



Ring Contact Fighting Arts International (RCFA)

Rules and Regulations:

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1. SAFETY REGULATIONS

Fighters shall complete all medical examinations and tests required. Weigh-inn and rules meeting for all contestants will be arranged prior to an event.

For any World Title Fight NO fighters will fight in any event 8 weeks prior to the fight. This applies to both amateurs and professionals participating in events:

"Standing 8 count"

1 x Standing 8 count for the duration of a bout	= 1 month rest period
2 x Standing 8 count for the duration of the bout	= 2 months rest period
3 x Standing 8 count for the duration of the bout	= 3 months rest period

Knockout (K.O.)

A Class K.O. when an opponent is carried off the ring by stretcher = 6 months rest period and a copy of a brain scan needs to be submitted.

Technical Knockout (T.K.O.) 3-months rest period.

A random test will be done for forbidden substances or performance enhancing drugs. The manager and trainer of a fighter must keep record of all results of the fighter. RCFA do not limit any promoter, manager, trainer or fighter to participate in any RCFA events.

It is the responsibility of the manager and trainer to give the correct results to RCFA board prior to any participation of RCFA events.

The above mentioned will be in effect for participation. No officials will be allowed to have any conversation with fighters or spectators. Only appointed people will be allowed to sit next to an official. There will be no discussion in connection with any result, refer to the main point official. No official can be disturbed during a fight.

2. CODE OF CONDUCT

- All Fighting gear must be clean
- Toe- and fingernails must be short and clean
- No jewelry will be allowed
- No foul language will be allowed
- All trainers must make use of clean and hygienic equipment and gear.
- Give respect to judges and referees

FOR FULL CONTACT, LOW KICKS AND CLOSE COMBAT

- Only the trainer will be allowed in the ring with the fighter during the rest period
- Only 2 corner assistants will be allowed
- Total of 3 assistants

Disqualification:

- Bad sportsmanship
- Bad behavior next to the ring

3. RESULT OF JUDGES

Unanimous win:

All three judges have the same fighter as the winner.

Majority win:

Two judges have one fighter winning and the third judge scores it a draw.

Split win:

Two judges have one fighter winning and the third judge have different winner.

Unanimous draw:

All three judges scores it a draw.

Majority draw:

Two judges scores it a draw and the third judge have one fighter winning.

Split draw:

One judge scores it a draw and the other two judges have different winners.

All rules and regulations should be read in conjunction with inter alia the general rules and code of conduct of RCFA as contained on the website.

4. RULES AND TERMS: SERIES

A. Terminology and meaning:

The series takes place in a ring (four, six or eight corners) or a 6m x 6m impact mat. There will be a head table official, table official and 5/3 judges.

The student present him-/her-self and saying as follows:

**“My name is Joe Soap
My style is Ring Contact Fighting Art
My series/form: 2nd Series to the Left
May I begin?”**

Juniors and seniors are scored separately. Juniors should also be divided in divisions which is age appropriate.

Red & 1 st & 2 nd Blue Belts	= 1 st Series left, right and new series.
1 st & 2 nd Yellow Belts	= 2 nd Series left, right and new series.
1 st & 2 nd Green Belts	= 3 rd Series left, right and new series.
Brown & Black Belts	= 4 th Series left, right and new series.

Scoring:

Beginner:	8.0 to 9.0 (beginning with 8.5)
Advance:	8.5 and 9.5 (beginning with 9.00)
Open:	9.0 to 10.00 (beginning with 9.5)

5. RULES AND TERMS: WEAPONS

A. Terminology and meaning:

The fight takes place in a ring (four, six or eight corners) or a 6m x 6m impact mat. There will be a referee, head point official, 2/3 judges, timekeeper and a medical assistant.

Weapon fighting is with specially padded **Bo, Nunchaku, Baton and Bokken**.

Protection gear: head guard grid on face compulsory, gum guard, groin guard and a chest protector for female fighters. Optional: Shin guards, foot guards and gloves or mitts.

Point values and winner determination:

All legal techniques that score will be awarded one (1) point. Weapon must be reset/ready position to get the point.

If a contestant loses his/her weapon he/she loses the bout.

All Matches 2 x 2 Min rounds or first to 10 Points.

Legal Target Areas: Top and sides of the head and face, ribs, chest, abdomen, collarbone, hand/both hands that hold the weapon, legs, ankles and feet.

