

SANDA

FIGHTERS

Eligibility:

- Must have No physical disabilities.
- Must be at least 14 years old with parental/guardian and trainer permission.
- Minimum weight: 75 pounds.
- Must be free of drugs or stimulants, either before or after the fight. Any user will be disqualified and eliminated from competitions for a minimum of 6 months.

Pre-fight Requirements:

- Must read all rules prior to weigh-in.
- Must attend Pre-Fight Rules Meeting
- All fighters must be examined and certified fit by a licensed doctor.

STRIKING & CLINCHING RULES

Punches:

- All punches of boxing are allowed to the body and to the head.
- This would include the jab, cross, hook, uppercut, overhand, and spinning back fist.

Elbows:

- Elbows are only allowed below the collar.
- Elbows traveling at either 6 O'clock and 12 o'clock are not permitted.

SANDA

STRIKING & CLINCHING RULES (con't)

Knees:

- Knees are allowed to the body and legs (above the knee).
- “Checking” the opponents kicking leg with a knee is allowed.
- No knees directly to the knee are allowed, only above the knee.
- You CANNOT pull the head down into a knee strike.
- A knee strike to the head of an opponent ducking is at the fault of the competitor ducking into the knee and no points will be deducted.

Kicks:

- All types of kicks are allowed to the head and body.
- The bottom, top, side, and instep of the foot are allowed for kicks to the head and body.
- Round kicks are allowed to both the inside and outside of the legs, both above and below the knee.
- No kicks directly to the (front or side of) knee are allowed.

Clinching:

- All strikes in a clinch (i.e., punches, knees, and kicks) defined under the Striking and Clinching Rules are allowed.
- The head may not be pulled down passed the hip to apply a knee strike.
- Throws with one step (e.g., dump or spin) using the arm, and knees from the clinch are allowed.
- A fighter can spin or pull with arms from the clinch to throw.
- Throws using the legs or hip from the clinch are allowed.

Throwing:

SANDA

- Single leg take downs are allowed
- Double leg takedowns are allowed
- Sweeps are allowed to the inside and outside of the opponents leg
- Sweeps are allowed to the supporting leg
- Touching of a hand or knee to execute a throw is NOT allowed
- Throws using the legs or hip from the clinch are allowed
- Over the hip throws, such as in Judo, Jujitsu, Karate, Sanda, etc. are allowed.
- Lifting an opponent off the ground to throw is allowed.
- Tripping or sweeping an opponent is allowed.
- Intentionally falling on top of the opponent is not allowed.
- Lifting a opponent over the head to execute a throw is NOT allowed.
- A maximum of 2 steps may be taken when holding an opponent's limb

FOULS AND STRIKES VIOLATING THE RULES

Fouls:

- Biting, eye gouging, spitting, or head butting.
- Back or arm locks or any similar judo or wrestling hold.
- Deliberately falling on his opponent or stepping on his opponent.
- Holding the ropes for any reason.
- Swearing or the use of abusive language during the match.
- Striking an opponent after the referee has ordered the match to stop for any reason.
- Striking a fallen opponent. Note: A knock-down is considered when more than two body contacts to the ring floor are made. In other words, any part of the body other than a fighter's two feet that makes contact will be considered a "slip" or a "knock-down" by the referee.

SANDA

- Deliberately striking the groin area. A competitor who has been hit in the groin, may request a 5 minute break before continuing the match.

Penalties:

- 1st Offense – Fighter will be issued a warning
- 2nd Offence – Fighter will have 1 point deducted
- Additional offences will result in additional points being removed or fighter being disqualified.

CLASSIFICATION OF WEIGHT DIVISIONS

Weight Classes for Men, Women and Teen:

Bantam	Under 45kg (Upper limit 99.4lbs)
Light C	45.1 – 50kg (upper limit 110.2 lbs)
Light B	50.1 – 55kg (upper limit 121.2 lbs.)
Light A	55.1 – 60kg (upper limit 132.2 lbs.)
Middle C	60.1 – 65kg (upper limit 143.3 lbs.)
Middle B	65.1 – 70 kg (upper limit 154.3 lbs.)
Middle C	70.1 – 75kg (upper limit 165.3 lbs.)
Heavy C	75.1 – 80kg (upper Limit 176.4 lbs.)
Heavy B	80.1 – 86kg (upper limit 189.6 lbs.)
Heavy A	86.1 – 92kg (upper limit 202.8 lbs.)
Super Heavy	92.1 – 98kg (upper limit 216.1 lbs.)

