



CALIFORNIA STATE ATHLETIC COMMISSION
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Members of the Commission

John Frierson, Chairperson
Christopher Giza, MD Vice-Chairperson
VanBurenLemons
Martha Shen-Urquidez
Mary Lehman
John Carvelli
Leslie Lohse

**Action may be taken on any item listed on
the agenda except public comment.
Agenda items may be taken out of order**

STAKEHOLDER'S MEETING AGENDA

PANKRATION SUBCOMMITTEE

January 24, 2014

10am- Conclusion of Business

Location:

RONALD REGAN STATE BUILDING

Conference Room
300 South Spring Street
Los Angeles, California 90013

OPEN SESSION

1. Regulation and possible delegation of Youth Pankration Events compliant with Business and Professions Code §18648 and 18702
2. Appropriate minimum age for Youth Pankration competition
3. Appropriate headgear pursuant to Business and Professions Code §18766
4. Minimum safety requirements including medical and emergency personnel
5. Medical evaluations and treatment for children at events pursuant to Business and Professions Code §18706?
6. Are there insurance requirements pursuant to Business and Professions Code §18646
7. Officials, inspectors, physicians requirements and training
8. Fees associated with regulation
9. Reporting requirements to CSAC by regulating body, including financials
10. Database of information requirement

Email the Commissioners:

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ADJOURNMENT

NOTICE: The meeting is accessible to the physically disabled. A person who needs disability-related accommodation or modification in order to participate in the meeting may make a request by contacting Andy Foster at (916) 263-2195 or email Andy.Foster@dca.ca.gov or sending a written request to Andy Foster at the California State Athletic Commission, 2005 Evergreen Street, Suite 2010, Sacramento, CA 95815. Providing your request at least five (5) days before the meeting will help ensure availability of the requested accommodation. Requests for further information should be directed to Andy Foster at the same address and telephone number.

Meetings of the California State Athletic Commission are open to the public except when specifically noticed otherwise in accordance with the Open Meetings Act. The audience will be given appropriate opportunities to comment on any issue presented.



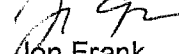
United States Fight League
PO Box 451
Lake Forest, CA 92630

Jan 18, 2014

California State Athletic Commission
2005 Evergreen Street, Suite 2010
Sacramento, California 95815
ATT: Pankration Subcommittee

Please see attached proposal of rules and standards of safety contained in the USFL Pankration Rulebook. We respectfully request consideration to receive the delegated authority from CSAC to oversee and sanction this sport. We look forward to the meeting on Jan 24th at the Ronald Regan State Building in Los Angeles.

Sincerely



Don Frank
President

United States Fight League
www.fightleague.org
949 813-1041

Rulebook
United States Fight League



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ARTICLE I: DEFINITIONS

The **United States Fight League** is dedicated to fostering Safe and affordable local, national and international competition opportunities for Pankration. The USFL shall be governed by a executive board and utilize technical advise and recommendations by four independent committees. The USFL shall report to and adhere to guidelines as set by the athletic or boxing commission of jurisdiction. The executive board shall hold an annual meeting for implementation of rule book modifications as recommended by the four committees or athletic/ boxing commission and report any modifications to the athletic or boxing commission of jurisdiction.

- | | |
|------|-----------------------------------|
| I. | Promoters committee |
| II. | Medical advisory committee |
| III. | Referee committee |
| IV. | Parents committee |

Pankration Regional Training Centers (RTC'S) – Martial Arts gyms, clubs, academies or schools may elect to teach the Martial Art of Pankration and utilize the USFL Pankration belt ranking system within their own training establishment. RTC's are authorized to promote USFL sanctioned shows with coaches functioning as matchmakers. USFL sanctioned competitions are open to all styles, schools and associations who teach Martial Arts and Wrestling.

Athletic/ Boxing Commission – A state run organization responsible to set guidelines in the regulation of professional boxing, kickboxing, Muay Thai, Mixed Martial Arts and other Martial Arts and combative sports listed under their jurisdiction. Some Federal, Military and Tribal venues have independent jurisdictions with self-contained boards acting as a commission to set their own guidelines.

Contestants may be referenced as Grapplers, Wrestlers, Fighters, Competitors or Athletes

Tournament – Is a competitor-based competition, formatted where multiple matches may occur simultaneously at the same venue. Athletes generally participate by paying a registration fee and are placed in an appropriate age, weight and skill level. Tournaments are typically funded by participation fee.

Show – Is a spectator-based competition where athletes are selected in prearranged matchups and compete before a spectator audience. Shows are generally funded by spectator fee.

Classification of A, B & C Rules - To foster a clear and logical training progression for both athletes and officials, the USFL has a progressive set of rules that build on standards required to excel in each level of competition.

"C" Class Rules – Grappling Only (All ages)

- Takedowns, Ground Control and Submissions are allowed.
- Techniques must be executed with no ill intent and matches cannot be won by brutality or with deliberate intent to cause injury.
- Potentially dangerous takedowns and submissions are prohibited.
- Submissions must be executed with applied pressure, allowing time to submit before injury.
- Matches are won by score or by properly applied submission technique.
- Class A, B or C officials can referee bouts.

"B" Class Rules – Limited Contact Strikes (Ages 8 and up)

- Takedowns, Ground Control, Submissions and Body Strikes are allowed. Strikes above the collarbone and other vital points are prohibited.
- Techniques must be executed with no ill intent and matches cannot be won by knockout, brutality or with deliberate intent to cause injury.
- Potentially dangerous strikes, takedowns and submissions are prohibited.
- Submissions must be executed with applied pressure, allowing time to submit before injury.
- Strikes must be focused and delivered in a controlled manner ensuring proper placement.
- Matches are won by score or by properly applied submission technique.
- Class A & B officials must referee bouts. Class C referees can work as back up referees.

~~"A" Class Rules – Full Contact Strikes (Ages 18 & up/ 16 if approved by local jurisdiction)~~

- ~~• Takedowns, Ground Control, Submissions, Body and Head Strikes are allowed.~~
- ~~• Head strikes while on the ground are prohibited.~~
- ~~• Excessively dangerous strikes, takedowns and submissions are prohibited.~~
- ~~• Matches are won by score, stoppage, knockout, disqualification or submission.~~
- ~~• Rules and regulations of local boxing/athletic commission may supersede existing rules.~~
- ~~• Athletes with no verifiable Class B experience may require an official's evaluation prior to competition.~~
- ~~• Class A officials must referee bouts.~~
- ~~• Ambulance and other medical standards may be required to concur with athletic commission of jurisdiction.~~
- ~~• Class A competitions are currently available in Missouri, Kansas, Louisiana, Military and approved Tribal Venues.~~

ARTICLE II: ILEGAL TECHNIQUES AND FOULS

~~"A" Class Rules prohibit ground strikes to the head.~~

~~"B" Class Rules prohibit any strikes above the collarbone.~~

~~"C" Class Rules prohibit all strikes.~~

~~*Athletes in all three levels who qualify for International and World Championship events are subject to testing under WADA for banned performance enhancing drugs.*~~

Section 1: Fouls for all levels of Pankration

Age groups under 12 yrs:

In addition to the fouls listed below, Novice (ages 8-10) may not use knee strikes or leg kicks; and Schoolboy/Girls (ages 11-12 yrs) may not use knee strikes.

General Listing of Fouls

1. Holding or grabbing the fence or ropes:

- A fighter may put their hands on the fence and push off of it at anytime. A fighter may place their feet onto the cage and have their toes go through the fencing material at any time. When a fighter's fingers or toes go through a cage and grab hold of the fence and start to control with their body position or their opponent's body position it now becomes an illegal action. A fighter may not grab the ropes or wrap their arms over the ring ropes at any time.

- If a fighter is caught holding the fence, cage or ring rope material the referee shall issue one point to the opposing fighter regardless if the foul caused a substantial change in position such as the avoidance of a takedown.
- If a point deduction for holding the fence occurs, and because of the infraction, the fouling fighter ends up in a superior position due to the foul, the fighters should be restarted by the referee, standing in a neutral position.

2. Holding opponent's shorts or gloves:

- A fighter may not control their opponent's movement by holding onto their opponent's shorts or gloves.
- A fighter may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove, but by actually gripping the hand of the opponent.
- It is legal to hold onto your own gloves, gi, rash guard or shorts.

3. Butting with the head:

- Any use of the head as a striking instrument whether head to head, head to body or otherwise is illegal.

4. Eye gouging:

- Eye gouging of any kind by means of fingers, chin, or elbows is illegal.

5. Biting or spitting at an opponent:

- Biting in any form is illegal. A fighter must recognize that a referee may not be able to physically observe some actions, and must make the referee aware if they are being bitten during an exhibition of unarmed combat.

6. Hair pulling:

- Pulling of hair is an illegal action.

7. Fish-Hooking:

- Any attempt by a fighter to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered "Fish-Hooking".
- Fish-hooking generally is the placing of fingers into the mouth of your opponent and pulling your hands in opposing direction while holding onto the skin of your opponent.

8. Groin attacks of any kind:

- Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal.

9. Intentional placing finger into any orifice or into any cut or laceration of your opponent:

- A fighter may not lace their fingers into an open laceration in an attempt to enlarge the cut.
- A fighter may not place their fingers into an opponent's nose, ear, mouth, or any other body cavity.

10. Elbow or forearm strikes of any kind to any area.

11. Small joint Manipulation:

- Fingers and Toes are small joints.
- Wrist, Ankles, knees, Shoulders and Elbows are all large joints.

12. Strikes to the face, head, back, spine or the back of the head:

- Strikes are not permissible above or on the collarbone or any part of the face or head.
- The back is considered any area behind the center of the ribs. The centerline of the ribs is identified as a line from center of armpit going down to the hip.

13. Heel kicks to the Kidney or any other part of the body from the bottom.

14. No throat strikes of any kind are allowed:

- A directed attack would include a fighter pulling his or her opponent's head in a way to open the neck for a striking attack.
- A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent.

15. Clawing, Pinching, Twisting the flesh or grabbing the clavicle:

- Any attack that targets the fighter's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal.
- Any manipulation of the clavicle is a foul.

16. Kicking the Head or body of a downed opponent:

- A limited amount of legs kicks are permitted if used to set up a scoring technique or submission and as long the fighter kicking the leg of the downed opponent has control of one limb and uses the leg kick to set up an attack.

17. Kneeing the head of an opponent.

18. Stomping of a grounded fighter and up kicks from the grounded fighter:

- Stomping is considered any type of striking action with the feet where the fighter strikes an opponents body.
- Kicks to the legs of a grounded fighter are permitted only if controlled by a hand and if used to further the action by a scoring technique such as a guard pass.
- Up kicks are kicking towards a top opponent from your back.
- Pushing with feet is permitted as long as not directed towards the joints.

19. The use of abusive language in the fighting arena.

20. Any Unreasonable conduct of any kind that may causes an injury to opponent or any officials.

21. Attacking an opponent on or during the break:

- A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition.

22. Attacking an opponent who is under the care of the referee.

23. Timidity:

- Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight.
- Timidity can also be called by the referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall the fight.
- Class B rules prohibit a fighter from remaining in a crouched or wrestling stance in an attempt to limit exposure from body strikes.

24. Interference from a corner:

- Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to one combatant.
- Corners are not allowed to distract the referee or influence the actions of the referee or any other official.

25. Throwing an opponent out of the cage or ring fighting area:

- A fighter shall not throw their opponent out of the cage, ring or matted area.

26. Flagrant disregard of the referee's instructions:

- A fighter MUST follow the instructions of the referee at all times. Any deviation of non-compliance may result in the fighter's disqualification.

27. Spiking the opponent to the floor onto the head or neck:

- Illegal spiking is considered to be any maneuver where you control your opponent's body and then forcibly drive your opponents head or neck into the flooring material.
- Some examples of illegal spiking moves are pile drivers and suplexes.
- A pile driver is considered to be any throw where you control your opponent's body placing his feet straight up in the air with his head straight down and then forcibly drive your opponents head into the flooring material.
- A suplex has several variations but generally consists of lifting your opponent off the flooring material and then using their body weight to drive the opponent down onto the flooring material on their head or neck.

28. Attacking an opponent after the round has ended or when referee halts the match.

29. Any strike to the knee joint; front, rear or side.

30. Neck Cranks:

- Any hold that places the fighter's neck in jeopardy from a crank is illegal.
- Neck cranks such as the "Can Opener" or "Bulldog" are examples of an illegal neck attack, unless the contestant is in their guard and it's used to retain control.
- Understanding that some chokes can be applied or disguised as a neck crank, the fighter may call out "Neck Crank" if such a technique is being applied. If they are able to verbally communicate the referee can determine that no choke is applied and the technique is in fact a neck crank.

31. All Twisting leg submissions:

- Heel hooks and toe holds are prohibited.
- Straight Kneebars and the straight ankle locks are allowed.
- A scramble that results in a contestants knee being twisted in a dangerous fashion should be stopped by the referee.

32. Spine locks or twisters.

33. Strikes to the head of a grounded opponent.

34. Executing excessive non-scoring techniques.

35. Submissions must be executed with applied pressure not "cranked", to allow reasonable time to submit prior to injury. Referee may end the match if a submission is properly applied regardless if opponent taps or submits.

36. Takedowns and throws designed or intended to cause injury are prohibited.

Includes throws that involve joint locking, open Flying Scissors style takedowns and unnecessary slamming.

37. Slamming or "Back Splashing" to escape a submission is prohibited. If an athlete being choked from behind and is able to stand up, referees will stop the submission and restart in the neutral position. Referees may permit standing if both contestants' backs are to the fence of the cage in a manner that prevents a back splash.

38. Maliciously causing injury to an opponent or exploiting an injury.

39. Intentional slamming when performing a takedown or defending a submission:

- A slam is any intentional act to bring your body weight onto your opponents with extra force while performing a takedown.
- A hard takedown is not considered a slam if it is executed in one motion without deliberate intent to injure.
- A grappler lifted or stacked in the air as a preparatory act to cause extra force upon landing will be considered a slam.

40. Standing or flying submissions are not permitted in youth divisions.

Section 3: Penalties from Fouls

If a technique injures a competitor the following will determine the referee action:

1. Was the illegal technique delivered with ill intent or accidental?
2. Was the illegal technique no fault to either competitor or a due of a fighter's negligence to protect him/herself?

A warning can only be issued for a foul that is about to happen. All fouls shall be penalized by one point after occurrence. The referee will break the action to clearly address the fouls and issue the penalty point.

- 1st accidental foul/violation will result in 1 point for the fouled competitor.
- 2nd accidental violations will result in a 1 additional point for the fouled competitor.
- 3rd accidental violation will disqualify.
- The match will be restarted in the neutral position if the foul was committed on the ground.
- Malicious or intentional fouls may result in immediate disqualification on first offense.
- Injuries caused without fault to either competitor or as a result of the "fouled" fighter's negligence will not be charged to the executer.

Section 4: Treatment of Injuries

- 5 minutes of injury/ recovery time is allotted to the athlete hurt by an illegal strike or technique.
- 2 minutes of injury/ recovery time is allotted to the athlete hurt by a legal strike or in need of an equipment adjustment.
- Blood time is treated the same as injury time.
- Event medical staff shall treat and evaluate injuries. The referee should stay with and protect injured athletes until relieved by medical staff.
- Medical staff shall determine if the injured athlete is able to continue.
- Medical evaluation or treatment does not count towards injury time.
- The bout should be restarted in the neutral position after a foul is committed.
- If the injury was due to a foul that ends the bout the fouled fighter will be declared the victor.
- If the bout ending injury was caused by no fault of either fighter, the uninjured fighter will be declared the victor.

Section 5: Technical penalties

Examples include: Failure to follow rules of the match or disrespectful conduct by competitor or coach.

- 1st offense will result in a point for the opponent.
- 2nd offense will result in a 2nd point for opponent
- 3rd offense will result in disqualification

Section 6: Suspensions

- Athletes injured in training and/or competition may be placed on a medical suspension by the examining medical official.
- Athletes or coaches who flagrantly violate rules of safety or sportsmanship may be placed on suspension by the USFL coaches committee. The offending athlete and/or coach will have 10 days to challenge the allegation resulting in suspension.

ARTICLE III: SCORING OF GRAPPLING TECHNIQUES

Section 1: Takedown (1, 2 or 3 points)

A Takedown occurs when a grappler has at least 3 supporting points on the mat. Supporting points are: Feet/Foot; Knee(s); hands; forearm(s); head; buttocks; lower back; upper back/shoulder(s). The top grappler must settle in a weighted and controlled top position for 3 seconds to receive the takedown point(s)

Additional takedown points cannot be scored unless one grappler reestablishes the neutral standing position for 3 seconds or if the match is restarted in the neutral standing position.

3 Points – Throw

A takedown or throw that causes elevation of the feet and directly lands in a weighted top position of control for 3 seconds

2 Points – Takedown

Any takedown without elevation that results in a weighted top position of control for 3 seconds directly after the takedown is initiated.