Illegal Target Areas: Spine, back of neck, back of head, throat, sides of the neck, groin and back. No stabbing is allowed to any part of the body.

6. RULES AND TERMS: FITNESS CHALLENGE

A. Terminology and meaning:

The fight takes place in a ring (four, six or eight corners) or a 6m x 6m impact mat. There will be a head point official, 1 judges per contestant, timekeeper and a medical assistant.

Divisions

The males and females are in separate divisions.

Toddlers (males and females not separated)

Juniors: 6 years to 9 years;

Juniors: 10 years to 13 years;

Juniors: 14 years to 17 years

Seniors: 18 years to 40 years

Veterans: 41 years and older

(Positive proof of age may be required at all championships)

The Fitness challenge is a contest where each contestant has to do as many of a certain exercise as he/she can, counted in a **1 (one) minute period**. Each contestant has to do as many **Tug Jumps, Push-ups, Burpees, Squad Kicks and Sit ups (in that order)** in the minute allowed for each exercise. A total score is then calculated for each contestant. The contestant with the highest score wins the challenge. **No rest** is allowed between exercises except for the time it takes for the **Time Keeper/Scorer** to write up the totals. **Judges** assist with counting and making sure that each exercise is done properly. The **Table official** calculates the final score for each contestant and determines the winner in each division.

7. RULES AND TERMS: SEMI CONTACT DIVISION

A. Terminology and meaning:

The 10 point must system of judging:

- 10-10 if the standard of the fighters is equal.
- 10-9 if one fighter is better.
- 10-8 if opponent is K.O. or ref stoppage opponent overpowered.

A body kick or punch that stuns the opponent will be a knockout (K.O.) win.

The referee will make point deductions.

The fight takes place in a ring (four, six or eight corners) or a 6m x 6m impact mat. There will be a referee, head point official, 3 judges, timekeeper and a medical assistant.

All competitors must wear long pants and tops (GI, suit or the relevant organizations outfit). A RCFA logo MUST be on the outside left leg of their pants.

Protection gear: head guard, gum guard, groin guard, shin guards, foot guard's boot, 10oz boxing gloves for all categories, and a chest protector for female fighters.

B. Age Categories:

Toddler competitions will be a separate division.

Juniors will be from age 6-17 years.

Seniors is from age 18-40 years.

Veterans is from age 41 and older.

C. Semi Contact:

This will be used only for amateur development.

1. Beginners:

First three grading's will only be able to make use of straight, hook and uppercut controlled punches to the face and full power straight, hook and uppercut punches to the body. Full power front-, roundhouse and sidekicks to the body. These kicks will not be allowed to the head or face. Inside- and outside foot-to-foot sweep (boot to boot) to take the balance of opponent is allowed. No spinning and jumping punches or kicks are allowed.

Duration of bout: 1-minute

If it is a draw an extension of 30 seconds will be added. There can only be two extensions.

2. Advanced Division:

The next four grading's all the above-mentioned kicks may target the head, but must be controlled. Full power front kick, sidekick, roundhouse kick and back kick to the body. The back hand (no spinning back hand), spinning back kick and jumping front kick are allowed.

Duration of bout: 2 x 1-minute rounds with 30 seconds rest.

If it is a draw an extension of 30 seconds will be added. There can only be two extensions

3. Open division

Brown and Black belts:

All punches and kicks allowed, controlled to the head and face and full power to the body. All spinning and jumping kicks are allowed.

Duration of bout: 3 x 1-minute rounds with 30 seconds rest.

If it's a draw an extension of 30 seconds will be added. There can only be two extensions.

NB: Some of the above determinations may be waived at certain tournaments depending on the decision of the tournament organizer and permission from the Master/National President. However in Semi Contact / Millennium all kicks and punches may not be full power to the head. It must be controlled. This rule may not be waived.

D. Techniques not allowed:

- No Spinning backhand
- No Knee kick
- No Low kicks to thigh or calves
- No Low kicks to the groin
- No Elbow strikes
- No Clinching
- No Throws
- No punches or kicks to the back or back of the head.