SANDA

Infinite Over 98.1kg (216.2 lbs.)

* Tournament organizers reserve the right to combine weight classes.

CLASSIFICATION OF FIGHTING CLASSES

- CLASS A – Having 7 or more fights; or 3 years and 6 months of training or more.
- CLASS B – Having 3-6 fights; or 18 months up to 3 and half years of training.
- CLASS C – Having 0 -3 fights; or 0 up to 18 months of training.

Mandatory Gear by Fighting Class

- CLASS A - Mouthpiece and groin cup are mandatory. No headgear. No shin guards. 10oz. Gloves. Ankle braces are allowed. Elbow below neck line is permitted, but there is no 12 to 6 strike.
- CLASS B –Headgear, mouthpiece and groin cup are mandatory. Shin guards optional. 10oz. gloves.
- CLASS C –Headgear, mouthpiece, groin cup, shin guard and 12oz. gloves are mandatory.
- YOUTH AGE CLASSIFICATION (ages 14 – 17) Chest protection is required.

ROUNDS

- Three rounds of elimination tournament style.
- Elimination rounds will be 1.5 minutes per round, one minute rest between rounds. The victor must win two out of three rounds.
- Final rounds will be 2 minutes per round, one minute rest between rounds. The victor must win 3 out of five rounds.
- Competitors will be given a minimum of 45 minutes between each elimination bracket of competition. Before progressing from one bracket to another in the competition.

SANDA

GEAR SPECIFICATIONS

GLOVES

- To ensure compliance with the regulations, all gloves will be inspected by a person designated by the Sanda tournament director prior to the fight.
- Glove usage should correspond to the mandatory gear by fighting class
- Gloves must be free from tears, rips or cracks and in overall good condition.
- laces are to be tied at the back of the wrist band and secured with tape.

HEADGEAR AND SHIN/INSTEPS GUARDS

- Only headgear and shin/insteps Guards certified by a person designated by the Sanda tournament director are allowed to be used in any match.
- NO FOAM Headgear will be permitted as in use in Point Karate.
- Headgear which has Extra Check and Chin Protection are not permitted.
- Headgear must be properly secured, and if the headgear comes off during bout more than once in a round a point will be deducted.
- Shin/instep Guards must be in good condition and properly secured to both the calf, ankle and foot.
- Shin/instep guards may not be made of any metal parts.

BANDAGES & HANDWRAPS

- In all weight classes, the bandages on each contestant's hands shall be restricted to soft gauze type cloth not more than thirteen yards in length and two inches in width, held in place by not more than ten feet of surgeon's tape, one inch in width for each hand.
- The bandages shall be evenly distributed across the hand. Building

SANDA

- up around Knuckles is NOT permitted.
- Plastic or plaster types are strictly prohibited.
 - Adhesive tape shall be placed directly on each hand for protection near the wrist.
 - The tape may cross the back of the hand three times and extend to cover and protect the knuckles when the hand is clenched to make a fist.
 - Bandages and tapes shall be placed on contestant's hands in the dressing room and must be inspected by the inspector, a person designated by the Sanda tournament director.
 - Under no circumstances are gloves to be placed on the hands of a contestant until checked by the inspector, a person designated by the Sanda tournament Director.

APPEARANCE AND ATTIRE

- Muay Thai boxing shorts or Traditional Cuffed Pants may be worn.
- There will be No Boxing shorts, Grappling shorts, Gi's, or MMA attire.
- Groin protectors must be worn underneath the shorts however, visible groin protectors are prohibited.
- Single neoprene joint supporters or bandages/braces are allowed to be worn on the elbow, knee, or ankle to prevent sprains, however insertion of a shin guard, etc, is not allowed.
- Decorations or jewelry and metal (e.g., metal braces/supports) are not allowed to be worn.
- Body grease, gels, balms or lotions may not be applied. However, vaseline may be applied to the facial area at ringside in the presence of an inspector, referee, or a person designated by the Sanda tournament director.