1 Point – Indirect Takedown

- a. If a scramble for top position occurs after the takedown or throw, the grappler who first maintains a controlled top position for 3 seconds will receive only 1 takedown point.
- b. A grappler defending a legitimate submission attempt while executing a takedown will receive 1 takedown point if/ when the submission is relieved and top control is maintained for 3 seconds.
- c. Pulling guard will result in a 1 takedown point for an opponent after 3 seconds of ground control.

Section 2: Standing Escape (1 point)

Resets the neutral standing position

- One point is awarded to the bottom grappler who escapes top control by getting to their feet, facing their opponent in a neutral position for a 3 second count. A 50/50 clinch is considered neutral.
- An escape point can only be awarded after a takedown is scored.

Section 3: Push out (1 Point)

- One point is awarded to a grappler if their opponent steps or is forced out of bounds while in the standing neutral position. The grappler must have both feet clearly outside the competition area.
- The match should be halted after one exits the competition area and restarted in the center of the mat.
- Additional push out points cannot be earned until both competitors return to center mat.
- A push out point is not awarded if takedown points are also awarded or if the grappler has 2 or more supporting points touching the mat while going out of bounds.
- This rule is waived if match is conducted inside a cage or ring.

Section 4: Attempted Submission (1 point)

- One point is awarded to the grappler who makes a valid submission attempt and puts his/her opponent in danger of submission for a controlled count of 3 seconds.
- The referee will allow time to finish the submission in the event of a tech, sudden death or overtime.
- Only high percentage submission attempts will receive points and only when the referee perceives the opponent in danger of being submitted. Submission points are not awarded in pressure point attacks.

- Consecutive submission points can only be earned after each submission attempt is fully released or escaped with the grappler out of danger before the next submission attempt is applied.

Section 5: Ground Control (2, 3 or 4 points)

Each Ground Control Position may be scored only once adding up to a maximum of 9 points unless the controlled grappler reestablishes a neutral position with a full guard, reversal or neutral standing position.

- **Side Control (2 points):** Awarded when a grappler gains top control by passing opponents Guard/ leg and hip defenses while keeping most of opponents back to the mat for the control count of 3 seconds.
- **Full Mount (3 points):** Awarded when a grappler gains top control by passing opponents Guard/ leg and hip defenses and obtaining a mounted position with legs or knees straddled around opponents torso for a controlled count of 3 seconds.
- **Back Mount (4 points):** Awarded when a grappler gains control of opponents back and “Grapevines” opponents legs or “Leg Triangles” the waist for the controlled count of 3 seconds. One hook/ grapevine can be considered back mount if both the hip and shoulders are controlled.

Section 6: Reversal (1 point)

- One point is awarded to the grappler who reverses any bottom position to a top position and maintains 3 seconds of control consistent with the rules of a takedown.

Section 7: Re Establish Guard (1 point) (Optional in Class C Grappling)

- One point is awarded to the grappler who establishes full guard after being scored on by ground control points. (Mount, Side Control or Back Mount). This also re sets neutral for opponent if all three positions have been previously scored.

Section 8: Re-Start Positions

- **Neutral Position:** Neutral position occurs at the beginning of the match, when one or both Grapplers go out of bounds before a takedown is established or upon a stale mate. Both grapplers stand opposite one other in the center of the mat with both feet inside the inner circle. When in neutral position, neither wrestler has control.
- **Guard Restart Position:** The Guard Restart is ordered when both Grapplers go out of bounds in any Guard position. Both Grapplers assume the same top and bottom role at the center of the mat when the action is restarted. The Referee will re-start the match in the “Closed Guard”, “Half Guard” or “Butterfly Guard” closely resembling the last position prior to going out of bounds. Arm positions should also closely resemble that of the previous position. When in the Guard position, neither Grappler has “Ground Control”.
- **Mount Position Restart:** The Mount position restart is ordered when a Grappler has been awarded points for the mount position and the action goes out of bounds while maintaining control over the opponent. Both Grapplers assume the same top and bottom role at the center of the mat when the action is restarted. The Referee will start the match in the Mount position with the top Grapplers knees straddling the torso of the bottom Grappler. Arm positions should closely resemble that of the previously controlled position.
- **Side Control Restart Position:** The Side Control restart position is ordered when a Grappler has been awarded points for a side control position and the action goes out of bounds while maintaining control over the opponent. Both Grapplers assume the same top and bottom role at the center of the mat when the action is restarted. The Referee will re-start the match in either “Side Mount”, “Reverse Side Mount”, “Scarf Hold”, “North/South” or “Knee

on Belly” closely resembling the last position prior to going out of bounds. Arm positions should also closely resemble that of the previously controlled position.

- **Back Control Restart Position:** The Back Control Restart position is ordered when a Grappler has been awarded points for the Back Mount and the action goes out of bounds while maintaining control over their opponent. Back Control Restart occurs at the center of the mat with the down wrestler sitting up with legs extended and bent. The top Grappler is centered on the back either with the “Grapevine” or “Triangle” leg position as before the match was halted. The top Grappler will have the Seat Belt Lock under opponent’s arm upon re-start.
- **Attempted Submission Restart:** Matches will not be re started in a submission if the grapplers go out of bounds due to a natural progression during an attempted submission attempt. Officials may allow the match to progress out of bounds as long as it is safe to do so. The match must be halted and restarted center mat if the Grapplers are in danger of coming off the mat or entering another competition area. The grappler who had the advantage will have the choice of re-start in the last dominant position, neutral standing or guard position. Note: If a grappler executes an illegal slam or forces the action out of bounds in an attempt to escape a submission, he/she will be called for a “catch” and lose the match.

ARTICLE IV: SCORING OF STRIKING TECHNIQUES

Section 1: Stand-up striking techniques:

Visible contact with shock or displacement of the body must be observed to award body striking points. Strikes must be executed in good form with torque, distance and follow through.

3 points

- ~~Any legal strike that causes a knockdown. The knockdown must be a direct result of the strike and not a loss of balance. One additional takedown point may also be earned if the knockdown results in a top position consistent with the scoring of takedowns. Knockdowns are only scored in Class A rules.~~
- ~~A kick that clearly lands on the legal area of the face or head with proper torque, distance and follow through. Class A rules.~~

2 points

- A kick that clearly lands on a legal striking target of the body with proper torque, distance and follow through.
- A combination of punches where two or more unanswered strikes clearly land on a legal striking target with proper torque, distance and follow through.

1 point

- A punch, hammer fist, knee delivered with proper torque, distance and follow through to a legal target area of the body. (Knees are not allowed for ages groups under 12 yrs)
- Kicks to the outer and inner thigh area with proper torque, distance and follow through. A maximum of 3 consecutive leg kicks may be scored before alternating to another scoring attack. (Leg kicks are not allowed for age groups under 12 yrs)

0 points

- Any strike not witnessed by the Referee.
- Any strike which is partially blocked before landing to a target area.
- Any body strike lacking clear contact and/or displacement to the opponent’s body.
- Any striking technique in which the striker falls to the mat.
- A clash of strikes when there is no clear advantage to either competitor.
- Knees to legal areas of the legs.

- Strikes in excess of 3 from a clinched position.
- Leg kicks in excess of 3 without an alternating attack.

Section 2: Ground control striking techniques

- Striker must be in top position; "Side Mount", "Reverse Side Mount", "Scarf Hold", "North/South", "Knee on Belly", Back Mount or inside any "Guard" position to earn ground striking points.
- The striker must be in the top position, postured upright with elbow cocked shoulder level to earn ground striking points.
- A striker standing over a downed opponent must have control of a limb to receive striking points.
- Ground control strikes must be executed in full range of motion with proper torque, distance and follow through to receive points.

1 point

- A punch, hammer fist, knee strike delivered with proper torque, distance and follow through to any legal striking area.
- A Knee strike to the frontal ribs of a grounded opponent in accordance with legal striking targets.

3 points

- Three or more "1 point strikes" which land on a downed opponent from the same positions of control.
- To earn additional points the striker must change/ adjust positions of control after every three (3) ground striking points are earned. Positions of control include "Side Mount", "Reverse Side Mount", "Scarf hold", "North/South", "Knee on Belly", Mount and Back Mount. Side control variations and switching of sides may be considered positional adjustments and allow additional striking points.
- All forms of the "Guard" are considered neutral and the same position of ground control for striking points. A maximum of 3 striking points may be earned within any Guard position or combination of Guard positions.

0 points

- Excess of 3 strikes to a downed opponent from the same position of control.
- Striking without position of control.
- Striking from a bottom position.
- Punches or forearms in a "Clinched" or non-upright posture while on the ground.
- Striking legal areas of the legs.
- Legs kicks to a downed opponent with control of a limb are allowed only as a set up for an actual scoring technique and score no points.

Section 3: Stalling (1 point)

Stalling is a technical penalty and cannot be used for disqualification. This rule is used to promote technique and excitement in matches. Competitors must constantly attempt to improve their position and earn points by positional control, strikes and/or submission attempt.

A closed fist raised overhead by the referee signals a passivity warning.

The burden of action is applied to the competitor who initiated the position causing inactivity.

Some examples of passivity:

- Refusing to ground grapple after executing a takedown. If a grappler executes a takedown he/she is responsible to engage their opponent and advance the match with either submission attempts, striking points or positional control points.

- Avoiding takedown by "butt scooting". If a grappler "pulls guard" he/she is responsibly to engage their opponent and advance the match with either reversal or submission attempt.
- Continuously backing up.
- Holding a mount, side control or back control position without attempting to advance the match (score points) by strike, change of positional control or submission attempt.
- Holding a closed guard with no serious attempt to score with submission or reversal attempts.
- Laying or remaining static inside the guard with no serious attempt to pass, submit or score striking points.
- Executing excessive non-scoring strikes on the ground without change of position.
- Executing excessive non-scoring strikes in a stand up clinch.
- Executing excessive non-scoring leg kicks.
- Defending a submission or scoring attempt is not considered passivity.
- In general 15 seconds of inaction (after a warning) is considered passivity before the point is awarded. The referee will give a verbal warning followed by a closed fist to indicate passivity.
- Referees will award the opponent 1point for each occurrence of passivity.

ARTICLE V: CHALLENGES

Section 1: Challenges

- Judgmental calls by the referee cannot be overturned. Coaches may only challenge technical scoring errors such as wrong point values or if wrong athlete received points.
- Coaches must state any challenge before their competitor exits the mat/ competition area.
- Video replays are not accepted unless both parties agree.
- Coaches may state their challenge during a bout by standing next to the score table or throwing the provided "Challenge block" into the competition area. The Referee will stop the match during an appropriate time to address the challenge. Coaches, athletes and spectators may not speak to referees during the match or risk point deductions and removal from the competition area
- Unjustified, excessive or needless challenges may result in point deductions or disqualification.
- Challenges that occur after the bout must be done via written petition to the USFL Referee Committee. The challenge must be due to an official's negligence and effect the outcome of the match.
- Petition for a change of rules must be brought to the Coaches Committee.

ARTICLE VI: OPERATION OF MATCHES

Section 1: Weigh in

- Weigh in will be conducted prior to competition.
- Class A & B event weigh in must be supervised by a USFL referee or official.
- All competitors must have similar and fair access to weigh in regards to time and equipment and penalties.
- Weigh in may be conducted 3 to 30 hours prior to event start. Weigh in for shows shall be approximately 3 hours prior to start to discourage weight cutting. Tournaments may have day prior weigh ins to accommodate the demands for pairing.

- Excessive weight cutting is strongly discouraged at all events and use of sauna is prohibited.
- A ½ pound weight allowance can be granted to compensate for undergarments.
- In cases where one athlete is slightly above the agreed weight limit, both parties may stipulate on a 2 point per pound penalty. In team events, the team of the overweight athlete may also receive a pre agreed point penalty.

Section 2: Health and Safety check

All competitors will be examined for contagious skin conditions, trimmed nails and open wounds prior to competition. Additional medical requirements for Class B and A rules are noted in Article X1.

Section 3: Rules Briefing

All competitors and/or coaches must attend a rules briefing prior to competition.

Section 4: Allowable fluids

Only water may be consumed during the bout. Excessive amounts of water being discarded in the competition area could be penalized or subject to disqualification.

Section 5: Grease check

Prior to the bout referees or officials shall check for body grease, gels, balms, lotions, oil or other substances applied to the hair, face, or body.

Section 6: Ankle Bands

- Once called to the competition area, competitors will put on their designated color ankle band.
- Bands may be worn on arm if shin guards get in the way.
- Colored rash guard, fight shorts, gloves or protective gear may be used in lieu of bands.

Section 7: Methods of Scoring

Referee assignments:

Open View Scoring – Score is visible as match progress

- Center Referee – Starts and stops that match; gives warnings and penalties; scores the grappling portion of the match as it progresses and protects fighters from injury to include obstacles and other unforeseen events. The Center referee may also be used to score ground striking points. The center referee will use the color wrist band to identify which competitor receives the point(s). The thumb signals 1 point; the thumb and index finger signals 2 points; the thumb, index and middle finger signals 3 points; and four fingers without the thumb signals 4 points.
- Side Referee – Scores standing striking points and protects fighters from obstacles or unforeseen events if on open mat. Striking points may be scored by 2 side referees and added to the scoreboard under the guidance of the scorekeeper. If only a Center and 1 side referee is utilized, the center referee will also score standing striking points with the side referee positioned at an opposing angle to score strikes not in center referees view. Side referees may also use colored flags to signal striking points. Raising the flag chest level centered is 1 point. Raising the flag over head is 2 points. Raising the flag overhead and waiving back and forth is 3 points.
- Scorekeeper - The scorekeeper will mark points as announced by the referee. Flip charts or electronic score boards may be used to display score.

- One referee or official will be assigned to physically check competitor's nails, ensure no unauthorized substance is applied on the body and check gloves, clothing and other safety equipment prior to entry of competition area. This check will be additional to inspections conducted by inspectors or regulatory staff.

Closed Scoring – Score is announced after bout

- Center Referee – Starts and stops that match; gives warnings and penalties and protects fighters from injury to include obstacles and other unforeseen events. The center referee will use the hand with color wrist band to identify which competitor obtains a grappling scoring position by performing three sweeps signifying 3 seconds of control or submission attempt.
- Side Referee – A team of three referees acting as striking judges also record appropriate grappling points as predicated by the center referees control count. If one athlete has executed an excessive amount of legal strikes or is perceived to be stalling, the side referee will stand with the appropriate colored wristband or flag to signal the center referee. In the event of a technical superiority the side referee shall also stand holding both fists or flags in an “x” position. Two of three side referees must agree on stalling and technical superiority. Side referees may record points on paper, clickers or approved electronic scoring system. Side referee also protects fighters from obstacles or unforeseen events if on open mat.
- Scorekeeper - The scorekeeper will add the total sum of side referee points to determine victor. If an electronic system is utilized, the scorekeeper will tend to the viewing monitor and ensure its in good working order.
- One referee or official will be assigned to physically check competitor's nails, ensure no unauthorized substance is applied on the body and check gloves, clothing and other safety equipment prior to entry of competition area. This check will be additional to inspections conducted by inspectors or regulatory staff.

Section 8: Restart on feet

The bout may be restarted in the standing neutral position in the event of a stalemate or when both competitors are on the ground for an excess of 15 seconds with no additional advantage imminent. Points may be awarded in conjunction with the rules of passivity. Center referee may look to side referees for conformation of stalling.

Section 9: Time Keeping

- Time starts when the referee starts the match and halts each time the match is stopped.
- The timekeeper will give an audible and physical signal when time expires.
- The referee is the only one who may call a time out during a bout.
- In multi round events the timekeeper shall give a 10 second warning prior to the end of the round and rest period.

Section 10: Determining the Winner of the Match

- Competitor who causes opponent to submit by tapping or by verbal announcement.
- Disqualification
- Referee stops bout for safety of participant or properly applied submission. Note: ANY sounds coming from opponent in a submission may be grounds for calling a match. This is a judgment call by the referee and not subject to appeal.
- 20 Point advantage is considered a technical superiority and can end the match at referee's discretion. (20 points per round if multiple periods) Technical penalty points do not count.

- A two or less point advantage can be considered a tie and send the match into overtime. (In single round matches.) Following the overtime period, the highest scoring athlete will be declared the winner.
- Overtime - The overtime period score will be added to the actual end of regulation score to determine winner of the match (True tie if multi round bout or 2 or less point deficit if one round bout. A sudden death period will follow if the score remains a true tie.

Section 11: Team Scoring:

- Team match scoring consists of 6 points for a Submission/ Stoppage/ Forfeit; 5 points for a technical submission (20 point advantage); 4 points for a major decision (8-19 point advantage); and 3 points for a decision (1 to 7 point advantage)

Two formulas may be used to determine top teams in tournament formats.