E. Warnings

Referee can give warnings and point deductions for fouls:

F. Fouls:

1. Hitting (punching and kicking) below the navel or behind the ear.
2. Hitting an opponent who is down or is getting up after being down.
3. Holding an opponent with one hand and hitting with the other.
4. Holding or deliberately maintaining a clinch.
5. Striking an opponent after being instructed by the referee to a neutral corner.
6. Butting with the head or shoulder or using the knee.
7. Hitting with the open glove, the butt of the hand, the wrist or the elbow.
8. Purposely going down without being hit.
9. Jabbing the opponent's eyes with the thumb of the glove.
10. Using abusive language in the ring/tatami.
11. Engaging in any unsportsmanlike conduct including, but not limited to, a trick or other action which causes injury to an opponent.
12. Hitting on the break.
13. Hitting after the bell has sounded signalling the end of the round.
14. Hitting an opponent whose head is between or outside of the ropes.
15. Pushing an opponent.
16. Intentionally spitting out the mouthpiece/gum guard.
17. Biting or spitting.
18. Not following referee's instructions.
19. Stepping on opponent.
20. Leaving neutral corner.

In case of any unauthorized techniques being used the fighter will be disqualified.
In the case of accidental use of unauthorized techniques, a warning will be issued.
Head guard is not mandatory.

G. RCFA Weight Divisions for Amateurs:

Junior under: 20kg, 25kg, 30kg, 35kg, 40kg, 45kg, 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 80kg, 80kg+ open

When matching take also the ages in consideration for fair matchmaking.

Senior under: 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 82kg, 90kg, 90kg+ open

Professionals: Only from 18 years old

Under: 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 82kg, 90kg, 90kg+ open

8. RULES AND TERMS: MILLENNIUM DIVISION

A. Terminology and meaning:

The 10 point must system of judging:

- 10-10 if the standard of the fighters is equal.
- 10-9 if one fighter is better.
- 10-8 if opponent is K.O. or ref stoppage opponent overpowered.

A body kick or punch that stuns the opponent will be a knockout (K.O.) win.

The referee will make point deductions.

The fight takes place in a ring (four, six or eight corners) or a 6m x 6m impact mat. There will be a referee, head point official, 3 judges, timekeeper and a medical assistant.

All competitors must wear long pants to the angle. No tops in the case of male competitors. A RCFA logo MUST be on the outside left leg of their pants.

Protection gear: head guard, gum guard, groin guard, shin guards, foot guard's boot, 10oz boxing gloves for all categories, and a chest protector for female fighters.

A. Age Categories:

Juniors will be from age 12-17 years.

Seniors is from age 18-40 years.

Veterans is from age 41 and older.

B. Millennium:

This will be used for amateur and professional fights.

1. Ranking and Provincial fights:

All punches (straight, hook, and uppercut) controlled to the head and face and full power to the body. All kicks controlled to the head and face and full power to the body. Outside foot-to-foot sweep to take balance off the opponent will be allowed.

Duration of bout: 5 x 1-minute rounds with 30 seconds rest.

If it is a draw an extension of 30 seconds will be added. There can only be two extensions.

2. National Title fights:

All punches (straight, hook, and uppercut) controlled to the head and face and full power to the body. All kicks controlled to the head and face and full power to the body. Outside foot-to-foot sweep to take balance off the opponent will be allowed.

Duration of bout: 8 x 1-minute rounds with 30 seconds rest.

If it is a draw an extension of 30 seconds will be added. There can only be two extensions

This will be used only for professional fights.

3. World Title fights:

All punches (straight, hook, and uppercut) controlled to the head and face and full power to the body. All kicks controlled to the head and face and full power to the body. Outside foot-to-foot sweep to take balance off the opponent will be allowed.

Duration of bout: 10 x 1-minute rounds with 30 seconds rest.

If it's a draw an extension of 30 seconds will be added. There can only be two extensions.

H. Techniques not allowed:

- No Spinning backhand
- No Knee kick
- No Low kicks to thigh or calves
- No Low kicks to the groin
- No Elbow strikes
- No Clinching
- No Throws
- No punches or kicks to the back or back of the head.

