

NH KICKBOXING RULES & REGULATIONS

Amateur Rules

-Each match is three rounds in duration, with each round lasting two minutes. Title fights are five rounds in duration, with each round lasting two minutes.

-The match can end by Knockout, Technical Knockout, Decision, Disqualification or No contest. A "No Contest" results from a fighter being unable to continue due to an inadvertent foul, etc.

-The fighter, corner, referee, ring doctor and NHBWC all have full authority to stop the fight.

-The fight is scored by three judges on a 10-Point Must Scoring System.

-The three-knockdown rule is in effect. Three knockdowns in a round results in a technical knockout.

-Three knockdowns total in the fight results in a technical knockout.

-The mandatory eight count is in effect (the referee must count to at least "eight" on all knockdowns).

-The standing eight count is in effect (the referee has the right to declare a knockdown on a fighter who appears to be in a dangerous condition to continue in the match).

-If a fighter intentionally spits out their mouthpiece, they're given a warning. If it happens again, they'll immediately receive a point deduction. If they do it again, they're **disqualified**.

-If a fighter turns their back to the opponent not in a striking motion, he will be given a standing eight count. If it happens again, they're disqualified.

-A fighter can be saved by the bell only in the last round.

-Allowed to sweep a standing opponent (one or more leg on the ground)

-Knees to the head are illegal; NO ELBOW STRIKES ARE ALLOWED

-Clinching is allowed while active, as soon as the action stops the fighters will be separated immediately

-When catching a kick, the fighter is allowed to strike more than once as long as it does not exceed one step

-Must use shin for sweep attacks, using the back of the leg is considered tripping and will not be allowed.

-All weights wear 12oz gloves

-All amateurs must wear shin pads. Headgear is optional. If one fighter wants to wear it, the opponent must wear it as well.

- Shin pads, headgear and gloves are to be provided by the promoter and must be approved by NHBWC. The same brand of headgear, shin pads and gloves will be provided to each amateur fighter. No mixing and matching by the promotion. Fighters CANNOT use their own shin pads, head gear, or gloves.

-Weight classes are as follows: Straw weight up to 115lbs, Flyweight 125lbs, Bantamweight 135lbs, Featherweight 145lbs, Lightweight 155lbs, Welterweight 170lbs, Middleweight 185lbs, Light Heavyweight 205lbs, Heavyweight 230 lbs, Super Heavyweight up to 265lbs.

Medical Requirements:

No more than 6 months old for the following-

- HIV Negative Status-** Must have actual test results showing HIV negative status.
- Hepatitis B & C Tests-** Must have actual test results showing Hepatitis B & C negative results.

No more than 12 months old for the following-

- Eye Exam-** Must show that eyes have been dilated and specifically state that there is no sign of detached retina.
- Physical Exam-** Fighter must provide results of the physical exam to the NH BWC and must have a statement by the physician that fighter is fit to compete.
- EKG Printout-** Must have actual printout showing that fighter is fit to compete.
- Female fighters** must have a NEGATIVE pregnancy test result.

Fouls

- Using the head to deliver a blow
- Elbows and knees to the head
- Attacking the opponent in the groin
- Delivering wrestling or judo throwing or submission techniques
- Thumbing, choking or biting the opponent
- Punching the opponent in the throat
- Attacking the opponent while the opponent is down or in the process of getting up
- Attacking the opponent after the referee calls a break
- Holding the ropes/cage
- Using offensive language to the referee, ringside personnel, or the audience will result in immediate **disqualification**. **Fighter's "walkout music" must not contain offensive language**
- Attacking the back of the head with a punch
- Attempting to cause the opponent to fall out of the ring
- Voluntarily exiting the ring or cage during the course of a match
- Attacking an opponent who turns around and shows his back (if the opponent loses his will to fight)
- Delivering a backspin blow in an unauthorized area
- Charging inside the opponent's arms with the head held low (inducing a head-butt)
- Fighting in a passive manner (without attacking), including continuous holding and clinching
- Taking more than one step while holding the opponents kicking leg
- Lifting the opponent off the ground
- Body locking while driving your head into your opponent in a backward bending motion.
- Not allowed to wear any oil or lotion before/during the fight.

A fighter is penalized as follows:

-**Warning** - verbal reprimand by the referee. A repeat of the violation results in a **Point Deduction** - fighter is deducted a point. A repeat of the violation again will result in a **Disqualification**.

-A point deduction happens automatically if a fighter commits a foul with malicious intent.