- Cumulative format. Each individual win earns a team point. Byes do not score but a win after a Bye counts double. More points are earned in Championship rounds. Submissions = Max Pts.; followed by Technical Submission (20 point advantage); Major Decision (8 point advantage); and Regular Decision (less than 3 point advantage).
- Top three Placers. 1st place = 6 Pts.; 2nd place = 3 Pts.; and 3rd place = 2 Pts

ARTICLE VII: UNIFORMS AND EQUIPMENT

Section 1: Attire

- Competitors may compete in Board shorts, Fight Shorts, Rash Guard, tight fitting T-Shirt or bare chest. All competitors are encouraged to wear traditional rash guard and grappling style shorts.
- Clothing with griping material is not allowed.
- "Sliders" or padding is permitted under shorts.
- All clothing must be clean and in good repair. Buttons, zippers, metal or sharp objects are not allowed on clothing. Shorts may have pockets as long as Velcro.
- Wrestling shoes are allowed in Class C rules only.
- Some competitions may require athletes wear a FILA approved Gi or Endyma uniform.

Section 2: Protective Gear

- All competitors must compete with a mouthpiece.
- Male competitors must wear a cup.
- Female competitors may wear a chest guard.
- Other protective gear such as knee pads, elbow pads, forearm guards, headgear and ear guards are optional and subject to approval by officials.
- ~~• Class "A" Rules require approved head gear, shin guards, and 7 or 8 oz gloves.~~
- Class "B" Rules require minimum 4 oz gloves and shin guards.
- USFL approved head gear is optional in Class B and mandatory in Class A bouts. Head gear must be designed in a manner as to not pose a risk during grappling portion of the contest.
- Gloves and other safety gear will be inspected prior to entering the competition area.
- Taping is optional but if used must be in accordance with uniform rules of MMA standards and approved by referee/ officials. ~~Class A bouts require supervision while taping.~~
- ~~• Gloves will be provided by promoter in Class A bouts.~~
- A listing of approved head gear, gloves and shin guards will be updated annually.

Section 3: Appearance/ hygiene of fighter

Personal hygiene, length of head hair, length of facial hair, or any other aspects of personal appearance should not present a hazard to the safety of the contestant or their opponent, or interfere with the supervision or conduct of the event.

ARTICLE VIII: DIVISIONS

Section 1: Divisions

- Divisions will be separated by age and weight.
- All divisions will be further separated by gender.
- The tournament director reserves the right to modify divisions to ensure competition.
- All Competitors in Class A & B events must be amateur. This rule may be waived for FILA World Championship qualifier events to concur with FILA's standards in allowing professional fighters on national teams.
- ~~• Class A rules are limited to ages 16 and over when allowed in local jurisdiction.~~
- Class B rules are limited to ages 8 and over.

Section 2: Skill levels

- Some Class B & C events may have beginner, intermediate and advanced/open divisions.
- All Competitors may move up a skill bracket and/or two weight divisions upon approval of officials.

Section 3: Weight Classes

Weight Classes are either fixed or formed by the Madison system.

- **Madison System weight classes** - Weight divisions will form with the 8 lightest competitors and end with the 8 heaviest competitors. Most divisions should have no more than a 14 lb weight differential even if the result is a bracket smaller than 8 competitors. *Lighter weights will have a lesser differential than heavier. Divisions with large weight spreads will have fewer than 8 competitors. Class C rules only.

- **Fixed Weight Classes**

USFL Age and Weight Divisions - 2014 age groups:

(Maximum of 3 year age differential allowed)

Age groups - Defined as the age of participant as per end of calendar year.

Weight Group - Listed weight designates maximum weight allowed per category

- **Novice boys** - Born 2004 to 2006:
50lbs, 60lbs, 70lbs, 80lbs & 90lbs
- **Schoolboys** - Born 2001 to 2003
75lbs, 85lbs, 95lbs, 105lbs, 115lbs, 125lbs, 135lbs
- **Novice girls/ Schoolgirls** - Born 2001 - 2006
60lbs, 70lbs, 80lbs, 90lbs, 100lbs, 110lbs
- **Cadet boys** - Born 1998 to 2000
100lbs, 110lbs, 120lbs, 130lbs, 140lbs, 150lbs, 160lbs, 170lbs, 180lbs
- **Junior Boys** - Born 1995 to 1997
115lbs, 125lbs, 135lbs, 145lbs, 155lbs, 170lbs, 185lbs, 205lbs, 265lbs

- **Cadet/ Junior girls** – Born 1995 to 2000
105lbs, 115lbs, 125lbs, 135lbs, 145lbs, 155lbs
- **Senior Men** – Born 1994 and prior
125lbs, 135lbs, 145lbs, 155lbs, 170lbs, 185lbs, 205lbs, 265lbs, 285lbs
- **Senior Women** – Born 1994 and prior
105lbs, 115lbs, 125lbs, 135lbs, 145lbs, 155lbs

Section 4: Length of bouts

- Youth bouts will generally consist of one (1) three (3) minute match;
- Adult bouts will generally consist of one (1) five (5) minute match.
- Special bouts or shows may be conducted with multiple rounds not to exceed (3) three periods.

ARTICLE IX: COMPETITION AREA

Section 1: Type of Competition areas

- Wrestling Mat
- 5 Rope Boxing ring
- MMA cage.

Section 2: Specifications of Competition area

Ring:

(a) The ring shall be not less than 17 feet square within the ropes and no larger than 32 feet within the rings. The ring floor shall extend beyond the ropes not less than 18 inches. The fighting area mat or canvas shall be padded in a manner as approved by USFL, with at least one inch layer of foam padding. Padding must extend beyond the ring ropes and over the edge of the platform.

(b) The ring platform shall not be more than four feet above the floor of the building, and shall be provided with suitable steps for use of contestants. Ring posts shall be of metal, not more than four inches in diameter, extending from the floor of the building to a height of 58 inches above the ring floor, and shall be properly padded.

(c) Ring ropes shall be at least five in number, not less than one inch in diameter; the lower rope 12 inches above the ring floor. The lower rope shall have applied around it a padding of a thickness of not less than one-half inch and of a type and construction to be approved by the USFL.

Cage:

(a) The fighting area canvas shall be no smaller than 18 feet by 18 feet and no larger than 32 feet by 32 feet. The fighting area mat or canvas shall be padded in a manner as approved by USFL, with at least one inch layer of foam padding. Padding shall extend beyond the fighting area and over the edge of the platform.

(b) The fighting area mat or canvas shall not be more than four feet above the floor of the building and shall have suitable steps or ramp for use by the participants. Posts shall be made

of metal not more than six inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the fighting area canvas and shall be properly padded in a manner approved by USFL.

(c) The fighting area canvas area shall be enclosed by a fence made of such material as will not allow a fighter to fall out or break through it onto the floor or spectators, including, but not limited to, vinyl coated chain link fencing. All metal parts shall be covered and padded in a manner approved by USFL and shall not be abrasive to the contestants.

(d) The fence shall have two separate entries onto the fighting area canvas.

(e) The referee should thoroughly inspect the enclosure making sure that the cage door opens and closes and is able to be secured. The enclosure should be put together correctly providing a smooth and stable surface free from defect.

Open Mat:

(a) Must be a minimum of 15 feet x 15 feet Judo, JiuJitsu or wrestling style mat padded in a manner as approved by USFL, with at least one inch layer of foam padding.

(b) Padding shall extend a minimum of 3 feet beyond the fighting area.

(c) The mats should be affixed or taped together without space, clean and in good condition.

(d) Elevated mats shall not be more than 3 feet above the floor of the building, have suitable steps or ramp for participants and have a minimum of 5 feet beyond the fighting area.

ARTICLE X: REFEREES AND OFFICIALS

Section 1: Objective

To identify specific requirements and classifications of referees, and to standardize conduct and attire of USFL Referees during an USFL-Sanctioned Event. The USFL has developed a detailed referee manual which shall govern the operation and conduct of all officials. A referee refresher clinic shall be conducted prior to each USFL sanctioned event. Persons who have criminal convictions for crimes of moral turpitude or with arrests involving a sexual offense or child endangerment are prohibited from refereeing.

Section 2: Attire

All Referees shall wear the following attire during an event:

- Black Khakis
- Black socks
- Black sneakers or shoes without a heel.
- Belt
- USFL Polo Shirt
- Red and Blue Wrist Bands
- Yellow and Red Cards
- Clean Shaven or Groomed appearance

Section 3: Skills and Abilities Classification

Classification of the referee concurs with the level of rules allowed to officiate.

Ex. Only Class A referees may officiate Class "A" Pankration matches while Class A, B & C referee may all officiate Class "C" or other Grappling only matches.

Classifications of A Level, B Level, and C Level Referees shall be listed in the table below:

Class	# of C Level Matches Refereed	# of B Level Matches Refereed	# of A Level Matches Refereed	CPR Certification	Entry-Level Exam	Advanced Exam
A -Senior	100	100	100	Yes	Yes	Yes
A	100	100	N/A	Yes	Yes	Yes
B-Senior	100	100	N/A	No	Yes	Yes
B	100	N/A	N/A	No	Yes	No
C	N/A	N/A	N/A	No	Yes	No

Entry-Level Exam: This is a hands-on exam that will take place during the Referee Certification Course. In order to successfully complete this exam, the trainee must display proper knowledge of base-level techniques by executing these techniques against a training partner. We will test ground positioning, basic submissions, defining reversals through execution, and identifying illegal techniques. Entry-level exam includes all inspector duties and pre event checklists.

Advanced Exam:

A comprehensive written examination that explores every facet of the rulebook. A series of scenarios will be laid out, and the trainee is responsible for identifying the appropriate course of action as a referee.

Section 4: Protocols

It is imperative for referees to be uniform in the execution of official decisions. The following section defines the appropriate protocol for a referee during a match:

A. Verbal:

During the course of refereeing a match, there are several reasons why the referee must communicate with the fighters, coaches, and/or crowd. For uniformity of command, the following list was created:

- *Awarding a Point-* State the NUMBER of points, then the COLOR of the fighter whose points are being awarded, then state the REASON why the points are being awarded (ie- "Two, Blue, Side Control" -or- "Three, Red, Takedown with Elevation").
- *Awarding Multiple Points-* You cannot combine points (ie- two takedown points and two side control points simultaneously are NOT four total points. They are two points and two points). To announce the points, call them individually "Two, Blue, Takedown...(Pause)...Two, Blue, Side Mount!"
- *Warning for stalling-* When warning for stalling, call "Action" followed by the color of the fighter being warned. If both fighters are at risk for stalling, call "Action Fighters".3
- *When pausing a match-* During the event a match must be paused, fighters are going out of the ring, a foul has occurred, time has been called, etc. the command for the fighters is "Break".

B. Visual:

During the course of a match, there are several hand signals that must be given to direct coaches, other referees, and audience toward the guidance being provided. For uniformity of command, the following list was created:

- *Awarding Points*- When awarding points, NEVER take your eyes off of the fighters. Hold up the hand that has the color of the fighter being awarded the points, and display thumb only for one point, thumb and index for two points, thumb, index, and middle for three points, or tuck the thumb in a traditional "four" for four points.
- *Awarding Multiple Points*- You cannot combine points (ie- two takedown points and two side control points simultaneously are NOT four total points. They are two points and two points). To give appropriate hand signals for points, award them separately.
- *Warning for stalling*- Hold the fouling fighter's colored hand in the air, fingers curled into a fist.
- *When pausing a match*- Disengage both fighters by placing a hand on each fighter to pause the action and separate them to their corners (if applicable), or on their feet in the center (if applicable)

C. Dealing with fouls:

Inevitably, we will be forced into a position of dealing with fouls when one fighter breaks the rules. It is the referee's discretion as to whether to label the foul "intentional" or "unintentional". Remember- IF A FOUL IS LABELLED "INTENTIONAL" OR "MALICIOUS" BY THE CENTER REFEREE, THE OFFENDING FIGHTER WILL BE AUTOMATICALLY DISQUALIFIED! For "unintentional" fouls, which have the tendency to occur more often than intentional fouls, there are two methods of handling the foul: Verbal and Halting the Action.

- A referee may advise one or both fighters at any time when they are at risk of fouling the other fighter. These warnings must be issued verbally, with no break in the contact.
- Once the Referee interjects, or TOUCHES either fighter in ANY way, the match must be stopped, the fighters sent to neutral corners, the offending fighter warned, the fouled fighter examined, and a foul point awarded.

When a foul occurs:

Pause the match

1. Separate the fighters
2. Send fighters to their respective corners
3. Check on the fouled fighter
4. When able to continue, bring fighters to center
5. Award points to the fouled fighter
6. Reset match
7. If fighter is injured the referee shall stay with the injured athlete until medical support takes over care.

ARTICLE XI: MEDICAL SCREENINGS AND SUPPORT

Section 1: Objective

The United States Fight League considers the safety of its competitors as of the utmost importance. In concert with our unique rule set and highly qualified referees, which protect athletes while they compete, the following medical policy serves to ensure that their physical condition is acceptable to enable them to participate in the sport of Pankration and to provide a high quality of care should an injury occur during an event.

Section 2: Required Medical Support

Class C: Grappling Only

- * Requires either a Certified Athletic Trainer, EMT, Nurse or Doctor
- * No ambulance required if at least one of the following conditions are met:
 1. Event venue is within 20 miles of the nearest Emergency Room
 2. Event venue is within 10 miles of the nearest fire station
 3. Ambulance response time to the event venue is less than 15 minutes

Class B: Limited Contact Striking

- * Requires a doctor or a Certified Athletic Trainer, EMT or Nurse working under the direction of a doctor
- * No ambulance required if at least one of the following conditions are met:
 - ~~1. Event venue is within 20 miles of the nearest Emergency Room~~
 - ~~2. Event venue is within 10 miles of the nearest fire station~~
 - ~~3. Ambulance response time to the event venue is less than 15 minutes~~
- * Requires a doctor to be present during event.
- * Requires an ambulance on site during the event.

~~Class A: Full Contact Striking~~

- ~~* Requires Athletic Commission approved doctor~~
- ~~* Ambulance and paramedic required on-site~~

Section 3: Medical Staff Duties

- * Provide proof of current licensure as an Emergency Medical Technician, Certified Athletic Trainer, Nurse or Doctor to event promoter and USFL head official prior to starting duties.
- * Verify that all competitors are in compliance with the Annual Physical Examination requirement.
- * Review medical questionnaires and administer skin checks and musculoskeletal screenings prior to start of event.
- * For classes B and C, carry all equipment necessary to provide for basic life support level assessment of injured competitors, splinting of fractures and joint injuries, application of cold/ice therapy, dressing of wounds, cervical spine immobilization and cardiopulmonary resuscitation. ~~For class A, such equipment will be carried by on-site ambulance crew.~~
- * Remain at competition area(s), easily accessible and ready to respond throughout the entire duration of the event.
- * Provide high quality medical care to injured competitors during the event

- * Determine the need for and appropriate level of follow-up care depending on the severity of any particular injury and communicate with parents/guardians of competitors and/or local emergency medical services.
- * Familiarize themselves with local emergency medical protocols and locations of nearby emergency hospitals and closest level 1 trauma center.
- * Keep a running and accurate record of all injuries that occur during the event and submit a completed post-event injury report to USFL officials at the conclusion of the event.

Section 4: Annual & Pre-Event Screenings

Class C / Grappling only

- * No annual physical examination required.
- * Pre-Event skin check by medical personnel to consist of visual inspection of as much of competitor's skin as is necessary and appropriate for the presence of lesions indicative of contagious conditions such as ringworm or staph. Competitors with visible lesions will be disqualified from the event unless they present a signed statement by a physician that the condition has been treated and is no longer contagious. All finger and toenails will be inspected to confirm that they are properly trimmed.