I. Warnings

Referee can give warnings and point deductions for fouls:

J. Fouls:

1. Hitting (punching and kicking) below the navel or behind the ear.
2. Hitting an opponent who is down or is getting up after being down.
3. Holding an opponent with one hand and hitting with the other.
4. Holding or deliberately maintaining a clinch.
5. Striking an opponent after being instructed by the referee to a neutral corner.
6. Butting with the head or shoulder or using the knee.
7. Hitting with the open glove, the butt of the hand, the wrist or the elbow.
8. Purposely going down without being hit.
9. Jabbing the opponent's eyes with the thumb of the glove.
10. Using abusive language in the ring/tatami.
11. Engaging in any unsportsmanlike conduct including, but not limited to, a trick or other action which causes injury to an opponent.
12. Hitting on the break.
13. Hitting after the bell has sounded signalling the end of the round.
14. Hitting an opponent whose head is between or outside of the ropes.
15. Pushing an opponent.
16. Intentionally spitting out the mouthpiece/gum guard.
17. Biting or spitting.
18. Not following referee's instructions.
19. Stepping on opponent.
20. Leaving neutral corner.

In case of any unauthorized techniques being used the fighter will be disqualified.
In the case of accidental use of unauthorized techniques, a warning will be issued.
Head guard is not mandatory.

4. RCFA Millennium Weight Divisions for Amateurs:

Junior under: 20kg, 25kg, 30kg, 35kg, 40kg, 45kg, 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 80kg, 80kg+ open

When matching take also the ages in consideration for fair matchmaking.

Senior under: 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 82kg, 90kg, 90kg+ open

Professionals: Only from 18 years old

Under: 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 82kg, 90kg, 90kg+ open

9. RULES AND TERMS: FULL CONTACT DIVISION

A. Terminology and meaning:

The 10 point must system of judging:

- 10-10 if the standard of the fighters is equal.
- 10-9 if one fighter is better.
- 10-8 if one fighter is forced down by standing 8 counts.

The referee will make point deductions.

The 3-time knockdown rule will apply.

A knockdown means that the fighter is forced to stand for eight (8) counts by a referee.

K.O. (Knockout): The fighter is out for the count of ten (10).

T.K.O. (Technical Knockout): The fighter is standing for the eight (8) count but cannot protect him/herself.

B. Age Categories: 12 and upwards

1. Full Contact: Amateur

The fight takes place in a ring (four, six or eight corners) or a 6m x 6m impact mat. There will be a referee, head point official, three judges, timekeeper, two kick counters and a medical assistant.

The competitors must wear long pants to the ankle. No tops in the case of male competitors. All competitors MUST have a RCFA logo on the left outside thigh of their pants.

The judging system will be the 10 point must systems. The 3-time knockdown rule will apply. Each competitor must have a minimum of eight (8) kicks per round. If the 8 kicks in the first round were missed the opponent can catch up in the second round. For example, if 5 kicks were made in the first round the competitor must do 11 kicks in the second round. If you do not do this in the third round, 3 points will be deducted from the scorecard. This will be mentioned on announcement of results.

Normal bouts will be: 3 x 2-minute rounds with 1-minute rest between rounds.

Provincial title: 4 x 2-minute rounds with 1-minute rest in-between

National title: 5 x 2-minute rounds with 1-minute rest in-between

No extensions will be given for a draw.

Protection gear: head guard, gum guard, groin guard, shin guards, foot guard's boot, 10oz boxing gloves for all categories, and a chest protector for female fighters.

All punches and kicks to the face and side of the head, full power. All punches and kicks to the body, full power. Outside foot sweep will be allowed.

2. Full Contact: Professional

The fight takes place in a ring (four, six or eight corners). There will be a referee, head point official, three judges, timekeeper, two kick counters, a medical assistant and a RCFA representative. A representative of the national control board or athletic commission or the respective rules and regulations of the specific country must be followed.

The competitors must wear long pants to the ankle. No tops in the case of male competitors. All competitors MUST have a RCFA logo on the left outside thigh of their pants.

Normal bouts will be: 5 x 2-minute rounds with 1-minute rest between rounds.
Provincial title: 8 x 2-minute rounds with 1-minute rest in-between
National title: 10 x 2-minute rounds with 1-minute rest in-between
No extensions will be given for a draw.

Protection gear: gum guard, groin guard, shin guards, foot guards, 10oz gloves for all categories and a chest protector for females.

Each competitor must have a minimum of eight (8) kicks per round. If the 8 kicks in the first round were missed the opponent can catch up in the second round. For example, if 5 kicks were made in the first round the competitor must do 11 kicks in the second round. After 3 rounds and the minimum of 24 kicks have not been reached, disqualification and 50% of purse money will be deducted.

D. Techniques not allowed:

- No Spinning backhand
- No Knee kick
- No Low kicks to thigh or calves
- No Low kicks to the groin
- No Elbow strikes
- No Clinching
- No Throws
- No punches or kicks to the back or back of the head.

