

Fury Amateur Kickboxing Rules

1. Fight Duration:
 - a. Non-title fights shall not exceed three (3) rounds and/or nine (9) minutes, with a one (1) minute rest between rounds.
 - b. Title fights shall not exceed five (5) rounds and/or twenty-five (25) minutes, with a one (1) minute rest between rounds.
2. The referee is the sole arbiter of a bout and is the only individual authorized to stop a contest.
3. Male contestants must not wear clothing or other attire on their upper bodies. Female contestants must wear a short-sleeved (above-the-elbow) form-fitting top or a sports bra.
4. Male contestants are required to wear groin protection during the contest.
5. All fighters are required to wear a mouthpiece during any contest. No round can begin without the mouthpieces in place. If any mouthpiece becomes dislodged during the contest, the referee shall call time and have the mouthpiece rinsed and put back in the fighter's mouth at the first opportune moment, without interfering with the action. The referee may deduct points if he/she feels the mouthpiece is being intentionally dislodged.
6. Scoring:
 - a. All bouts are evaluated and scored by three (3) judges.
 - b. The "10-point Must System" will be the standard scoring of a bout.
 - i. Under the 10 Point Must Scoring System, 10 points must be awarded to the winner of the round.

- ii. The fighter who has lost the round may be awarded 9, 8, or 7 points.
- iii. Partial or incomplete rounds will be scored. If no significant action has occurred, the round shall be scored as an even round (10-10). This is at the judges' discretion.

7. Scoring Criteria:

- a. Bouts will be evaluated using the following prioritized criteria:
 - i. Number of knockdowns.
 - ii. Cumulative effective impact (damage) on the opponent.
 - iii. Number of clean scoring strikes
 - iv. Ring generalship or aggressiveness

8. Knockdowns:

- a. In the event of a knockdown, the referee shall send the standing fighter to a neutral corner and administer a Mandatory Eight (8) Count to the downed fighter.
 - i. A knockdown is defined as when a fighter touches the mat with anything other than the soles of their feet as a result of a legal, damaging strike, or is in a defenseless position, grabbing the opponent, hanging on, or over the ropes. The referee will have sole discretion in determining a knockdown versus a slip.
- b. If a fighter goes down from what the referee indicates is a “slip” but fails to rise after the referee’s repeated commands, the referee will initiate a count and follow the procedures of a knockdown. If the fighter does not rise at the count of 10, it will be considered a TKO.
- c. If a fighter injures him/herself and then fails to intelligently defend him/herself by turning their back on the opponent, the referee may, in the proper exercise of their discretion either treat the injury the same as one produced by a fair blow from the opponent and follow the procedures for a

knockdown, or terminate the bout and declare the opponent winner by TKO.

- d. The Three (3) Knockdown Rule is in effect only where a fighter has been knocked down 3 times in the same round by strikes/kicks to the head. In this event, this fighter shall be determined to have lost the bout by TECHNICAL KNOCKOUT (note that “standing eight (8) counts are considered the same as knockdowns in making this determination).
 - e. The use of the “Standing Eight (8) Count is allowed to provide the referee the opportunity to make the best determination regarding if a damaged fighter should be allowed to continue in the match.
 - f. A fighter who has been knocked down CANNOT be saved by the bell in any round, including the final round.
 - g. A fighter shall receive a 20-second count if the fighter is knocked out of the ring and onto the floor. The fighter shall **NOT** be assisted by anyone, including spectators or his seconds. If the fighter is assisted, the referee may deduct points or disqualify the fighter at the referee's sole discretion.
 - h. If the fighter falls or is thrown from the ring, the referee shall “stop time”, allow the fighter to return, seek the counsel of the ringside physician, and/or penalize the other fighter if there was a fouling action, where appropriate.
9. Permissible Strikes:
- a. All boxing strikes to legal areas
 - b. Spinning backfist to legal areas, provided the strike lands with the padded portion of the glove
 - c. Knee strikes to legal areas (except reinforced knees to the head)
 - d. All kicking strikes are legal above the waist

- e. All kicks below the waist must be round kicks using the top of the foot or shin to make contact. Linear kicks below the waist are not allowed.