Class B/ Limited Contact Strikes

- * Signed statement by a physician that he/she has examined the competitor and that, in their opinion, the competitor is healthy enough to participate in a contact sport. Statement must site an exam date within one year of the event.
- * Questionnaire, completed and signed by competitor's parent or guardian, regarding the existence, onset or occurrence of certain medical conditions since the date of said exam, to include:
 - Any recent illnesses or chronic medical problems.
 - Any medications.
 - Cardiac or respiratory conditions.
 - Trauma to the head followed by loss of consciousness, headache, dizziness, fatigue, nausea, vomiting, memory lapse or loss, ringing in the ears, personality changes, inability to concentrate, confusion, slurred speech, loss of balance, sensitivity to light and/or sound, changes in eating patterns or disorders of taste or smell.
 - Unhealed fractures or joint injuries.
- * Pre-Event skin check by medical personnel to consist of visual inspection of as much of competitor's skin as is necessary and appropriate for the presence of lesions indicative of contagious conditions such as ringworm or staph. Competitors with visible lesions will be disqualified from the event unless they present a signed statement by a physician that the condition has been treated and is no longer contagious. All finger and toenails will also be inspected to confirm that they are properly trimmed.
- * Pre-Event musculoskeletal check by medical personnel to consist of visualization and palpation of bones, joints and abdomen to detect the presence of bruising, pain, tenderness, guarding, deformity or instability which might be indicative of unhealed injury

~~Class A/ Full Contact Strikes~~

~~* Annual physical exam as per athletic commission of jurisdiction for Amateur MMA or Boxing event.~~

~~* Pre-Event Screening as per athletic commission of jurisdiction for Amateur MMA or Boxing event.~~

Section 5: Reporting of Injuries

Thorough and accurate reporting of injuries is of paramount importance in order to both demonstrate the safety of the sport of USFL Pankration and provide data to be used to keep it safe for youth competitors on a continuing basis. The following reporting procedure will ensure these high standards:

* Qualified medical personnel will keep a continual record of all injuries requiring treatment during the course of competition

- At the conclusion of the event, before leaving the venue, they will submit a completed USFL Post-Event Injury Report Form to the highest-ranking USFL official at the event. The information included on the form shall consist of the following:
- Name, age and gym affiliation of competitor.
- Name, relationship and phone number of parent or guardian.
- Class of Pankration.
- Description of Injury: A detailed description of the competitor's condition.
- Mechanism of Injury: How the injury happened, including specific technique used, if possible.
- Care Rendered by medical personnel to treat injury.
- Follow-Up care either recommended or initiated based on severity of injury.

ARTICLE XII: PROMOTERS/ PROMOTION OF EVENTS

Section 1: Who are promoters

- USFL promoters are primarily Martial Arts Academies licensed as a Regional Training Centers (RTC'S).
- To qualify as a RTC, the academy must have a minimum of 10 licensed athletes on their roster, contain at least one Senior Level Coach and obtain approval from two of the three nearest RTC's in their region. Senior level coaches also function as matchmakers and liaison with USFL officials for their hosted events.
- Senior level coaches must complete required training by USFL in code of conduct, identifying minimum training standards for student participation, promoter requirements & responsibilities, and matchmaking.
- A basic background check may be required if not licensed by any other recognized sanctioning organization.
- Others parties interested in hosting a USFL Pankration show or other licensed promoters who wish to include bouts within their authorized MMA, Boxing, Kickboxing or Muay Thai event must obtain approval by the USFL and one RTC who will work with the promoter in matchmaking and liaison with the USFL. Combined shows may utilize the primary events staff for weigh in, pre fight screenings and safety/ competition gear inspections as long as administered by an authorized official within the athletic or boxing commission of jurisdiction.

- The USFL does not take a percentage of ticket sales or gate from shows.
- The USFL may retain the rites to conduct National Championship/ World Team Trials or tournaments of national or international significance.
- All requests for media coverage must be approved by the USFL.

Section 2: Booking and Event

Promoters requesting a date for an event will have 10 days to secure a certificate of liability insurance including the USFL or purchase a USFL approved liability insurance policy for their event.

Section 3: Staffing Responsibilities

1. Security: An adult representative of the host site will be available at all times to provide the following;

- Act as a security liaison when fans, coaches, visitors need to have behavior monitored, or curtailed. Head Official will be notified of name and club of disruptive persons behavior when possible.
- Address emergency needs, such as overflowing mat side trash cans, restroom issues, unforeseen items that are not in our control of the USFL.
- The promoter must assign security personal to keep spectators away from the competition area and enforce the flash photography limitation. The referee may call time and stop the action to warn offenders if this occurs during a match.

2. Assistant for weigh-in:

A person provided by the promoter to assist the USFL official in conducting weigh-ins.

3. Staging area personnel:

Staff to help control athletes in the staging area or dressing room. Staff will assist USFL officials in ensuring athletes and coaches are ready to appear once called for their bout.

4. Scorekeeper:

A person trained by either a senior coach or USFL official in using an authorized scoreboard.

5. Timekeeper:

A person trained by either a senior coach or USFL official in keeping and sounding time.

6. Announcer or MC, DJ or Band if used:

Must coordinate with a USFL official

Section 4: Medical Requirements

Class C – Certified Athletic trainer, EMT, Nurse or Doctor

~~Class B – Doctor or Certified Athletic Trainer, EMT, Nurse working under a Doctor~~

~~An ambulance is required if medical standards are not met as per medical policy.~~

Requires a Doctor and Ambulance.

~~Class A – Requires a Doctor and Ambulance~~

Section 5: Insurance Requirements

Class C (Grappling only)

\$1,000,000 liability insurance policy covering the USFL, promoter, venue and staff

Class B (Limited contact strikes)

- \$1,000,000 liability insurance policy also covering the USFL.
- All Athletes must be USFL licensed which carries a \$10,000 secondary medical policy with a \$500 deductible or as required by the athletic commission or other recognized sanctioning organization in the same jurisdiction.

~~Class A (Full contact strikes)~~

*—Determined by boxing or athletic commission of jurisdiction.

Section 6: Referee Fees

Each promoter will pay the head official fees for their referee team in the following per bout pay scale:
The head official will distribute funds accordingly to their referee team.

\$200 minimum regardless of quantity of matches.

\$40 per match (for first 10 matches = \$400)

\$30 per match (for each match after 10)

Tournaments may negotiate an hourly fee with referees

Promoters are expected to accommodate USFL staff and referees if travel is required.

Other services for staff

- Water/ Refreshments for Referees and Officials
- Meals/breaks:

During an event, it is impossible to have the referee's/staff leave to find meals and refreshment. As such, hosting sponsor to have food and water available to enable continuity of event eliminating downtime for mats or cages.

Section 7: Services Provided by USFL

- Use of athlete database
- Approval of matchmaking
- Competition materials (*If promoter does not have their own*)
- Recording of results
- USFL Championship Belts for Title Bouts at cost
- USFL website and social media to advertise event.
- Assignment of referee team

Section 8: Licensing of Athletes

- Licensing is open to all athletes regardless of style, school or affiliation.
- Athletes may purchase a USFL License for \$40. (Discounts may apply if combined with a tournament entry fee.)
- The license will be issued when:
 1. The applicant and parent (if under 18yrs) sign the USFL code of conduct.
 2. Provide a copy of birth certificate or passport showing proof of age.
 3. Provide a signed statement by a physician that he/she has examined the competitor and that, in their opinion, the competitor is healthy enough to participate in a contact sport. Statement must site an exam date and is valid for one year.
- The license shall carry a \$10,000 medical policy valid for all USFL sanctioned Class B and C events.
- Licensed athletes will be entered in the USFL Athlete database under their appropriate age and weight group and if applicable ranked within their division.
- Some tournaments such as a US Open or World Team Selection tournament may allow non licensed athletes as long as the standards of boxing or athletic commission of jurisdiction are met.



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ISCF
International Sport Combat Federation



The ISCF Mission...

**"Safety, Credibility, Fairness, Recognition, Support & Unification
Of Fight Sports Around The World"**

"The goal of the International Sport Combat Federation is to regulate safe and fair rules and regulations and help provide exposure and opportunities for local, regional, national and international competition among amateur fighters, trainers, promoters and officials. We will, through adherence to and enforcement of these rules and regulations, strive to make competitive fighting a safe and fair sport as we continue to help bring exposure to and enhance the present as well as the future of the sport we serve."

Steve Fossum, President International Sport Combat Federation

International Sport Combat Federation - ISCF
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ISCF APPLICATION FOR PANKRATION SANCTIONING

AT MINIMUM WHAT DOES THE ISCF DO?

1. Limit participation in its events to its registered members? **YES**
2. Sanction events independent of the promoters of the contest? **YES**
3. Exclusively or primarily dedicate itself to advancing martial arts? **YES**
4. Have a record of enforcing its own rules governing a contest? **YES**
5. Have a record of safety for the events it sanctions? **YES**
6. Maintain a historical record of whether or not it enforces and abides the rules governing a contest? **YES**
7. Have rules for a contest that provide protections for the health, safety, and welfare of the contestants? **YES**
8. Provide for the exclusion of Professional contestants from fighting Amateur contestants? **YES**
9. Have rules that provide for the medical safety and care of its participants? **YES**
10. Ensure all contestants fighting in a match sanctioned and supervised by the ISCF undergo a pre-event physical examination by a physician approved by the ISCF? **YES**
11. Exclude the medically unfit from the event? **YES**
12. Require, at minimum, the attendance of one physician at ringside? **YES**
13. Require that the physician not leave the premises until after the final bout has been conducted and all Fighters competing have been cleared to leave by the physician(s) and the chief official or supervisor in charge of the ISCF Sanctioned Event? **YES**
14. Require the referee be trained and certified to perform such duties? **YES**
15. Restrict the types of blows that can be delivered? **YES**
16. Limit the time and frequency of bouts? **YES**
17. Provide payment(s) for necessary emergency care for injuries sustained by contestants in competition in sanctioned events or require proof that competitors are medically insured? **YES**
18. Require prompt investigation and resolution of complaints? **YES**
19. Have a system of review to ensure the ISCF fairly applies its rules? **YES**
20. Have rules that require the identification of the ISCF on all advertisements, programs and/or handbills issued, used or distributed for the event? **YES**
21. Have a policy of cooperation with the State where the ISCF events are which includes or provides for:
 - ◆ Advance notification to the Department of sanctioned events occurring? **YES**
 - ◆ Admission of Department staff or officials without charge to any ISCF sanctioned event and any portion of the venue? **YES**
 - ◆ Self-reporting to the Department of any violations of the ISCF's rules during or arising out of an? **YES**
 - ◆ A policy requiring representative(s) of the ISCF to appear at reasonable times before the Department to truthfully answer any lawful inquiry of the ISCF? **YES**
 - ◆ Sharing the disposition of complaints with the Department upon request? **YES**
 - ◆ Notifying the Department in writing of any changes, revisions or updates to the ISCF's rules, policies and procedures? **YES**

CONTINUED NEXT PAGE

Where Does Or Has The ISCF Sanctioning Events?

1. Alabama
2. Arizona
3. Arkansas
4. California
5. Colorado
6. Delaware
7. Florida
8. Georgia
9. Idaho
10. Illinois
11. Indiana
12. Iowa
13. Kansas
14. Louisiana
15. Michigan
16. Minnesota
17. Missouri
18. Montana
19. Nebraska
20. Nevada
21. New Jersey
22. New Mexico
23. New York
24. North Dakota
25. Ohio
26. Oklahoma
27. South Carolina
28. South Dakota
29. Tennessee
30. Virginia
31. Washington DC
32. Wisconsin
33. Wyoming

The ISCF has also sanctioned MMA events outside the USA in the following countries;

1. Australia
2. Canada
3. China
4. England
5. India
6. Iraq (*US Armed Forces Event*)
7. Mexico
8. Myanmar
9. Russia
10. Scotland
11. South Africa
12. Wales



ISCF RULES AND REGULATIONS

Written Rules, Policies Or Procedures Which Govern The Events, Participants, Members & Conduct Of The ISCF

ISCF FIGHTER REQUIREMENTS

1. **MEDICALLY FIT**
 - o **GRAPPLING & SEMI CONTACT ONLY:** Every Fighter that is to participate in an ISCF Sanctioned bout must be PRE Approved "*Medically Fit*" by an EMT, Nurse or the Event Doctor (MD) who completes their Pre Fight Physical. If not, the fighter will not be allowed to fight.
2. **FIGHTERS RULES MEETING**
 - o All fighters are required to attend the pre-fight rules meeting held the day of or the day before all ISCF bouts/events. Such meeting will be conducted by the ISCF Referee and/or ISCF Event Representative.
3. **FIGHTER PHYSICAL**
 - o All fighters are required to receive a Pre Fight Physical from an EMT, Nurse or Event Doctor (MD) prior to their match.
 - o ANY Fighter found to be medically unfit in any way after the Pre Fight Physical shall not be allowed to compete until any such medical condition is confirmed healed by an EMT, Nurse or Event Doctor (MD).
4. **FIGHTER MINIMUM AGE**
 - o Fighters must be a minimum of 8 years old.
 - o All "JUNIOR" Fighters (8-17) will be required to show a copy of their Birth Certificate to the ISCF Event Representative for confirmation of their name and age at the event weigh-ins.
 - o All "ADULT" Fighters (Ages 18 & UP) will be required to show a PHOTO ID to the ISCF Event Representative for confirmation of their name and age at the event weigh-ins.
5. **AMATEUR STATUS**
 - o All AMATEUR fighters must be Licensed and Registered with the ISCF.
 - o ALL Amateur Fighters are required to complete an AMATEUR Fighter Confirmation Form at the event weigh-ins and hand to the ISCF Event Representative for legal proof of their Amateur Status..
6. **WOMEN**
 - o A Female Fighter will not engage in a contest with a male combatant.
 - o A Female Fighter must sign the ISCF Amateur Confirmation Form certifying that she is not pregnant.
 - o A Female Fighter must sign the ISCF Amateur Confirmation Form certifying that the contest will not take place during a menstrual period.
7. At all times during the match, all fighters shall obey the referee.
8. All fighters are required to act with proper sportsmanship at all times, and to obey the ISCF rules and regulations, at all times, and in all ways connected with the match.
9. Fighters may not train under the influence of any illegal drug, or legal drug used illegally.
10. Fighters must report any and all medication that they are taking to the match physician prior to the bout.
11. If a fighter is under the influence of alcohol or any stimulant, or is taking any narcotic or other medication, which the match physician determines would endanger the fighter or his opponent, he/she will not be allowed to compete.
12. The use of BenGay, IcyHot, and other such sports creams is **Prohibited!**



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ISCF FIGHTERS CLOTHING AND EQUIPMENT

All competitors will be examined for contagious skin conditions, trimmed nails and open wounds prior to competition.

1. DRESS CODE

- Permissible apparel for the fighters shall include:
 - Fighters must wear **SHORTS ONLY - NO Pants!**
 - Shorts Can NOT have any "grips" on the inside of legs.
 - Shorts Can NOT have any metal or sharp – solid objects as part of them.
 - Approved Shorts Include
 - Grappling Style Shorts, Board Shorts, Fight Shorts, Wrestling Singlets
 - Buttons, zippers, metal or sharp objects are not allowed on clothing.
 - Shorts may have pockets as long as they are Velcro.
 - Competitors may compete in traditional martial arts/wrestling attire, T-shirt and shorts or bare chest.
 - Rash Guards are allowed.
 - Any combination of the foregoing, and/or any other clothing approved by the **ISCF** referee who may require such apparel to be taped or otherwise secured to ensure its stability during the match.
- **WOMEN:** ALL ADULT Female fighters must wear **ISCF** approved form fitting breast support protection. (Sports Bra) Supports may not have brace, metal or hard material of any kind.
- Under no circumstances shall apparel or equipment which includes metallic and/or hard plastic and/or any edge or surface which could cause extraneous injury to the fighters be allowed.

2. GLOVES: Fighters are required to wear **ISCF** approved gloves.

- May not wear a Glove Smaller than 6 ounces.
- Gloves are required to be taped to the fighter to ensure their stability during the bout.

3. GROIN CUP: Male Fighter's are required to wear an **ISCF** approved protective groin cup during all matches.

4. MOUTHPIECE

- Fighters are required to wear an **ISCF** approved mouthpiece at all times while the bout is in progress.
- It is strongly recommended that all Fighters have two (2) form fitted mouthpieces available for use in their bouts.
- The round cannot begin if the mouthpiece is not inside the Fighters mouth and set in place.
- The mouthpiece must be inside the Fighters mouth and properly set at all times during the bout.
- Dislodged Mouthpiece: If the mouthpiece is dislodged during the bout, the referee will wait until the first opportune moment, without interfering with the action, call time out, and have the mouthpiece replaced.
- **POSSIBLE POINT DEDUCTIONS:** At referee discretion, points may be deducted or a DQ rendered in the following;
 - When the mouthpiece is not being properly kept inside of the Fighters mouth.
 - When the mouthpiece is purposely spit out by the Fighter.
 - When the Fighters corner fails to make sure the Fighter mouthpiece is in place or delays in placing the mouthpiece after it falls out OR at the beginning of a round.

5. SHOES: Wrestling and or Martial Arts shoes are allowed. - Approval during matchmaking.

6. BODY EQUIPMENT: Fighter may wear **ISCF** approved shin, instep, elbow, and/or knee supports and/or pads. Must be approved by the **ISCF** Representative prior to the bout. Must be taped to the competitor to ensure stability during the bout.

7. HEAD EQUIPMENT: **ISCF** Approved headgear.

8. BODY ART

- NO Body Jewelry - Piercing Accessories may be worn during any **ISCF** bout.
- NO Henna or any kind of temporary tattoos.
- NO Makeup of any kind.
- NO Advertisements shall be written on a fighters skin (EX: *GoldenPalace.com*)
- ANY "Entree" Masks, costumes or props must be approved by the **ISCF** prior to the start of the event.

