



## CODE OF ETHICS

### Pocket Reminder

Fighters and any person involved in the sport should <sup>1</sup>:

1. Protect the health, safety, and well-being of fighters at all times above any personal or financial interest.
2. Observe the highest standards of fair play and goodwill. Acknowledge the integrity and transparency of the rules of RCFA. Never participate in suspicious activities or dishonest practices.
3. Oppose discrimination based on race, gender, nationality, and religion, and act forcefully to counteract it; never cooperating with those who practice it.
4. Reject any acts of harassment, sexual or otherwise, bullying, and domestic violence.
5. No fighter should attack anyone after the fight has ended, including after the safety equipment has been removed. Fighters must not get into physical confrontations outside the ring and off the tatami.
6. Fighters must be aware that he or she is seen as role model by the youth and by the community, and is expected to act in a manner that reinforces his or her role model status.
7. Fighters must take the proper precautions to make weight. It is important for the health and safety of the fighter to undergo weight loss gradually and to take his or her compliance obligations seriously. Irresponsible weight loss can cause irreparable health damage.
8. During public, pre-fight events, Fighters and his or her team members, are expected to conduct themselves properly. It is expected that both camps treat the opposing team with the respect they deserve.
9. Fighters must have the appropriate RCFA approved fight gear. No fighter should show intent to tamper with the wraps or manipulate the fight gear in any form.
10. The fighter is expected to give a clean bout and to display sportsmanlike behavior at all times. The use of illegal techniques may seriously harm his or her opponent.
11. We have to change the culture. Words are powerful weapons. Any form of usage of the word "Kill" is strictly forbidden. No fighter or any member of his or her team or entourage, or anyone in the arena, should use violent expressions against any opponent, with the "kill" or any acronym of such Expression.

<sup>1</sup> All references to "Fighter" in this code, apply to every member of the fighters' team and entourage.