Please see **Warnings** and **Fouls** at Semi Contact section.

In the case of any unauthorized techniques being used the fighter will be disqualified. In the case of accidental use of unauthorized techniques, a warning will be issued.

RCFA Weight divisions for amateurs and professionals:

- Atom weight: under 51kg
- Fly weight: under 54kg
- Bantamweight: under 57kg
- Featherweight: under 60kg
- Super featherweight: under 63kg
- Lightweight: under 66kg
- Super lightweight: under 69kg
- Welterweight: under 72kg
- Super welterweight: under 75kg
- Middleweight: under 78kg
- Super middleweight: under 81kg
- Light heavyweight: under 84kg
- Super lightweight: under 87kg
- Cruiserweight: under 90kg
- Heavyweight: under 95kg
- Super heavyweight: open (over 95kg and upwards)

10. RULES AND TERMS:

LOW KICK DIVISION

A. Terminology and meaning:

The 10 point must system of judging:

- 10-10 if the standard of the fighters is equal.
- 10-9 if one fighter is better.
- 10-8 if one fighter is forced down by standing 8 counts.

The referee will make point deductions.

The 3-time knockdown rule will apply.

A knockdown means that the fighter is forced to stand for eight (8) counts by a referee.

K.O. (Knockout):

The fighter is out for the count of ten (10).

T.K.O. (Technical Knockout):

The fighter is standing for the eight (8) count but cannot protect him/herself.

B. Age categories:

12 and upwards

1. Low Kick:

Amateur

The fight takes place in a ring (four, six or eight corners) or a 6m x 6m impact mat. There will be a referee, head point official, three judges, timekeeper and a medical assistant.

The competitors must wear shorts. No tops in the case of male competitors. All competitors MUST have a RCFA logo on the left outside of their shorts.

Normal bouts will be: 3 x 3-minute rounds with 1-minute rest between rounds.

National title: 4 x 3-minute rounds with 1-minute rest in-between

No extensions will be given for a draw.

Protection gear: head guard, gum guard, groin guard, shin guards, foot guard's boot, 10oz boxing gloves for all categories, and a chest protector for female fighters.

All punches and kicks full power to the face, side of head and body. Low kicks to inside and outside of thighs, inside and outside foot sweep. Spinning backhand to the side of the head.

Techniques not allowed:

- No Spinning elbow (immediate disqualification)
- No Backhand (spinning backhand allowed)
- No Elbow strikes
- No Knee kicks
- No Low kick to the groin
- No throws
- No punches or kicks to the back of back of the head.

C. Warnings

Referee can give warnings and point deductions for fouls:

D. Fouls:

1. Hitting (punching and kicking) behind the ear.

2. Hitting an opponent who is down or is getting up after being down.
3. Striking an opponent after being instructed by the referee to a neutral corner.
4. Butting with the head or shoulder.
5. Hitting with the open glove, the butt of the hand or the wrist.
6. Purposely going down without being hit.
7. Jabbing the opponent's eyes with the thumb of the glove.
8. Using abusive language in the ring/tatami.
9. Engaging in any unsportsmanlike conduct including, but not limited to, a trick or other action which causes injury to an opponent.
10. Hitting on the break.
11. Hitting after the bell has sounded signalling the end of the round.
12. Hitting an opponent whose head is between or outside of the ropes.
13. Pushing an opponent.
14. Intentionally spitting out the mouthpiece/gum guard.
15. Biting or spitting.
16. Not following referee's instructions.
17. Stepping on opponent.
18. Leaving neutral corner.

In the case of any unauthorized techniques being used the fighter will be disqualified. In the case of accidental use of unauthorized techniques, a warning will be issued.

2. Low Kick: **Professional**

The fight takes place in a ring (four, six or eight corners). There will be a referee, head point official, three judges, timekeeper, a medical assistant and a RCFA representative. The representative of the national control board or athletic commission or the representative rules and regulations of the specific country must be followed.

Normal bouts will be:	3 x 3-minute rounds with 1-minute rest between rounds.
National title:	4 x 3-minute rounds with 1-minute rest between rounds.
World Title:	5 x 3-minute rounds with 1-minute rest between rounds.
	No extensions will be given for a draw.