9. VASELINE - OIL - ECT.: Fighter's may lightly (*as determined by the ISCF Referee*) place Vaseline upon their faces at the entrance to the Cage or Ring with the Referee or Gate Keepers supervision. NO oils or Vaseline/Greases or Tar material may be used on any other part of the competitor's body.

10. FINGERNAILS: Fighters fingernails and toenails must be cut and trimmed prior to any **ISCF** bout.

11. HAIR

- Combatant may only use soft materials to tie hair.
- **FACIAL HAIR:** If determined by the **ISCF** Event Representative to be a health, safety or sanitary issue, must be trimmed and or cut.

ISCF WEIGH-INS & WEIGHT CLASSES

1. The official weigh-ins may take place on two separate days or one. Day before or the day of event.
2. Participants of a bout must **BOTH** weigh-in on the same day and during the scheduled weigh-in time.
 - o If weigh-ins are scheduled for 2 separate days, one fighter cannot weigh-in on the first day and his/her opponent weigh-in on the following day. **BOTH** must weigh-in on the **SAME DAY!**
3. **EVERY** Fighter and Trainer has the right to witness his or her opponents weigh-in, **ALWAYS!**
4. Weigh-in time windows are to be no more than 2 hours in length.
 - o Fighters who miss this weigh-in "Time Window" will be scratched from the event unless a valid explanation is given to the **ISCF** Representative as to why they cannot make the weigh-in window.
5. The weigh-ins must be conducted by the **ISCF** Event Representative **ONLY** at a place and time agreed upon by the **ISCF** Event Representative & the Event Promoter.
6. Prior to the event weigh-in, the scales weight must be confirmed by the **ISCF** Event Representative with the placement of a 10 lb fixed weight (*Provided by the event Promoter*) to assure its accuracy.
7. All Fighters must weigh-in.
8. Fighters cannot wear more than, Shorts, Shirt and Socks. (*No pants, jackets, shoes*)
9. Fighter must weigh-in at the weight agreed upon in matchmaking.

There is **NO** 1-2 lb. allowance unless agreed upon prior to the weigh-in date and "**APPROVED**" by the **ISCF** Event Representative so that he/she is prepared that such an allowance may be required.
10. Fighters in all title bouts must weigh-in within the noted weight limits of the title.

There is ABSOLUTELY NO WEIGHT ALLOWANCE for Title Bouts.

11.WEIGHT SEPARATIONS

- o Whether in the agreed upon weightclass or in a "*Catch weight*" bout the fighters must be within the allowed spread in accordance to **ISCF** Pankration Rules.

12.ALLOWANCES

- o If a fighter needs to lose weight to make weight, the most they can lose in 2 hours is "**2 LBS.**"

13.CATCH WEIGHTS

- o **This is when say a Lightweight fighter at 150 lbs and a Welterweight at 160 lbs fight.**
 - What you need to look at in this case is the narrowest weight spread, which is always in the lower weight class of the two. For Lightweight, the weight spread is 10 lbs where is as in the Welterweight class, it goes to a 15 lb spread. A fight can only happen inside the limits of the weightclass of the lightest fighter. So for this example, (*Lightweight at 150 lbs and a Welterweight at 160*) this would be OK as a catch weight. However if the Lightweight fighter were 149 and the Welterweight at 160, that's 11 lbs, and it would **NOT** be allowed. The same if it were a pound the other way, where the Welterweight would weigh 161, again, out of the limits of the lower spread so no fight.

ISCF AMATEUR ADULT PANKRATION WEIGHTCLASSES

	<u>WEIGHTCLASS</u>	<u>SPREAD</u>	<u>*ALLOWANCES</u>	<u>LBS.</u>	<u>KILOS</u>
1	Straw Weight	10 Lbs	2 Lbs	Up to 115 Lbs.	52.27 kg & Below
2	Flyweight:	10 Lbs	2 Lbs	115.1 to 125 lbs.	52.3 kg - 56.8
3	Bantamweight	10 Lbs	2 Lbs	125.1 to 135 lbs.	56.82 kg - 61.36 kg
4	Featherweight	10 Lbs	2 Lbs	135.1 to 145 lbs.	61.37 kg - 65.90 kg
5	Lightweight	10 Lbs	2 Lbs	145.1 to 155 lbs.	65.91 kg - 70.45 kg
6	Welterweight	15 Lbs	2 Lbs	155.1 to 170 lbs.	70.45.1 kg - 77.27 kg
7	Middleweight	15 Lbs	2 Lbs	170.1 to 185 lbs.	77.28 kg - 84.09 kg
8	Light Heavyweight	20 Lbs	2 Lbs	185.1 to 205 lbs.	84.10 kg - 93.18 kg
9	Heavyweight	60 Lbs	2 Lbs	205.1 to 265 lbs.	93.19 kg - 120.45 kg
10	Super Heavyweight	Unlimited	2 Lbs	265.1 lbs. & Above	120.46 kg & Above

ISCF RULES REGARDING BOUT PROTESTING

PROTEST REASONS

- Bout Reviews will only be done when there is a legit, justified and provable reason for them. Some of those issues may include **but not be limited to:**
 1. Personal belief of a bad decision, agreed upon by the **ISCF** Event Representative.
 2. Personal issues with a certain judge such as favoritism or a judge having personal ties to a fighter and can be proved these ties are either negative or positive towards one or both of the fighters involved.
 3. Problem with the round times, too long or too short.
 4. Failure of equipment that caused an issue with the fight. (*Ring or Cage breakdown etc.*)
 5. Additional reasons will be determined if justified by the **ISCF** Headquarters.
 - A decision rendered at the termination of any contest may be changed by the **ISCF** if the **ISCF** determines that one of the following occurred:
 - There was found to be any conspiracy affecting the result of any contest.
 - The scorecard(s) of the judges shows an error which would mean the decision was given to the wrong contestant.
 - There was a violation of the laws or rules governing contests, which affected the result of any contest.

TIME LINES & FORMAT

1. All protests must be received by the **ISCF** in writing within 10 days after the event from which the protest took place.
2. No protest will be considered without the below fees.
3. Protest **MUST include a video of the bout**. If no video is presented we will have no way to review the bout.
 - **VHS** (*USA Format - No other video format will be accepted - It MUST BE USA VHS*)
 - **DVD**
4. Any additional evidence should accompany the written protest such as statements, pictures etc.
5. All protests decisions will be determined by the **ISCF** Advisory Board within 30 days of the filed protest.

PROTEST FEES

- **Protest fees are for the following expenses:**
 - The reproduction of 5-10 video tapes or DVD's.
 - Shipping costs to mail out these video tapes or DVD's to between 5-10 **ISCF** Approved Judges who were not associated with the event in question.
 - **If no Video/DVD is provided** by the protesting fighter or trainer and the **ISCF** is required to find such bout video there will be a **\$50 fee added** to the protest fee below.
- **Protest Fee:** \$75.00

PROTEST RULINGS

- **Not Changing A Decision:** Changing a bout decision is more complicated than one might think. Doing so would mean that the Officials reviewing the bout were able to see a **CLEAR** and **DISTINCT** difference in the original bout decision. Close decision are often left as is due to the reality of the closeness of the bout. However there are other decisions that could be given after a review of a close bout.
- **Changing A Close Decision:** Two common decisions after a "Close" bout protest are either a "No Contest" or a "Draw". These decisions are often selected if the review shows that there really was no dominating winner of the majority of rounds. These decisions can often occur when the bout is too close to call and the Reviewing Officials cannot select a clear winner but the majority agree that the "Announced" winner did not do enough to win the bout. However, as noted above, "Close decision are often left as is due to the reality of the closeness of the bout."
- **Changing A Loss or Draw Decision to a Win:** This would mean that the Officials reviewing the bout were able to see a **CLEAR** and **DISTINCT** difference in the original bout decision and were clearly able to rule for the fighter given the loss or one of the "Draw" fighters.
- **Equipment Issues:** A decision can be changed if the losing fighter is able to prove that there was a failure of equipment used in a bout such as a malfunction in the cage/ring, a timing of round failure, etc. etc.
- **Issues With An Official:** A decision can be changed if the losing fighter is able to explain and if necessary, prove there was indeed a personal issues between him/herself and one of the bout Judges (*If the bout ended in a decision*) or Referee (*If the bout ended in a stoppage*).
- **Injury Rulings:** If a bout is stopped due to an unintentional injury and one of the fighters is given a loss instead of a "No Contest", this can be reviewed for a change of decision. Determining factors will be:
 - The nature and extent of the injury (*unintentional injury - intentional injury - foul*).
 - When the bout was stopped (*What round*).
 - Condition of both fighters at the time of the stoppage.

ISCF OFFICIALS RULES & REGULATION GUIDELINES



- All Event Officials can ONLY be Event Officials at an ISCF Sanctioned Event!
 - Officials CAN NOT work a corner for a fighter during a show they are an official on.
 - Officials CAN NOT work with fighters on the event they are officials on. This includes helping with hand wrapping, warming fighters up, etc. etc.
 - Officials of course CAN NOT be an official on a bout where they know or train one or both of the fighters. If you are an official and see a fighter that you know well on a bout you may be assigned to work, it is your duty and responsibility to EXCUSE yourself from the bout so that the event Representative can assign a replacement for you.
 - This IS NOT an issue about our TRUST in the Official as an ISCF Official. Of course we have great trust in their integrity or none of them would be an official with the ISCF. This is about the PERCEPTION of what others who are watching may think they are seeing. NONE of us can afford to be or want to be a victim of misunderstood PERCEPTION.
1. All ISCF Event Officials must be ISCF Certified, Licensed and listed on the ISCF Certified Officials page.
 2. All ISCF Event Officials shall be appointed by the ISCF but their Officials Fee shall be paid by the Event Promoter, just like a State Boxing Commission.
 3. Each Official must know ALL the Rules and Regulations for an ISCF Pankration event.
 4. Requesting Official(s) for your ISCF Sanctioned event.
 - ISCF Promoters may Request Any Event Official as long as they are listed on the ISCF Certified Officials page.
 - ISCF will appoint all the event Officials and take into consideration any requests by the event promoter of any already certified ISCF Officials.
 5. The ISCF Event Representative has the right to excuse ANY Event Official Before or During any ISCF sanctioned bout or event if said Official breaks, disregards or abuses any ISCF Rules or Regulations or fails to uphold the highest integrity, quality and professionalism for their Official position as deemed necessary by the ISCF Event Representative overseeing the ISCF Sanctioned Event. If such action were to occur, additional disciplines could follow such as:
 - Fines, Suspensions or Banned from working any ISCF Event indefinitely.
 6. NO Official may consume ALCOHOL or any Illegal DRUG the "Day" of the Scheduled event!
 7. Any Official found under the influence of ANY drug or alcohol immediately prior to or during the event shall be BANNED from the event IMMEDIATELY. Said Official could also face loss of their ISCF Officials license, Fines and additional suspension. Said Official could be banned from any ISCF Event indefinitely.
 8. If the ISCF Event Representative feels the need to do so, any Official at an ISCF event shall allow the ISCF to perform a legal drug test before or after any bout, and especially if the bout is a title match.



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REQUIRED ISCF EVENT OFFICIALS

Every ISCF Sanctioned Event is required to have the following ISCF Event Officials.



- 1 ISCF Official Representative
- 1-2 ISCF Referee(s)
- 3 ISCF Judge's
- Ringside Medical Staff Grappling: EMT, Nurse or Doctor (MD)
- Ringside Medical Staff Semi Contact: 1-2 Medical Doctors, Ambulance & Paramedic Staff
- 1 ISCF Timekeeper
- 1 ISCF Scorekeeper

REQUIRED ISCF EVENT OFFICIALS DUTIES AND RESPONSIBILITIES

ISCF TIMEKEEPER

○ TIMEKEEPER RESPONSIBILITIES

1. To keep accurate time of all bouts.
2. Begin the start of the clock for each round, as initiated by the referee, including overtime rounds.
3. Give "3" Slaps to the ring mat or 3 pounds on the table (*Or a hard surface - maybe with a hammer*) to indicate 10 seconds remaining in the round. This is for the referee to move closer to assure the safety of the fighters at the end of round bell.
4. Blow a whistle to indicate to the referee that there are 10 seconds left in the round break. This is so the referee can clear out the cornermen, have them clean their corners and prepare to begin the round.
5. Start and stop the match clock for time stoppages as called by the referee.
6. Signal the end of each round by the use of a bell, buzzer, or other available LOUD signal.
 - Having an Assistant Timekeeper could be helpful to the main Timekeeper.

ISCF SCOREKEEPER

○ SCOREKEEPER RESPONSIBILITIES

1. Record and tabulate the scores and point deductions from all of the judges.
2. All actual scores must be placed on the master scoresheet as they are indicated by the judges' scorecards.
 - Having an Assistant Scorekeeper could be helpful to the main Scorekeeper.

NON ISCF EVENT PERSONNEL

- Ring Announcer
- DJ's

ISCF EVENT REPRESENTATIVE DUTIES & RESPONSIBILITIES

1. REPRESENTATIVES OVERALL RESPONSIBILITY

- It is the duty of the ISCF Representative to oversee **ALL ASPECTS** of the event from the front door to the ring, cage or mat. The ISCF Representative is also known as the LEAD INSPECTOR. He/She is the TOP Official at an ISCF Sanctioned Event. EVERYONE must confirm all aspects of the event with the ISCF Representative. However, it is also the duty of the ISCF Representative to be responsible with their position of power, "*With great power comes great responsibility*". This being said, it is their duty to **HELP** the Promoter as much as possible to have a good, safe and successful event. "*Be firm yet not hard, Soft yet not yielding.*"

2. ARRIVAL AT THE EVENT

- Once at the city/town of the event, the official ISCF Event Representative or Associate shall meet with the event promoter(s) and his/her promotional team to review the event and duties of officials & staff. The ISCF Event Representative or Associate shall offer assistance, advice or requirements to the event promoter, event staff, officials, trainers and fighters to make the event a complete success.

3. DECISION ISSUES

- The outcome of any ISCF event is under the direction of the ISCF Event Representative or Associate. It is his/her duty to be aware of all aspects of each detail of any event from the beginning of the event until the entire event is over.

REQUIRED ISCF EVENT OFFICIALS - Event Representative Duties & Responsibilities - CONTINUED

4. EVENT OFFICIALS

- An officials meeting shall be scheduled prior to the event for the **ISCF** Event Representative to review any necessary details with the Officials about the event, as well as confirm all Officials assignments. Such assignments may include, but not be limited to, sitting locations of all officials, if using more than 1 referee, what bouts each will work, etc. If Promoter already has Officials seating assignments in place, the **ISCF** Event Representative will review them with the promoter to assure proper locations for each official.

5. WEIGH-INS

- To administer the official weigh-ins: During the event weigh-ins, the **ISCF** Representative or Associate and or the **ISCF** Scorekeeper shall obtain all fighter information for the official **ISCF** fighters information fight file and assure that all facts given are true and correct. The **ISCF** Representative or Associate shall witness the weigh-in of each bout/fighter for proper weight.
- If asked by the promoter the **ISCF** Representative can assist in creating the official bout order that will present the event at its best.

6. LEGAL AMATEUR PHOTO FIGHTER ID FOR ALL ADULT FIGHTERS

- It is the responsibility of the **ISCF** Event Representative to ask for "**LEGAL**" Photo Identification (*Drivers license, passport etc.*) to assure the fighter's name listed on the event fight card is indeed the fighter who is fighting. We have seen before where a fighter fight's under a different name and is actually a **PRO** when he is fighting as an amateur, or, is under 18. **ALL ADULT PANKRATION Fighters must be 18 years or older.**

7. JUNIOR AMATEUR PANKRATION FIGHTER LEGAL ID

- It is the responsibility of the **ISCF** Event Representative to ask for "**LEGAL**" Birth Certificate of all "Non **ISCF** Licensed" Junior Amateur Pankration Fighters to assure they are the age they presented to the promoter.

8. AMATEUR PANKRATION FIGHTER LICENSE / REGISTRATION FEE

- **ISCF** Amateur Pankration Fighter License / Registration (Juniors & Adults) is \$20 per year. Registered Amateur Pankration Fighters will be placed in the **ISCF** Amateur Pankration Rankings with a visible renewal date. This License/Registration fee can be paid by the Fighter, Parents of the Fighter or their Trainer but **NOT** the promoter!

9. RULES MEETING

- The **ISCF** Representative, Associate and or the **ISCF** Event Referee(s) shall hold the official **ISCF** pre-event rules meeting. This meeting will outline all **ISCF** rules and regulations for the event for all fighters **AND TRAINERS**. This meeting shall be **AFTER** the weigh-ins and is **MANDATORY** for **ALL FIGHTERS** and **TRAINERS** who will be working the corner of their fighters bout.

10. RULES AND REGULATIONS

- It is the responsibility of the **ISCF** Event Representative to assure that all **ISCF** Amateur Pankration Rules and Regulations are followed by all individuals governed by such in regards to before and after the event.
- Oversee at Cageside, Ringside or Matside during the event the actions of all **ISCF** Officials to assure all Official **ISCF** Rules and Regulations are followed.

