout will consist of 3 –3 minute rounds with 1 minute rest periods.**
- ◆ **Pro bouts may also consist of 5, 7, and 9 rounds, as levels progress.**
- ◆ **Mouthpiece and groin protection are mandatory.**
- ◆ **There is NO standing 8 count in affect.**
- ◆ **There is NO 3-knockdown rule in affect.**
- ◆ **There is a mandatory 8-Count after all knockdowns.**
- ◆ **A fighter cannot be saved by the bell in any round.**
- ◆ **The mouthpiece will be replaced after a lull in the action, and may result in loss of a point if intentionally ejected.**
- ◆ **Only the referee can stop the fight.**
- ◆ **Leg kicks are allowed below the hip and above the knee on the inside and outside of the thigh.**
- ◆ **Knee strikes are allowed to any legal striking area, except the head.**
- ◆ **Clinching is allowed upon the head and neck, using a CLINCH – STRIKE – RELEASE method, to include multiple strikes.**
- ◆ **Spinning back-fists and spin kicks are allowed, only if the fighter has the ability to see the target.**
- ◆ **Elbow strikes are prohibited.**
- ◆ **A point will be deducted from any fighter who does not score one hard kick, not including knee strikes, in any given round.**
- ◆ **If knocked through the ropes and on the apron, a fighter has 10 seconds to re-enter the ring, unassisted.**
- ◆ **If knocked out of the ring and on the floor the fighter has 20 seconds to re-enter the ring unassisted.**
- ◆ **A fighter injured by a fair blow or other athletic movement, who cannot continue, loses by TKO.**
- ◆ **If a fight is stopped before the completion of the fourth round, due to a foul or cut, the bout will go to the score cares. If stopped before the completion of the fourth, it be ruled a No-Decision. (after completion of the 3rd for a 4 round bout)**
- ◆ **A fighter injured by a low blow will be allowed 5 minutes to continue, the fighter must continue or lose the fight on a TKO. It may also be a no-decision or disqualification at the discretion of the referee.**
- ◆ **An intentional foul must result in a point deduction, but may also result in a disqualification for the offending fighter, determined by the referee.**



RULES: FOULS, EQUIPMENT AND CLOTHING



FOULS:

- ♦ **Striking with any part of the body other than the front of the glove, the knee, or the foot or lower shin.**
- ♦ **Striking a non-scoring part of the opponent's body to include the back of the head, groin, back/spine/kidney area.**
- ♦ **Excessive holding of an opponent's body, head, or hands/gloves to avoid the fight, with the exception of CLINCH - STRIKE - RELEASE.**
- ♦ **Delaying the fight, by the fighter, coaches and/or corner.**
- ♦ **Exhibiting unsafe body position to include lowering the head below the waist or turning away.**
- ♦ **Striking a fighter who is down, or on a knee.**
- ♦ **Holding the ropes or using the ring to an unfair advantage.**
- ♦ **Not breaking and/or continuing to fight after the command of STOP/BREAK, or striking or continuing the fight after the initial strike of the bell.**
- ♦ **Any action deemed by the referee to be unsafe, beyond or out of the scope of kickboxing.**
- ♦ **Any action deemed to be unsportsmanlike conduct by the referee to include behavior and conduct beyond or outside the scope of kickboxing.**

EQUIPMENT:

- ♦ **Headgear is prohibited for professional bouts.**
- ♦ **Mouthpiece and Groin protection is mandatory for males. Female groin protection is optional.**
- ♦ **Female breast cup protectors are optional, while full chest protectors area prohibited.**
- ♦ **No foot protection or shin pad is authorized, except for preapproved soft ankle support and athletic tape for support of the ankle/foot**
- ♦ **Gloves are to be approved boxing/kickboxing competition gloves, with both fighters wearing the same weight and style of gloves.**
- ♦ **Cloth hand wraps are admissible with no other materials. Tape and Gauze must meet guidelines.**

CLOTHING, APPAREL, AND GROOMING:

- ♦ **Boxing, MMA or Muay Thai Shorts are to be worn. Tank tops or shirts are prohibited for male fighters in professional bouts. Female fighters must wear a tank top, sports bra, bra or a combination of these with appropriate coverage and support of the breasts.**
- ♦ **All clothing must be appropriate and professional in manner, free of obscene, inappropriate, unprofessional or hate-type material, language or artwork, as determined by the Referee or Event Supervisor.**
- ♦ **The wearing off jewelry, body-art jewelry, earrings, posts, gauges or other hard objects are prohibited.**
- ♦ **The hair must be secured out of the face and maintained with no hard objects/surfaces which could interfere with a fighter, damage an opponent, or delay the contest. This includes the use of chemicals or hair produces that can transfer onto another or onto the gloves.**