Protection gear: gum guard, groin guard, 10oz gloves for all categories, and chest protector for females. The competitors must wear shorts. No tops in the case of male competitors. All competitors **MUST** have a RCFA logo on the left outside of their shorts.

All punches and kicks full power to the face, side of head and body. Low kicks to inside and outside of thighs, inside and outside foot sweep. Elbow strikes to the front of the body. Knee kicks to the body. Spinning backhand to the side of head.

Techniques not allowed:

- No Spinning elbow (immediate disqualification)
- No Backhand (spinning backhand allowed)
- No Elbow strikes to the head
- No Knee kicks to the head
- No Low kick to the groin
- No throws
- No punches or kicks to the back or back of the head

Please see **Warnings** and **Fouls** at Low Kick amateur section.

In case of any unauthorized techniques being used the fighter will be disqualified. In the case of accidental use of unauthorized techniques, a warning will be issued.

RCFA Weight divisions for amateurs and professionals:

- Atom weight: under 51kg
- Fly weight: under 54kg
- Bantamweight: under 57kg
- Featherweight: under 60kg
- Super featherweight: under 63kg
- Lightweight: under 66kg
- Super lightweight: under 69kg
- Welterweight: under 72kg
- Super welterweight: under 75kg
- Middleweight: under 78kg
- Super middleweight: under 81kg
- Light heavyweight: under 84kg
- Super lightweight: under 87kg
- Cruiserweight: under 90kg
- Heavyweight: under 95kg
- Super heavyweight: open (over 95kg and upwards)

11. RULES AND TERMS: CLOSE COMBAT DIVISION

A. Terminology and meaning:

The 10 point must system of judging:

- 10-10 if the standard of the fighters is equal.
- 10-9 if one fighter is better.
- 10-8 if one fighter is forced down by standing 8 counts.

The referee will make point deductions.

A knockdown means that the fighter is forced to stand for eight (8) counts by a referee.

K.O. (Knockout): The fighter is out for the count of ten (10).

T.K.O. (Technical Knockout): The fighter is standing for the eight (8) count but cannot protect him/herself.

B. Age Categories: 12 and upwards (Amateur)

Age Categories: 18 and upwards (Professional)

1. Close Combat: Amateur

The fight takes place in a ring (four, six or eight corners) or a 6m x 6m impact mat. There will be a referee, head point official, three judges, timekeeper, a medical assistant and a RCFA representative.

Normal bouts will be: 3 x 2-minute rounds with 1-minute rest between rounds.
No extensions will be given for a draw.

Protection gear: Gum guard, groin guard, 7oz Shute gloves, insteps. Ankle guard optional. Chest protector for females. The competitors must wear shorts. No tops in the case of male competitors. All competitors MUST have a RCFA logo on the left outside of their shorts.

Techniques allowed:

- All kicking and punching techniques in stand up
- All Spinning techniques including backhand
- Elbow strikes to body only
- Knee kicks to body only
- Low kicks to thigh or calves
- All Locks
- All chokes
- Any Throws
- Non active Clinching (minimum of 5 seconds)
- Only ground work techniques allowed on the ground
- Take down only 20 seconds to apply a technique

Techniques not allowed:

- No kicking, knees, punching or elbows when any 3 point touch the ground
- No elbows or knees to the head
- No Low kick to the groin
- No punches or kicks to the back or the back of the head
- No gouging of opponent or opponent's gear

2. Close Combat:

Professional

The fight takes place in a ring (four, six or eight corners). There will be a referee, head point official, three judges, timekeeper and a medical assistant, the RCFA representative. The representative of the national control board or athletic commission or the representative rules and regulations of the specific country must be followed.

Normal bouts will be: 3 x 3-minute rounds with 1-minute rest between rounds.
National title: 4 x 3-minute rounds with 1-minute rest between rounds.
World Title: 5 x 3-minute rounds with 1-minute rest between rounds.
No extensions will be given for a draw.

Protection gear: Gum guard, groin guard, 4oz fighting mitts, ankle guard optional. Chest protector for females. The competitors must wear shorts. No tops in the case of male competitors. All competitors MUST have a RCFA logo on the left outside of their shorts.