11. SCOREKEEPER

- If there is an **ISCF** Event Scorekeeper, the scorekeeper will fill out all official **ISCF** scorecards before the start of the event for all the bouts. However, if not, the **ISCF** Event Representative will need to do this. This duty can be delegated to other officials as well if available to assist.
- If there is an event scorekeeper, the scorekeeper will tally and total all score cards. However, if not, the **ISCF** Event Representative will need to tally all scorecards.
- After the scores are totaled and the bout outcome is determined by the **ISCF** Scorekeeper or **ISCF** Event Representative, the scores must be presented to the ring announcer the official decision.

12. BOUT NOTES

- The **ISCF** Representative or Associate shall at Cageside, Ringside or Matside, keep all official scores, notes, comments and results of all fighters and bouts in regards to recommendation of rankings, fouls, penalties, awards etc. on the Official **ISCF** Scorecard Sheets
- After each bout, the **ISCF** Representative or Associate shall offer their opinion of an honest and official **ISCF** ranking for each fighter in their fighting division.

REQUIRED ISCF EVENT OFFICIALS - Event Representative Duties & Responsibilities - CONTINUED

13. OVERSEE RING ANNOUNCER AND DJ

o It is the responsibility of the ISCF Event Representative to assure that the event is a quality event for both the spectators and the fighters. In doing so, he/she needs to assure that the Ring Announcer and DJ follows their rules and regulations;

▪ RING ANNOUNCERS

- The Ring Announcers job is to fully represent the event to the public in an official and professional manor.
- The Ring Announcer shall **NEVER** use Profanity over the microphone that the crowd will hear.
 - If the Ring Announcer uses ANY Profanity over the PA/Microphone, the ISCF Event Representative could remove and ban him/her from the event.
- Ring Announcer is to read all the bout results as requested to him/her by the ISCF Event Representative. For this purpose we recommend all Ring Announcers use the announcement cards provided by the ISCF.
- There shall be NO TALKING by the Ring Announcer over the microphone or ANYONE over a Microphone during a "REAL" bout.

▪ DJ'S

- There shall be NO MUSIC played during a bout.
- Fighter entree music or Event Music with abusive lyrics (*Profanity*) and or foul language is NOT ALLOWED and will NOT BE TOLERATED!
 - DJ's", are required to review ALL "UNKNOWN" fight music **BEFORE** the event.
 - If a DJ plays such music they risk being remove and banned from the event..
 - Fighters are required to request music that has NO Profanity!

14. FIGHTER SAFETY

- o It is the responsibility of the ISCF Event Representative to assure the safety of all fighters by observing all safety equipment required such as fighter's equipment event lighting, competition condition (*ropes/fence/cage, mat, stairs etc.*) and medical equipment at ringside.
- o It is the responsibility of the ISCF Representative to oversee each bout for fairness to fighters, trainers and officials.

15. FIGHTER EQUIPMENT

- o It is the responsibility of the ISCF Event Representative to approve all safety equipment of all fighters.
 - Mouthpiece must be FORM FITTING and not fall out when a fighter opens their mouth.
 - Groin Cups, Glove sizes and condition etc..

16. OFFICIALS DECISIONS

- o It is the responsibility of the ISCF Event Representative to assist with the referee(s) in any decisions necessary in regards to fouls etc.
- o It is the responsibility of the ISCF Event Representative To administer advice to any judge if scoring does not seem accurate.

17. APPLY FIGHTER SUSPENSIONS

- o If any Fighter should be stopped by injury during their bout and requires any "*Medical Suspension Time*" before fighting again, it is the responsibility of the ISCF Representative to serve fighter an Official "**Notice Of Medical Suspension.**"

18. OFFICIALS PAYMENT

- o Assure that all officials are paid the minimum ISCF fees **OR** the fees agreed to them by the promoter in cash or cashiers check to be paid to the ISCF Event representative prior to the event weigh-ins.

19. EVENT PAPERWORK

- o The ISCF Event Representative or Associate will make it clear to the event promoter that he/she is to keep an event file to store all the paperwork for his/her event. This paperwork must be accessible for the ISCF for 2 years following his/her event. This way the promoter has access to all event details as well. If ISCF needs any of the paperwork for any reason, said promoter is required to attain it and mail or fax to the ISCF Headquarters as instructed at that time by the ISCF.

20. EVENT RESULTS

- o After the event, the ISCF Representative will write-up full results from the event for posting on the ISCF News page. This write-up will include the results of all the bouts and any additional information such as medical suspensions, fighter info, comments, etc



REQUIRED ISCF EVENT OFFICIALS - REFEREES

REFEREE'S DECISIONS AND ACTIONS

1. An officially ISCF appointed or approved event referee shall oversee an entire match from within the ring, cage or matted area to ensure the safety of the fighters.
2. It is the official event referee's duty to determine and announce all submissions, bout stoppages, warnings, point deductions, and/or disqualifications.
3. If fighters are in jeopardy of falling out or off the designated fighting ring (Boxing Ring), the official ring referee may give the command of "STOP" or "FREEZE" and has the authority for the fighters' safety to stop the bout and:
 - Re-start the fighters standing in their corners OR
 - Have the action continue from the exact position he froze the fighters in.
4. If the action of the bout has stalled and neither competitor is working aggressively to gain an advantage, the referee shall warn the competitors to accelerate the action or face a restart. If, after the warning, the action remains stalled, the referee shall stop action and separate the competitors to their respective corners.
5. If a fighter drops his mouthpiece, the referee shall have the following 3 choices:
 - If both fighters are STANDING, and making NO CONTACT, the referee may call "Time-Out" to allow the fighter to replace the mouthpiece. At that time, the referee shall return each fighter to their corner in a standing position and restart the match.
 - If both fighters are GROUNDED, and making CONTACT, the referee may give the command of "STOP" or "FREEZE", and at that time, the Referee may place the mouthpiece back in the fighters mouth. After which, the referee may allow the action to continue from the exact position he froze the fighters in.
 - If both fighters are GROUNDED, and making CONTACT, the referee may ALSO choose to simply WAIT until both are up & separated from each other and call "Time-Out" to allow the fighter to replace the mouthpiece. At that time, the referee shall return each fighter to their corner in a standing position & restart the match.
6. If a fighter drops his/her mouthpiece 3 times during a round, he/she will be disqualified from the match and the victory awarded to his/her opponent.
7. If the referee wishes to examine a fighter with the doctor's assistance for any concern, the referee will stop action and separate the competitors to their respective corners. At that time, the referee shall signal the timekeeper to stop the time. The referee will then signal the doctor to come into the fighting area to examine the athlete in question, and restart the match, if necessary. If so, the bout shall be restarted with both fighters standing in their respective corners.
8. In the event that any equipment problems that threatens the safety of the fighters exists, the referee will have the action stopped for repair and the bout restarted, with both fighters standing in their respective corners.
9. In the event of a Foul that the referee chooses only to announce a warning:
 - IF BOTH FIGHTERS ARE STANDING: The referee will call "STOP" and a "Time-Out", separate the fighters and give his/her verbal warning to the fouling fighter. At that time, the referee shall return each fighter to their corner in a standing position and restart the match.
 - IF BOTH FIGHTERS ARE GROUNDED: The referee will give the command of "STOP" or "FREEZE". At this time, the Referee will give his/her verbal warning to the fouling fighter and allow the action to continue from that exact position he froze the fighters in.
10. In the event of a Foul that results in a Point Deduction:
 - IF BOTH FIGHTERS ARE STANDING: The referee will call "STOP" and a "Time-Out", separate the fighters, send each to a NEUTRAL corner, indicate the foul and point deduction to each judge and scorekeeper. At that time, the referee shall return each fighter to their corner in a standing position and restart the match.
 - IF BOTH FIGHTERS ARE GROUNDED: The referee will give the command of "STOP" or "FREEZE". At this time, the Referee will make the determination as to if the fouled fighter needs any recovery time or not and if so, will separate the fighters to allow for such recovery time of the fouled fighter. Also at this time, the Referee will indicate the foul and point deduction to each judge and scorekeeper. Once the recovery time is complete and the Referee has indicated the point deduction(s), the referee will re-position the fighters into the exact same position they were in when the foul occurred and allow the action to continue from that exact position he froze the fighters in.
11. Except as otherwise set forth herein, the referee shall alone determine whether or not and what warnings and/or point deductions are necessary, or whether disqualification is appropriate, for all rule infractions and violations.
12. The event Referee and the event Medical Doctor are the only event Officials allowed to Stop a bout.

ISCF MECHANICS OF REFEREE ARE REVIEWED IN ISCF REFEREE CERTIFICATION SEMINARS

ISCF REQUIRED EVENT PHYSICIANS AND ADDITIONAL MEDICAL STAFF & EQUIPMENT



EVENT PHYSICIAN - DOCTOR

- There shall **ALWAYS** be a minimum of 1 "**LICENSED PHYSICIAN - MEDICAL DOCTOR**" - MD or D.O. at all ISCF Sanctioned Events. *Not Chiropractors, Physicians Assistant, Paramedic or Dentists.*
- **The use of two ringside physicians is strongly recommended.**
 - If the ring doctor is forced to attend to a fighter who was just injured in a bout whether at ringside or in the locker room, **NO BOUTS** may take place until he is back at ringside. To avoid down time in such a case, **The use of two ringside physicians is strongly recommended!**
- Physician, MD (s) shall sit at ringside or cage side directly next to a set of ring entree stairs.
- Physician shall be prepared to assist if any serious emergency arises, and will render temporary or emergency treatments for cuts or minor injuries sustained by the competitors.
- The Physician may enter the ring, cage or mat area between rounds and during referee stoppage to assess any injury to either competitor to determine if the competitor can safely continue.
- No bout shall be allowed to proceed until the physician(s) are in their seats.
- The physicians shall not leave the arena until both competitors of the final bout have been examined by him/her.
- The event promoter will be held liable if a fighter is injured and not treated by a licensed MD.

RINGSIDE MEDICAL EQUIPMENT: Stretcher, Spine Board, C-collar, Airways, Oxygen Tank

AMBULANCE: There shall **ALWAYS** be a minimum of 1 Ambulance at all ISCF Sanctioned Events.

- The mobile unit must have a minimum of one Paramedic and one EMT in attendance.
- The Ambulance must include resuscitative and spine immobilizing equipment.
- The Ambulance must be parked directly outside or inside the venue building.

PHYSICIANS NOTIFICATION OF INJURY - SUSPENSIONS - HOSPITAL VISITS ETC.

- Ringside Physicians must report all circumstances or incidents in which a fighter may have been injured during a bout or have applied for medical aid after and event.
- If a fighter is required to be suspended from competition due to any injury the event Physician and the ISCF Event Representative must fill out an official ISCF Medical Suspension form.
- If a fighter is required by the event Physician to seek any kind of medical attention outside the venue (*Visit Emergency Room on event night, transport by ambulance, further medical treatment after event, etc. etc.*), the event Physician and the ISCF Event Representative must fill out an Official ISCF Injury Report form.

PRE BOUT PHYSICAL EXAMS

- **THE PHYSICIAN IS REQUIRED TO...**
 - Give a thorough physical and eye examination to each contestant no more than 24 hours prior to the start of the event.
 - Referees shall also be given physical examinations immediately before officiating at any match.

CORNERMEN RULES DURING INJURY

- Under no circumstances are the competitors seconds permitted to enter the ring, cage or mat area or attend to a competitor during the course of the bout.
- If the competitor is cut, his/her second can then enter the ring and attend to the competitor.



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ISCF MATCH ARENA - COMPETITION AREA



MATTED COMPETITION AREA

- The Competition matted area must be a minimum of 15 feet x 15 feet.
- Matted area must be either a wrestling, Judo or JiuJitsu style mat.
- Matted area must have a minimum of one inch foam padding.
- Matted area must extend a minimum of 3 feet beyond the competition area.
- All mats shall be secured together by design or by tape and have no spaces.
- All Mats shall be clean and in good condition.
- The mats padding shall be approved by the ISCF Event Representative & Event Referee(s).
- Padding shall extend a minimum of *3 feet beyond the fighting area.
 - (*) If the competition area is elevated it shall not be more 36 inches (3 feet) above the venue floor.
 - The elevated matted area shall have steps or a ramp for participants.
 - The elevated area shall have a minimum of a 5 foot warning boarder beyond the competition area.
- If needed the **ISCF** promoter shall be required to make whatever changes to the competition area as are necessary in the judgment of the **ISCF** Event Referee & Representative.

BOXING RING COMPETITION AREA

- The Boxing Ring shall not be more than 4' (48") from the venue floor to the competition surface.
- A Boxing Ring for Competition must have a minimum of "5" Ropes.
- The Boxing Ring competition area shall not be less than 17 feet square within the ropes.
- The Boxing Ring competition area shall not be larger than 32 feet within the ropes.
- The Boxing Ring padding must extend beyond the ring ropes and over the edge of the ring deck.
- The Boxing Ring floor shall extend beyond the ropes not less than 18 inches.
- The Boxing Ring floor covering shall be made of Vinyl.
- The Boxing Ring mat area must have a minimum of one inch foam padding.
- The Boxing Ring ropes shall not less than 1" in diameter.
- The Boxing Ring bottom rope must be padded with a padding of a thickness not less than 1/2".
- The Boxing Ring bottom rope = 6" - 10" above the ring floor.
- The Boxing Ring top rope = 52" above the ring floor.
- The Boxing Ring ropes shall have Soft rope ties that connect all ropes approximately every 6' apart.
- All Boxing Ring ropes shall be tight & approved by the **ISCF** Representative or Referee prior to event.
- The Boxing Ring must have 2 sets of stairs to enter the ring placed on opposite sides of the ring.
- The Boxing Ring posts shall be of metal.
- The Boxing Ring posts shall not extend more than 58 inches above the venue floor.
- The Boxing Ring corners must have padded corner cushions.
- The Boxing Ring turnbuckles must be padded.
- The Boxing Ring post must not be more than four inches in diameter
- The entire Boxing Ring must be approved by the **ISCF** Event Representative & Event Referee(s).
- If needed the **ISCF** promoter shall be required to make whatever changes to the competition area as are necessary in the judgment of the **ISCF** Event Referee & Representative.



ISCF MATCH ARENA - COMPETITION AREA - CONTINUED

CAGE COMPETITION AREA



- The Cage Competition area must be a minimum of 18 feet by 18 feet.
- The Cage Competition area must be no larger than 32 feet by 32 feet.
- The Cage Competition area must be a Vinyl mat.
- The Cage Competition area shall be padded with at least one inch layer of foam padding.
- The Cage Competition area padding shall extend beyond the fighting area and over the edge of the deck.
- The Cage Competition area shall not be more than 4 feet (48 inches) above the floor of the venue.
- The Cage Competition area must have 2 sets of stairs to enter the cage on opposite sides of the cage.
- The Cage Competition Posts shall be metal not more than six inches in diameter.
- The Cage Competition Post shall extend a minimum of 58 inches above the competition area floor.
- The Cage Competition Post shall be padded on the sides exposed to the competition area.
- The Cage Competition area shall be enclosed by a fence.
- The Cage Competition fence shall be made of vinyl coated chain link fencing.
- The Cage Competition fence shall be strong and secured preventing any fighter from breaking through it.
- No obstruction on any part of the fence surrounding the cage in which the fighters are competing.
- The entire Cage must be approved by the ISCF Event Representative & Event Referee(s) from construction to padded surfaces to the cage doors. The Cage doors must be able to open and close correctly as well as latch and secure strong enough to prevent the doors from opening during the competition.
- If needed the ISCF promoter shall be required to make whatever changes to the competition area as are necessary in the judgment of the ISCF Event Referee & Representative.

ISCF COMPETITION AREA RULES

CONDUCT AND ACTIONS ALLOWED & NOT ALLOWED WHILE AT THE MAT, CAGE OR RINGSIDE TABLES

ALL ISCF Event Representatives are required to make sure these rules are abided to at the event.