SANDA

- Any contestant applying anything prior to this could be penalized a point or disqualified.
- Any infringement to the dress code may result in the fighter's disqualification.
- In the case of any problem with the boxing gloves themselves, the referee may temporarily halt the match until they are corrected.
- A fighter may not wear any equipment that does not pass the inspector, referee or a person designated by the sanda tournament director's approval.

WEIGH-IN

- The fighter shall be weighed without clothes, no later than 3 hours prior to the match.
- If the fighter is overweight at the time of the weigh-in, he may re-weigh again one additional time.
- Prior to the weigh-in, all fighters **MUST** provide a copy of medical examination by a licensed doctor dated no more than 30 days prior to the date of the fight.
- In addition proof of Health Insurance will be required for all fighters no later than the day of weigh-in's.

NOTE: Fighters will **NOT** be allowed to fight with out above documentation and no re-funds will be issued for failure to meet requirements.

CORNERS & SECONDS

- In case of injury seconds **MUST** stay outside ring so that proper medical attention may be provided by on-site medical professionals.
- No person other than the contestants and referee shall enter the ring, during a bout.

SANDA

- The referee may, in their discretion, stop a contest if an unauthorized person enters the ring, during a round.
- There may be no loud yelling or profanity from anyone working the corner.
- Any violation of the rules by the seconds or the fighter may result in the fighter's disqualification.
- During the match, the seconds must stay in the designated area.
- Prior to the start of each round they will remove all towels, water bottles, etc. out of the ring area.
- During the round break, the seconds will ensure that their fighter is properly attired.
- In case of any problem they shall inform the referee immediately.
- A fighter getting knocked out of a ring and onto the floor must get back into the ring within twenty seconds without assistance from anyone working their corner.
- The seconds shall ensure that the ring floor is kept dry to prevent any slipping.
- The seconds must wear a proper shirt that bears his camp or gym's logo or emblem.
- The seconds are forbidden to direct bad or insulting language at the fighter or injure him either during or after the fight.

JUDGES AND REFEREES

- All Officials shall be in the attire required by the MUAY THAI tournament director.
- Each match will consist of three judges and one referee.
- The prime duty of the referee is to ensure the safety of the fighters to the maximum degree.
- The referee shall ensure the following:

SANDA

- Fairness in the application of the rules and regulations to all parties. No impoliteness in manner or speech either to the fighters or the audience.
- Close supervision of the match.
- Protection of a weaker fighter against serious injury.
- Inspection of the boxing gloves and ankle socks Ensure both fighters shake hands prior to the first and final rounds.
- For a championship or title defense fight the referee must inform the fighters and their seconds of the rules and regulations governing the fight. This is to be done in the dressing room, prior to the fight itself.
- Three verbal orders are recognized:
 - "STOP" when ordering the fighters to stop fighting.
 - "BREAK" when ordering the fighters to separate. When the fighters are ordered to "BREAK", both must step back one step before continuing to fight.
 - "FIGHT" when ordering the fighters to continue the match.
- The referee shall use the correct signal to ensure a fighter understands any rule infringement.
- At the match end, he will collect the score sheets from each of the three judges and indicate the winner to the audience, by raising that fighter's hand.

Referee's Duties:

- To stop the match immediately if he considers that one fighter is significantly more skilled or stronger than the other.
- To stop the match immediately when a fighter is in difficulties or is injured.
- To stop the match immediately if he considers that one or both fighters are faking or not trying their best.
- To stop the match or warn the fighter for committing a foul or breaking the rules.

SANDA

- To check the eyes and communicate to the fighter who is given an 8-count.
- The fighter must communicate verbally to continue and bring his/her hands up before continuing.
- To immediately disqualify a fighter who defiantly breaks the rules, injures or shows any aggression to the referee.
- To disqualify both the fighter and his seconds if his seconds deliberately break the rules or do not follow his directions.
- To disqualify any fighter who intentionally or accidentally causes a foul.
- To stop the match if he considers that a fighter having received a count is unable to effectively continue the match.
- To disallow any advantage to a fighter who intentionally fouls in any way.

Rule Infringement Warnings: Prior to giving a warning for rule infringement, the referee shall stop the fight, use the correct warning signal to ensure the fighter's understanding and then indicate the offending fighter to the judges.