10. Fouls:

- a. Head butts
- b. Groin strikes
- c. Thrusting or linear kicks directed at the knee joint
- d. Striking the back of the head or the spine:
 - i. The back of the head starts at the crown of the head with a one (1) inch variance to either side, running down the back of the head to the occipital junction.
 - ii. This area stretches out at the occipital junction (nape of the neck) to cover the entire width of the neck. It then travels down the spine with a one (1) inch variance from the spine's centerline, including the tailbone.
- e. Attacks to the throat
- f. Striking a downed fighter
- g. Striking on a break
- h. Striking after the bell
- i. Failure to obey the referee's commands
- j. Holding or using the ropes while striking or clinching
- k. Timidity: Repeatedly/intentionally avoiding engagement or contact with the opponent or intentionally spitting out the mouthpiece to cause delays in the action.
- l. Use of abusive language and/or gestures
- m. Thumbing the eyes
- n. Holding the opponent's leg without executing a legal strike
 - i. A fighter may grab the opponent's kicking leg, take one step, and execute ONE legal strike. They must immediately release the leg once the strike has been thrown.

- ii. The striking fighter may not kick the supporting leg out from under their opponent while holding on to their kicking leg.
- o. Any attempt to down a fighter by a method other than legal strikes:
 - i. No lifting, sweeping, tripping, or dumping of an opponent
 - ii. No wrestling or judo takedowns
- p. Biting
- q. Spitting at the opponent
- r. Striking with the elbow, arm, wrist, or other part of the glove besides the padded portion of the glove.
- s. Holding, which is defined as repeatedly grabbing, grasping, or tying up an opponent to prevent the opponent from striking.
 - i. Clinching is allowed to immediately launch a credible knee attack or other strike.
- t. Striking with a reinforced knee to the opponent's head

11. The winner of a bout shall be decided in the following ways:

- a. Decision
- b. Knockout
 - i. The contestant is incapable of resuming the fight within the referee's 10-second count due to legal strikes
- c. Technical Knockout
 - i. The referee determines the contestant can no longer intelligently defend him/herself
 - ii. A contestant does not answer the bell after the completion of a rest period
 - iii. The referee determines a contestant is being outclassed by their opponent, and continuing the match would jeopardize the contestant's health and safety
 - iv. The bout is terminated for medical reasons due to an injury resulting from legal strikes

- v. The contestant's corner indicates to the official that they no longer wish to continue with the bout
- d. Disqualification
 - i. The referee disqualifies the contestant for any reason, including intentional, deliberate, flagrant, or repeated fouling
- e. Draw:
 - i. If, following the end of all rounds, at least two of the three judges do not pronounce one of the fighters a winner
 - ii. If both fighters go down at the same time and neither can resume the fight within the referee's 10-count
- f. No Decision:
 - i. If a fighter cannot continue as the result of an accidental foul and the bell has not yet sounded, completing the second round of a three-round bout, or completing the third round of a five-round bout.

12. Injuries Sustained by Unintentional Fouls

- a. If an unintentional foul causes an injury that is severe enough to terminate the bout immediately, the contest shall result in a NO DECISION if a bout has not completed the rounds necessary to score a technical decision.
- b. If an unintentional foul causes an injury severe enough to terminate the bout once the bout is considered official, the bout shall be awarded to the fighter ahead on the scorecards, including incomplete rounds, by way of a TECHNICAL DECISION.
- c. If the injury from the UNINTENTIONAL foul is not severe enough to immediately stop the bout but later becomes aggravated and causes the bout to be stopped, the bout shall be awarded to the fighter ahead on the scorecards, including incomplete rounds, by way of a TECHNICAL DECISION if the bout has been official. Otherwise, the bout will result in a NO DECISION.

13. Injuries Sustained by Intentional Fouls

- a. If an intentional foul causes an injury that is severe enough to terminate the bout immediately, the fighter causing the foul shall lose by DISQUALIFICATION.
- b. If the referee determines that a contest may continue despite an injury caused by an intentional foul, the referee shall immediately inform the Commission's representative and the judges, and the judges shall deduct the points as determined by the referee
- c. If an injury caused by an intentional foul results in the contest being stopped later in the bout, or in a later round:
 - (i) If the injured fighter is ahead on the scorecards, he shall be declared the winner by a TECHNICAL DECISION, or
 - (ii) If the injured fighter is behind or even on the scorecards, the contest shall be declared a TECHNICAL DRAW