1. Event Officials and Event Personnel **ONLY** are allowed to sit at the Mat, Ring or Cageside Tables.
2. This is **NOT** a Spectator Area and **NO GUESTS** of Officials or the Event Promoter will be allowed to sit at Mat, Ring or Cageside Tables unless approved mutually by the ISCF Event Representative and the Event Promoter.
3. All at ringside must be 18 years of age or older.
4. There shall be **NO CHEERING** on of **ANY** Fighter while at Mat, Ring or Cageside other than their own Trainers.
5. The event Officials and Personnel Include;
 - **ISCF Event Representative**
 - **ISCF Scorekeeper:** This could be the Event Representative as well.
 - **ISCF Judges:** There must be a minimum of "2 FEET" between each Judge and anyone else.
 - **ISCF Referee(s)**
 - **Timekeeper**
 - **Ringside Physician(s)**
 - **Photographers:** ISCF Event *Photographers as approved by the ISCF Event Representative.
 - **Video Crew:** ISCF Event *Video Crew as approved by the ISCF Event Representative.
 - **Event Ring Announcer**
 - **Fighters Trainers and or Cornermen**
 - **Cage/Ring Girls & Assistant**



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COMPETITION AREA RULES - CONTINUED

1. PHOTOGRAPHY

- NO "FLASH" Photography at Mat, Ring or Cageside.
- NO "FLASH" Photography within 10 feet of the edge of the fighting Mat, Ring or Cageside - This includes EVERYONE, Trainers, Spectators, etc.
 - Flashes can temporarily blind a fighter which could lead to serious injury of the blinded fighter.
- Photographers can not stand straight up in front of the event crowd when at Mat, Ring or Cageside. They must keep down so they do not block others views.
- Photographers must stay out of the Mat, Ring or Cageside and off the ring apron while the entirety of the bout is ongoing (Inc Round Breaks)
- Photographers may enter the Mat, Ring or Cageside (*With PRIOR Approval of the event Promoter and ISCF Event Representative*) at the end of a bout.

2. VIDEO - FILM CREW

- ALL Video Crew used on an ISCF Sanctioned event must be approved "MUTUALLY" by the ISCF Event Representative and the Event Promoter.
- Cameramen/women may stand on a cameraman stand or platform, as long as the location has been "MUTUALLY" agreed upon by the ISCF Event Representative and the Event Promoter.
- Cameramen/women may ONLY stand in the Neutral Corner of a boxing ring if the event is using a boxing ring.
- Cameramen/women's designated area of a boxing ring is known as "*The SQUARE of the Corner*".
- Cameramen/women may NOT wonder outside the SQUARE of the Corner during the fighting round, but may do so during round breaks.
- Cameramen/women filming a cage shall have their filming location confirmed by and "MUTUALLY" agreed upon by the ISCF Event Representative and the Event Promoter.

3. "CHEERING" Or "YELLING" is only allowed by the Cornermen/women of the fighters.

- No "CHEERING" Or "YELLING" is allowed by those sitting at Mat, Ring or Cageside.
- Those seated at the Mat, Ring or Cageside are suppose to be "*Event Officials*" who are suppose to be neutral to each and every fighter.
- For this reason, Cheering of a fighter while sitting at a Mat, Ring or Cageside is prohibited.

4. SHARP OBJECTS - GLASS

- No Sharp Objects are allowed at "***Ringside*" that point upward such as, Trophies, Awards, Mic Stands.
- These items may cause serious injury if a fighter falls out of the Ring.
- NO GLASS Containers, drink containers, plates, trays etc. at all are allowed at "***Ringside*"
 - (**) Since no one "Falls out of a cage" this rule does not apply to events with Cages.

5. NO ALCOHOL! NO ALCOHOLIC Beverages of ANY kind are allowed at ANY of the Mat, Ring or Cageside Tables.

6. DRINKS AND FOOD

- All drinks must be in an enclosed or covered "*Plastic*" bottle or cup or, if an open cup, be placed under the table at all times. This avoids any drinks splashing or spilling on important paperwork. This also avoids any body fluids splashing in the drinks.

7. OFFICIALS ACCESS SPACE

- There must be a minimum of "**6 Feet**" from the back edge of each Mat, Ring or Cageside chair placed at a Mat, Ring or Cageside table to the edge of the first spectator chair at Mat, Ring or Cageside so event officials can move freely around the Mat, Ring or Cageside during an event.

▪ CROWD FENCE

- It is BEST if the promoter places a restrictive barrier between the first row of Mat, Ring or Cageside seats and the event officials area. (*Bike Rack - Concert Railing, etc.*)
- This prevents the crowd from confronting any event official and also keeps the crowd away from the Mat, Ring or Cageside to avoid any incidents or safety issues with the officials as well as the fighters and trainers.

8. JUDGES SPACE

- There must be a minimum of 2 feet on each side of each event judge to allow his/her privacy of judging a bout.
- NO ONE other than a "*Shadow Judge*" Approved by the ISCF Representative may sit next to a judge during the event.

CONTINUED NEXT PAGE

ISCF CAGESIDE & OR RINGSIDE RULES - CONTINUED

9. RING ANNOUNCER - *Re-Noted From Above – Representative Duties*

- The Ring Announcers job is to fully represent the event to the public in an official and professional manor.
- The Ring Announcer shall NEVER use Profanity over the microphone that the crowd will hear.
- If the Ring Announcer uses ANY Profanity over the Event PA/Microphone, he/she could be banned from event.
- He is to read all the bout results as requested to him by the ISCF Event representative.
- For this purpose we recommend all Ring Announcers use the announcement cards provided by the ISCF.
- There shall be NO TALKING by the Ring Announcer over the microphone or ANYONE over a Microphone during a "REAL" bout.
- No "**VOICED COMMENTATING**" with a microphone to the event audience by ANYONE when a bout is in progress. Commentating for TV is of course allowed.

10. EVENT DJ - *Re-Noted From Above – Representative Duties*

- There shall be NO MUSIC played during a bout.
- The ISCF requests that ISCF Sanctioned event DJ's DO NOT use Music with abusive lyrics (*Profanity*) and or foul language for fighter entree music or any music during an event.
- NO FOUL LANGUAGE SONGS will be played during a TELEVISED EVENT for Live Broadcast or Tape Delay!
- If a DJ plays such music during a televised event they may be banned from the event.
 - DJ's are requested to review ALL "UNKNOWN" fight music BEFORE the event!
 - Fighters are required to request music that has NO Profanity!



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ISCF CORNERMAN RULES & REGULATIONS

Failure to obey the following Cornerman & Trainers Rules & Regulations will result in suspensions and possible fines. Please see bottom of this page for such details.

1. Fighters are allowed up to three **ISCF LICENSED** cornermen at mat, cage or ringside while bout is in progress.
2. **ALL CORNERMEN** are required to **STAY** in their fighter's corner (outside the ring or cage, of course) while the match is in progress.
3. For the **SAFETY** of the event Officials and Fans: IF a fighter's trainer or cornerman leaves his/her corner area and goes directly mat, ring or cageside where the two fighters are grappling that is not their corner area to coach their fighter, the referee shall stop the bout and make one of the following determinations:
 - Warn the Coaching Corner to Stay in his/her Corner.
 - Deduct one (1) point from the fighter whose cornerman left their corner.
 - End the round, awarding the entire round to the opposite fighter.
 - End the bout, awarding the entire bout to the opposite fighter.
4. Only **ISCF** Licensed cornermen can corner a fighter on an **ISCF** Sanctioned event.
5. Cornermen shall stay **OFF** the mat, cage or ring floor while the bout is in progress.
6. No Leaning On The Ring Or Cage!
7. Do **NOT** touch the ring **ROPES** or the cage **FENCE** while the bout is in progress.
8. During the round breaks, only one cornerman is allowed in a **BOXING RING** while the other two can stand outside the ring ropes on the outside edge of the ring or on the floor.
9. If the bout takes place in a **CAGE**, **TWO** cornermen are allowed in the cage area designated for such coaches to attend to that coach's fighter.
10. Cornermen must obey **ALL** event Officials at all times during the event.
11. Cornermen must conduct themselves with appropriate and proper sportsmanship in all ways.
12. Cornermen may spray (*not pour*) water and apply ice to a fighter between rounds.
13. No other substances may be applied between rounds.
14. Cornermen are responsible to dry the corner area before the next round commences.
15. Violation of the rules by a corner can result in warnings, point deductions, and/or disqualification of their fighter.

FINES & SUSPENSIONS: ALL Trainers and Cornermen working on an **ISCF** Sanctioned event must conduct themselves with appropriate and proper respect to **ALL ISCF** Ring Officials. Any "*Unacceptable and/or Unjustified*" rude or disrespectful behavior of **ANY** kind that occurs by a Cornerman or Trainer working an **ISCF** event may result in a suspension, loss of cornermans license or banned from any role on any future **ISCF** event indefinitely as a Trainer or Cornerman as well as a fighter.



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ISCF TIME BETWEEN BOUTS & MEDICAL SAFETY RULES



TIME BETWEEN BOUTS

- **CHOKED UNCONSCIOUS**
 - Minimum of 30 Day Medical Recovery Suspension.
 - It is the responsibility of the Events Licensed Medical Doctor to evaluate the severity of the issue and while still at the event, issue a medical suspension of a minimum of 30 days to the fighter who was choked unconscious.
- **FACIAL CUT**
 - Minimum of 60 Day Medical Recovery Suspension OR WHEN Cleared by Medical Doctor.
 - It is the responsibility of the Events Licensed Medical Doctor to evaluate the severity of the cut and while still at the event, issue a medical suspension of a minimum of 60 days to the fighter cut.
- **LIMB OR JOINT INJURY**
 - Minimum of 30 days to 120 Day Medical Recovery Suspension OR WHEN Cleared by Medical Doctor.
 - It is the responsibility of the Events Licensed Medical Doctor to evaluate the severity of the injury and while still at the event, issue a medical suspension of a minimum of 30 days to the fighter injured.
- **BROKEN BONE**
 - Minimum of 180 Day Medical Recovery Suspension OR WHEN Cleared by Medical Doctor.

SUSPENSION CHALLENGE

Any fighter can "Challenge" the length of a suspension decision with documentation from a Licensed Medical Doctor clearing him/her medically as being medically cleared to fight again.



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AMATEUR FIGHTER CONFIRMATION FORM

To assure honesty and accountability, every AMATEUR fighter will be required to sign a AMATEUR FIGHTER CONFIRMATION FORM. Once filled out each fighter will give this completed and signed form to the ISCF Event Representative "BEFORE THEIR FIGHT" stating in truth about his/her personal info and fight info

ISCF AMATEUR "ADULT FIGHTER" CONFIRMATION FORM

FIGHTERS FULL - LEGAL NAME: _____
FIGHTERS DRIVERS LICENSE NUMBER - STATE: _____ NO: _____
FIGHTERS DATE OF BIRTH: ____/____/____ HEIGHT: _____ WEIGHT: _____
AMATEUR FIGHT RECORD: MMA: W: ____ L: ____ D: ____ - KICKBOXING: W: ____ L: ____ D: ____ - BOXING: W: ____ L: ____ D: ____
FIGHTERS HOME ADDRESS: _____ CITY: _____ ST: _____ ZIP: _____
FIGHTERS CONTACT PHONE NUMBER: _____
FIGHTERS TRAINERS NAME - IF ONE: _____
FIGHTERS TRAINERS CONTACT NUMBER - IF ONE: _____
PROMOTERS NAME: _____ EVENT NAME: _____
PHYSICAL EVENT LOCATION: _____

This is a Legal Amateur Status Confirmation Form binding You, The FIGHTER named above, The ISCF (International Sport Combat Federation) The Promoter named above and any and all of these companies, federations or organizations associates, officials, employees and staff related to the FIGHTER AND EVENT named above. You hereby consent and agree to completely accept alone any and all Fines, Suspensions and Disciplinary Actions if you are found to be untruthful on ANY of the Questions below and You verify and confirm all of the below statements by placing your initials at each numbered item as well as signing your full and legal name below.

READ IT CAREFULLY AND OBTAIN LEGAL ASSISTANCE IF YOU DO NOT UNDERSTAND IT.

Voluntary Application. I, the undersigned, acknowledge and state that I have ACCEPTED to compete in the EVENT NAMED ABOVE on the DATE NAMED ABOVE as an AMATEUR Fighter. I confirm under penalty or perjury that as of the EVENT DATE noted above, I have Never been Paid, Contracted or Fought as a Professional Kickboxer EVER. I have Never been Paid, Contracted or Fought as a Professional Mixed Martial Arts Fighter EVER. I have Never been Paid, Contracted or Fought as a Professional Boxer EVER. I have Never been Paid, Contracted or Fought as a Professional in ANY Full Contact Fight Sport EVER.

PENALTY, FINES & SUSPENSIONS FOR PRO FIGHTERS FIGHTING AS AN AMATEUR

I fully understand that if I have not been truthful with any of the above questions that I will be responsible for the following disciplines: Fined \$1,000.00 by the ISCF. Suspended for a minimum of 60 days up to 12 months by the ISCF. The time of suspension & amount of the Fine will be determined at time of infraction by the ISCF. In addition, I also fully understand that if I have not been truthful with any of the above questions that my Trainer listed above shall face the following disciplines: Fined \$1,000.00 by the ISCF. Suspended for a minimum of 60 days up to 12 months by the ISCF. The time of suspension & amount of the Fine will be determined at time of infraction by the ISCF. I hereby agree that this Amateur Status Confirmation shall be interpreted under and construed in accordance with the Amateur Definition as noted by the ISCF of the definition of a Professional Fighter and Amateur Fighter as follows:

AMATEUR DEFINITION: One who engages in an activity as a pastime rather than as a professional; one who lacks expertise.

AMATEUR IN SPORTS: An athlete who has never participated in competition for money. An athlete who is not paid for his/her performance. An athlete at the beginning learning levels of his/her career.

PROFESSIONAL DEFINITION: Performed by persons receiving pay. An expert in a field of endeavor. PROFESSIONAL IN SPORTS: An athlete who is paid for his/her performance. Paid for their excellence of experience, knowledge and ability of their given sport. An athlete who plays for pay.

Knowing and Voluntary Execution 1. I hereby declare that I have read this Amateur Status Confirmation Form in full and that I fully understand the meaning and importance of its contents. I acknowledge that this Amateur Status Confirmation Form is a binding confirmation among myself, the ISCF (International Sport Combat Federation) and the PROMOTER named above and any and all of these companies, federations or organizations associates, officials, employees and staff.

Knowing and Voluntary Execution 2. I further declare and represent that I am at least 18 years of age, that I have full legal capacity to be bound by this Amateur Status Confirmation Form, and that I am signing this Amateur Status Confirmation Form of my own free will and accord.

KO - TKO - INJURY SUSPENSIONS

Have you ever suffered any knockouts (KO's), technical knockout's (TKO's), or any kind of loss of consciousness in the last 30 DAYS prior to the date of this event during a bout, sparring or in any other activity? ____ YES ____ NO If yes, please list and give dates and details:

____ I am not under any Medical Suspension by any Sanctioning body, boxing or Athletic Commission or Medical supervisor of any kind.

____ I am not under any Disciplinary Suspension by any Sanctioning body, boxing or Athletic Commission or Medical supervisor of any kind.

____ I have not been Knocked Out, had my fight stopped due to excessive blows or sustained any head injuries that may have caused loss of consciousness within the last 30 days.

FEMALES ONLY: Are you pregnant? ____ YES - ____ NO

Pregnancy Advisory Notice ALERT: If you participate in combative sports when you are pregnant you could have a miscarriage or you and or your fetus could suffer permanent injury or death. The ISCF cannot force you to have a pregnancy test as a requirement for licensing or before a bout. However, the ISCF strongly urges you to be tested before each of your bouts. The ISCF strongly urges you to not compete if you know or think you may be pregnant. Through this notice the ISCF informs you that the ISCF or any of its agents and the physician who conducts your pre-bout examination(s) is not responsible for any injury that you and or your fetus suffers if you compete when you are pregnant.

____ You certify that you are not on a menstrual period during this bout/event and if so, will not fight.

I, (PRINT NAME) _____, declare under penalty of perjury under the rules and regulations of the ISCF, that the foregoing information is true and correct; further I realize that any intentional misrepresentation may result in disciplinary action against me. Executed in the City & State as listed above on the ____ day of the month of _____, in the year 20____.

FIGHTER

Signature: _____ Print Name: _____

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Pankration and Combat Grappling are interchangeable terms. Contestants may be referenced as Grapplers, Wrestlers, Fighters, Competitors or Athletes.



ISCF SEMI CONTACT - LIMITED CONTACT PANKRATION

OFTEN KNOWN AS "B" CLASS RULES

- Takedowns, Ground Control, Submissions and Body Strikes are allowed.
- Techniques must be executed with no ill intent and matches cannot be won by brutality or with deliberate intent to cause injury.
- Potentially dangerous strikes, takedowns and submissions are prohibited.
- Submissions must be executed with applied pressure allowing time to submit before injury.
- Strikes must be focused and delivered in a controlled manner ensuring proper placement.
- Matches are won by score or by properly applied submission technique.
- Rules and regulations of local boxing/athletic commission may supersede actual rules.

LEGAL TECHNIQUES

SECTION 1: LEGAL SUBMISSION TARGETS

- Submissions are allowed to the wrist, elbow, shoulder, hip, straight knee, neck and ankle.
- Submissions should be executed with applied pressure not "cranked", to allow time to submit prior to injury.
- Pressure points are allowed as long as they are executed with applied pressure.
- Neck cranks or submissions which involve dynamic twisting or pressure against the neck joint or spine are prohibited. "Can openers" (*From Top position, pulling your opponents head forward to their own belly button which applies pressure to their neck*) cannot be used as a submission.
- "Heel hooks" and submissions / techniques which involve a twisting pressure against the knee joint are prohibited.