Any fighter, who is so indicated or warned 2 times or more, may be disqualified. In the event of a serious rule infringement, the referee's decision is final.

Count Procedure For A Fighter Falling Out of The Ring:

- If a fighter falls through the ring ropes, the referee shall order his opponent to stand in the other corner and if the fighter remains outside the ropes, the referee shall start to count. (A count to 10).
- If a fighter falls out of the ring, the referee shall count to 20 (20 seconds).
- When a fall-out takes place, the referee will start counting, however if the fighter returns to the ring before the count ends, he will not be penalized.

SANDA

- If anyone prevents the fallen fighter from returning to the ring, the referee shall warn such person or stop the fight if he continues his action.
- If both fighters fall out of the ring, the referee shall start counting. If one fighter tries to prevent his opponent from returning to the ring before the count ends, he will be warned or disqualified.
- If both fighters fall out of the ring, the referee shall start counting, the one that returns to the ring before the count ends, will be considered the winner.
- If neither fighter can, the result will be considered a draw.

TIME KEEPER AND ANNOUNCER

Seating for the timekeeper and announcer will be located next to the ring. The timekeeper must keep precisely, the timing of each round and the breaks, following the referee's instructions to start or stop. The following procedures are to be used:

- A 10 seconds warning is to be given prior to the start of each round, to enable the seconds to clear the ring.
- A bell is used to signal the start and end of each round. To deduct the break time as per the
- referee's instructions.
- Ensure all timings are correct by using both a watch and stop clock.
- In the case of a fighter receiving the count during rounds 1-5 and the round time ends (2 minutes), the bell should be rung immediately after the referee finishes the count and orders the fighters to continue.

TYPES OF BOUT RESULTS

SANDA

KnockKOut (K.O.) is awarded when the opponent is knocked down and unable to continue within the 10 second count.

Technical KnockKOut (T.K.O.) is awarded: Referee stops bout because contestant can no longer defend themselves; or Ringside physician advises referee to stop bout; or When an injury as a result of a legal maneuver is severe enough to terminate the bout. When a fighter cannot continue the match after the break.

On the doctor's recommendation, when the referee is unsure whether a fighter can continue the match due to injury or being seriously weakened. Both fighter are seriously injured and cannot continue the match; if less than three rounds: a draw is declared; if three rounds have been reached, individual score decides. Receiving a count three times in the same round and unable to continue the match.

Decision via scorecards:

- Unanimous: when all three judges score the bout for the same contestant. Split decision: when two judges score the bout for one contestant and one judge scores for the opponent.
- Majority decision: when two judges score the bout for the same contestant and one judge scores the bout a draw.

Draws:

- Unanimous: when all three judges score the bout a draw;
- Majority: when two judges score the bout a draw;
- Split when all three judges score it differently and the score total results in a draw.
- Disqualification: when an injury sustained during competition as a result of an intentional foul severe enough to terminate the

SANDA

contestant.

- Forfeit: when a contestant fails to begin competition or prematurely ends the contest for reasons other than injury or the corner indicates a forfeit.
- Technical draw: When an injury sustained during competition is a result of an intentional foul, which causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of the stoppage. When an injury sustained during competition is result of an unintentional foul, which causes the injured contestant to be unable to continue and the sufficient number of rounds have been completed with the results of the scorecards being a draw.
- Technical decision: when the bout is prematurely stopped due to an injury and a contestant is leading on the scorecards.
- No contest: when a contestant is stopped prematurely due to accidental injury, malfunction in equipment, and a sufficient number of rounds have not been completed to render a decision via the scorecards.

SCORING PRACTICE

Scoring:

Execution of a clear punch or kick (1 Point)

Execution of a clear punch or kick that knocks opponent down (2 Points)

Execution of clear elbow or knee strike (1 point)

Without falling, fighter successfully throws opponent down (3 point)

Fighter successfully throws opponent but falls with throw (1 point)

Opponent lands on top of fighter when thrown (1 point)

SANDA

Fighters that legally cause opponent to receive standing 8 count (3 points)

At the completion of each round judges will individually indicate who they scored victor of the round.

In a 3 round match a fighter must win 2 out of 3 rounds. In the case where the fighter wins the first two rounds that fighter will be announced as winner and the third round will not be fought.