Techniques allowed:

- All Spinning techniques including backhand/elbow
- Elbow strikes
- Knee kicks
- Low kicks to thigh or calves
- All Locks
- Non Active Clinching (minimum of 5 seconds)
- All chokes
- Any Throws
- Take down only 20 seconds to apply a technique

Techniques not allowed:

- No Low kick to the groin
- No punches or kicks to the back or the back of the head

C. Warnings

Referee can give warnings and point deductions for fouls:

D. Fouls:

1. Hitting (kicking and punching) behind the ear.
2. Striking an opponent after being instructed by the referee to a neutral corner.
3. Butting with the head.
4. Jabbing the opponent's eyes with the thumb of the glove.
5. Using abusive language in the ring.
6. Engaging in any unsportsmanlike conduct including, but not limited to, a trick or other action which causes injury to an opponent.
7. Hitting on the break.
8. Hitting after the bell has sounded signalling the end of the round.
9. Intentionally spitting out the mouthpiece/gum guard.
10. Biting or spitting.
11. Not following referee's instructions.
12. Leaving neutral corner.

RCFA Weight divisions for amateurs and professionals:

- Atom weight: under 51kg
- Fly weight: under 54kg
- Bantamweight: under 57kg
- Featherweight: under 60kg
- Super featherweight: under 63kg
- Lightweight: under 66kg
- Super lightweight: under 69kg
- Welterweight: under 72kg
- Super welterweight: under 75kg
- Middleweight: under 78kg
- Super middleweight: under 81kg
- Light heavyweight: under 84kg
- Super lightweight: under 87kg
- Cruiserweight: under 90kg
- Heavyweight: under 95kg
- Super heavyweight: open (over 95kg and upwards)

12. RULES AND TERMS: SUPREME FIGHTING ARTIST (RCFA REGISTERED STUDENTS ONLY)

A. Terminology and meaning:

Judging and Referee rules see mode above.

The division will consist of the following modes: (All modes compulsory)

1. 4th Series to the left.
2. Full contact fight.
3. Low kick fight.
4. Close combat fight.

Eight competitors will be selected per division.

All eight competitors will fight elimination in Full Contact. Four winner advance to Low Kick.

Four winners will fight Low Kick. Two winners advance to Close Combat.

Two winners will fight for crown of Supreme Fighting Artist in their division.

Knockdown rule as per mode above.

- B. Age Categories: 12 and upwards (Amateur)
Age Categories: 18 and upwards (Professional)

1. Supreme Fighting Artist: Amateur

The series/fights takes place in a ring (four, six or eight corners) or a 6m x 6m impact mat. There will be four side judges and one head point official to judge series and referee, head point official, 3 judges, timekeeper, a RCFA representative and a medical assistant for the fights.

- All bouts will be:
- 1 x 4th Series to the left – for Points.
 - 1 x 3-minute round – Full Contact.
 - 1 x 3-minute round – Low Kick.
 - 1 x 3-minute round – Close Combat.
- No extensions will be given for a draw.

Protection gear: See above per mode that you compete in.

Techniques allowed:

- See allowed techniques per mode above.

Techniques not allowed:

- See not allowed techniques per mode above.

Please see **Warnings** and **Fouls** per mode above.

2. Supreme Fighting Artist:

Professional

The series/fights takes place in a ring (four, six or eight corners). There will be four side judges and one head point official to judge series and referee, head point official, three judges, timekeeper, a RCFA representative and a medical assistant for the fights. The representative of the national control board or athletic commission or the representative rules and regulations of the specific country must be followed.

All bouts will be:

- 1 x 4th Series to the left – for Points.
- 3 x 3-minute rounds – Full Contact.
- 3 x 3-minute rounds – Low Kick.
- 3 x 3-minute rounds – Close Combat.
- No extensions will be given for a draw.

Protection gear: See above per mode that you compete in.

Techniques allowed:

- See allowed techniques per mode above.

Techniques not allowed:

- See allowed techniques per mode above.

Please see **Warnings** and **Fouls** per mode above.

RCFA Weight divisions for amateurs and professionals:

- Atom weight: under 51kg
- Fly weight: under 54kg
- Bantamweight: under 57kg
- Featherweight: under 60kg
- Super featherweight: under 63kg
- Lightweight: under 66kg
- Super lightweight: under 69kg
- Welterweight: under 72kg
- Super welterweight: under 75kg
- Middleweight: under 78kg
- Super middleweight: under 81kg
- Light heavyweight: under 84kg
- Super lightweight: under 87kg
- Cruiserweight: under 90kg
- Heavyweight: under 95kg
- Super heavyweight: open (over 95kg and upwards)