SECTION 2: TAKEDOWNS AND THROWS

- Takedowns and throws designed or intended to cause injury are prohibited.
- Throws that involve joint locking are prohibited.
- Open "Flying Scissors" style takedowns are prohibited.
- Unnecessary slamming or spiking to the head is prohibited.
- Slamming or "Back Splashing" (*Landing back first across an opponent*) to escape a submission is prohibited.

SECTION 3: LEGAL STRIKING WEAPONS

- Punches; hammer fists; palm heels and forearms.
- Kicks with the instep; bottom of foot; blade of foot; ball of foot; toes; shin and knee.
- Knees and Forearms are allowed to the body only. **Forearm strikes cannot involve the tip of the elbow.**
- "Head butting" or Strikes with the head are prohibited.
- Stomping on a downed opponent and up-kicks from the bottom are prohibited.
- With exception of the bottom of foot, all strikes to the facial area must be with the padded area of the glove or **shin guard (***If shin guards are being used*).

SECTION 4: LEGAL STRIKING TARGETS

- Strikes are allowed to the chest, stomach, ribs, thighs and calf.
- Strikes to the face, head, joints, kidneys, back, spine, groin or other vital points are prohibited.
- Strikes to the joints, kidneys, back, spine, groin or other vital points are prohibited.
- It is the striker's responsibility to ensure all strikes are delivered to legal areas with legal striking weapons.
- The striker must have at least one supporting point on the ground while executing knees strikes. Two supporting points if the knee strike is to a grounded opponent (*one foot and knee*). No Flying knees!
- Knee strikes from side control to a downed opponent are allowed to frontal rib area only. Knee strikes to any other area of a grounded competitor are prohibited. Opponent must be on back or "*all fours / Turtle*"
- Strikes to the rear of the ribs or kidney area are prohibited.
- Strikes with malicious or deliberate intent to cause injury and excessive non scoring strikes are prohibited.

CONTINUED NEXT PAGE

LEGAL TECHNIQUES - CONTINUED



SECTION 5: THE FOLLOWING ARE STRICTLY FORBIDDEN

- Stalling or executing excessive non scoring techniques.
- Maliciously causing injury to an opponent.
- Keeping in a crouched or low wrestling stance.
- Bending or twisting of fingers, biting, scratching, pulling of hair, clothing or pinching / pulling of skin.
- Speaking or disrespectful conduct during bout.
- Arguing with any official.
- Refusing to obey the direction of any official.
- Showing disregard for one's or opponent's safety.
- Continuing the bout outside competition area or after the referee calls for a halt.
- Any other condition for which the referee believes a penalty should be imposed.

SECTION 6: DETERMINING THE WINNER OF THE MATCH

The winner of the match will be determined by one of the following:

- A. Competitor with the most recorded points at the conclusion of the match wins.
- 20 Point advantage is considered a technical submission and ends the match.
 - A two or less point advantage can be considered a tie and send the match into overtime.
 - After the overtime period, the highest scoring athlete will be declared the winner.
- B. Competitor who causes opponent to submit by taping or by verbal announcement.
- C. Disqualification
- D. Referee stops bout for safety of participant.
- E. A final score with a two point or less deficit will require a one minute overtime period. The overtime period score will be added to the actual end of regulation score to determine winner of the match. One additional overtime period will be conducted if the score is a true tie after the 1st overtime period. A sudden death period will follow if the score remains a true tie. **Striking is not permitted in the sudden death period.**

SCORING OF GRAPPLING TECHNIQUES

SECTION 1: TAKEDOWN (1 OR 2 POINTS)

1 POINT

- Takedown occurs when a grappler has at least 3 supporting points on the mat. Supporting points are: Feet/Foot; Knee(s); hands; forearm(s); head; buttocks; lower back; upper back/shoulder(s).
- The grappler who maintains a weighted and controlled top position for 3 seconds will receive the takedown point.
- A grappler defending a legitimate submission attempt while executing a takedown cannot receive a takedown point until the submission is relieved and top control is maintained for 3 seconds.
- Pulling guard will result in a takedown point for an opponent after 3 seconds of ground control.
- Additional takedown points cannot be scored unless one grappler reestablishes the neutral standing position or if the match is restarted in the neutral standing position.

2 POINTS

- A takedown which causes elevation of the feet and lands in a top controlled position for 3 seconds will receive 2 takedown points.
- If a scramble for top position occurs, the grappler who first maintains a controlled top position for 3 seconds will receive only 1 takedown point.

SECTION 2: STANDING ESCAPE (1 POINT) - RESETS THE NEUTRAL STANDING POSITION

- One point is awarded to the bottom grappler who escapes top control by getting to their feet, facing their opponent in a neutral position.
- An escape point can only be awarded after a takedown is scored.

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SCORING OF GRAPPLING TECHNIQUES - CONTINUED

SECTION 3: PUSH OUT (1 POINT)

- One point is awarded to a grappler if their opponent steps or is forced out of bounds while in the standing neutral position.
- The match can be halted after one foot exits the competition area and restarted in the center of the mat.
- Additional push out points cannot be earned by the same grappler until both competitors return to center mat.
- A push out point is not awarded if takedown points are also awarded or if the grappler has 2 or more supporting points touching the mat while going out of bounds.

If the match is conducted in a cage, a push out point may be awarded when an opponent's back is pinned against the cage for a count of 3 seconds. If match is conducted inside a ring, the ring must have at least 4 ropes configured in a manner to prevent a grappler in passing through the ropes in any manner.

SECTION 4: ATTEMPTED SUBMISSION (1 POINT)

- One point is awarded to the grappler who makes a valid submission attempt and puts his/her opponent in danger for a controlled count of 3 seconds.
- The referee will allow time to finish the submission in the event of sudden deaths or overtime.
- Only high percentage submission attempts will receive points and only when the referee perceives the opponent in danger of being submitted.
- Consecutive submission points can only be earned after each submission attempt is fully released or escaped with the grappler out of danger before the next submission attempt is applied.

SECTION 5: GROUND CONTROL (2, 3 OR 4 POINTS)

Each Ground Control Position may be scored only once, adding up to a maximum of 9 points unless the controlled grappler reestablishes a neutral position with a guard defense, reversal or neutral standing position.

- **Side Control (2 points):** Awarded when a grappler gains control by passing opponent leg and hip defenses while keeping opponent's back to the mat for the control count of 3 seconds.
- **Full Mount (3 points):** Awarded when a grappler gains control by passing opponents leg and hip defenses and obtaining a mounted position with legs or knees straddled around opponents torso for a controlled count of 3 seconds.
- **Back Mount (4 points):** Awarded when a grappler gains control of opponents back and "Grapevines" inside opponents legs or "Leg Triangles" the waist for the controlled count of 3 seconds.

SECTION 6: REVERSAL (1 POINT)

One point is awarded to the grappler who reverses any bottom position to a top position and maintains 3 seconds of control consistent with the rules of a takedown.

SECTION 7: PASSIVITY (1 POINT)

Grapplers must constantly attempt to improve their position, earn points and/or attempt to execute a submission. Referees will give one warning for passivity and award the opponent 1 point for each occurrence that follows. A closed fist raised overhand signals a passivity warning. The burden of action is applied to the competitor who initiated the position causing inactivity.

EXAMPLES OF PASSIVITY

- Continuously backing up.
- Avoiding takedown by butt scooting.
- Refusing to ground grapple after executing a takedown.
- Holding a static guard position; holding a static mount, side control or back control position without serious submission attempts.
- Laying or remaining static inside the guard with no serious attempt to pass or submit.
- In general 15 seconds of inaction is considered passivity.

CONTINUED NEXT PAGE

SCORING OF GRAPPLING TECHNIQUES - CONTINUED

SECTION 8: RE-START POSITIONS

- **NEUTRAL POSITION:** Neutral position occurs at the beginning of the match, when one or both Grapplers go out of bounds before a takedown is established or upon a stale mate. Both grapplers stand opposite one another in the center of the mat with both feet inside the inner circle. When in neutral position, neither wrestler has control.
- **GUARD RESTART POSITION:** The Guard Restart is ordered when both Grapplers go out of bounds in any Guard position. Both Grapplers assume the same top and bottom role at the center of the mat when the action is restarted. The Referee will re-start the match in the "Closed Guard", "Half Guard" or "Butterfly Guard" closely resembling the last position prior to going out of bounds. Arm positions should also closely resemble that of the previous position. When in the Guard position, neither Grappler has Ground Control.
- **MOUNT POSITION RESTART:** The Mount position restart is ordered when a Grappler has been awarded points for the mount position and the action goes out of bounds while maintaining control over the opponent. Both Grapplers assume the same top and bottom role at the center of the mat when the action is restarted. The Referee will start the match in the Mount position with the top Grapplers knees straddling the torso of the bottom Grappler. Arm positions should closely resemble that of the previously controlled position.
- **SIDE CONTROL RESTART POSITION:** The Side Control restart position is ordered when a Grappler has been awarded points for a side control position and the action goes out of bounds while maintaining control over the opponent. Both Grapplers assume the same top and bottom role at the center of the mat when the action is restarted. The Referee will re-start the match in either "Side Mount", "Reverse Side Mount", "Scarf Hold", "North/South" or "Knee on Belly" closely resembling the last position prior to going out of bounds. Arm positions should also closely resemble that of the previously controlled position.
- **BACK CONTROL RESTART POSITION:** The Back Control Restart position is ordered when a Grappler has been awarded points for the Back Mount and the action goes out of bounds while maintaining control over their opponent. Back Control Restart occurs at the center of the mat with the down wrestler sitting up with legs extended and bent. The top Grappler is centered on the back either with the "Grapevine" or "Triangle" leg position as before the match was halted. The top Grappler will have the Seat Belt Lock under opponent's arm upon re-start.
- **ATTEMPTED SUBMISSION RESTART:** If the grapplers go out of bounds due to a natural progression during an attempted submission attempt, officials may allow the match to progress out of bounds as long as it is safe to do so. The match must be halted and restarted center mat if the Grapplers are in danger of coming off the mat or entering another competition area. The grappler who had the advantage will have choice of re-start in the last dominant position or neutral standing or guard position.

NOTE: If a grappler forces the action out of bounds in an attempt to escape a submission, he/she will be called for a "catch" and lose the match.

SCORING OF STRIKING TECHNIQUES

SECTION 1: STAND-UP STRIKING TECHNIQUES

Visible contact and displacement of the body must be observed to award body striking points.

2 POINTS

- A kick that clearly lands on a legal striking target of the body with proper torque, distance and follow through.
- A combination of punches where two or more unanswered strikes clearly land on a legal striking target of the body with proper torque, distance and follow through.
- Two or more effective strikes from a single clinched position to a legal striking target area of the body.

1 POINT

- A punch, hammer fist, palm heel, knee or forearm strike delivered with proper torque, distance and follow through to a legal target area of the body.

0 POINTS

- Any strike not witnessed by the Referee.
- Any strike which is partially blocked to a target area.
- Any body strike lacking clear contact and/or displacement to the opponent's body.
- Any striking technique in which the striker falls to the mat.
- A clash of strikes when there is no clear advantage to either competitor.
- Kick or Knees to legal areas of the legs.

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SECTION 2: GROUND CONTROL STRIKING TECHNIQUES

- Striker must be in top position; "Side Mount", "Reverse Side Mount", "Scarf Hold", "North/South", "Knee on Belly", Back Mount or inside any "Guard" position to earn ground striking points.
- The striker must be in the top position and postured upright to earn ground striking points.
- A striker standing over a downed opponent must have control of a limb to receive striking points.
- Ground control strikes must be executed in full range of motion with proper torque, distance and follow through to receive points.

1 POINT

- A punch, hammer fist, palm heel, knee or forearm strike delivered with proper torque, distance and follow through to any legal striking area. Hand strikes must be initiated upright with a fully "cocked" arm position.
- A Knee strike to the frontal ribs of a grounded opponent in accordance with legal striking targets.

3 POINTS

- Three or more "1 point strikes" which land on a downed opponent from the same positions of control.
- To earn additional points the striker must change positions of control after every two 3 ground striking points are earned. Positions of control include "Side Mount", "Reverse Side Mount", "Scarf Hold", "North/South", "Knee on Belly" and Back Mount. Switching sides or modifications of classical Positions may be interpreted by referees as positional changes for striking.
- All forms of the "Guard" are considered neutral and the same position of ground control for striking points.
- A maximum of 3 striking points may be earned within any Guard position or combination of Guard positions.

0 POINTS

- Excess of 3 strikes to a downed opponent from the same position of control.
- Striking without position of control.
- Striking in a "Clinched" or non upright posture.
- Striking legal areas of the legs.
- Legs kicks to a downed opponent with control of a limb are allowed only as a set up for an actual scoring technique.

PENALTIES AND INJURIES

SECTION 1: PENALTIES

If a technique injures a competitor the following will determine the referee action:

1. Was the technique delivered with ill intent?
 2. Was the injury a result of no fault to either competitor?
 3. Was the injury a result of a fighter's negligence to protect him/herself?
- First accidental foul/violation will result in 1 point for the fouled competitor.
 - Next accidental violations will result in a 1 additional point for the fouled competitor.
 - Third accidental violation will disqualify.
 - Malicious fouls may result in immediate disqualification.
 - Intentional strikes to illegal striking areas or with illegal striking weapons may result in disqualification on first offense.
 - Intentional illegal submissions or "cranked" submissions may result in disqualification on first offense.
 - Intentional illegal slams may result in disqualification on first offense.

SECTION 2: INJURIES

- If the bout stopping injury was caused by no fault of any competitor, the victor will be determined by the score prior to injury.
- The uninjured competitor will be declared the victor in the event of a tie score with a no fault match stopping injury.
- The athletic trainer or medical staff will have the final determination if an injured competitor may continue the bout.
- The injury time clock will not include consultation time of the medical staff.
- 2 minutes of injury/ recovery time is allotted to the athlete hurt by an illegal strike. The match shall be resumed at the neutral position if the injured athlete recovers and continues. If the medical staff finds the injured athlete is unable to continue he/she will win the match by disqualification.

CONTINUED NEXT PAGE

SECTION 3: BLOOD

- Bouts will immediately be halted upon the detection of blood from either competitor.
- The injured competitor will have up to five minutes to stop the bleeding. The blood clock of five minutes will continue if the bout is halted for additional periods of bleeding.
- The maximum blood time allowed for one match is five minutes per competitor.
- Once five minutes is exceeded the victor will be determined in the same manner as in Section 2.
- Each scoring table will have blood cleaning supplies for the competition area.



OPERATION OF MATCHES

SECTION 1: WEIGH IN

Weigh in will be conducted prior to competition. All competitors must have similar and fair access to weigh in regards to time and equipment.

SECTION 2: HEALTH AND SAFETY CHECK

All competitors will be examined for contagious skin conditions, trimmed nails and open wounds prior to competition.

SECTION 3: RULES BRIEFING

All competitors and/or coaches must attend a rules briefing prior to competition.

SECTION 4: ANKLE BANDS

- Once called to the competition area, competitors will put on their designated color ankle band.
- Bands may be worn on arm if shin guards get in the way.
- Colored rash guard, fight shorts or protective gear may be used in lieu of bands.

SECTION 5: METHODS OF SCORING

REFEREE ASSIGNMENTS

- **CENTER REFEREE:** Starts and stops that match; gives warnings and penalties; scores the match as it progresses and protects fighters from injury to include obstacles and other unforeseen events.
- **MAT OFFICIAL:** Assists the center referee in scoring striking points; ensures the score is recorded correctly; keeps track of penalties and warnings; ensures the competition area is kept clean and clear of distractions; and protects fighters from obstacles or unforeseen events.
- **SIDE REFEREE (Used in a three to five referee team):** Assists the mat official in scoring striking points; physically checks competitors gloves and safety equipment; and protects fighters from obstacles or unforeseen events.
- One referee will be assigned to physically check competitor's nails, ensure no unauthorized substance is applied on the body and check gloves hand wraps, clothing and other safety equipment prior to entry of competition area. This check will be additional to inspections conducted by inspectors or regulatory staff.

SCORING

- The center referee will signal points as the match progresses.
- The center referee will use the color wrist band to identify which competitor receives the point(s). The thumb signals 1 point; the thumb and index finger signals 2 points; the thumb, index and middle finger signals 3 points; and four fingers without the thumb signals 4 points.
- Flip charts or electronic score boards may be used to display score.
- The scorekeeper will mark points as announced by the referee.
- Striking points may be scored separately by 2 to 4 side referees. Under this method striking points will be divided by the number of side referees and added to the grappling points as scored by the center referee. If 4 side referees are used the score with the wisest margin will be thrown out with the 3 remaining scores divided by 3.
- If only a Center and 1 side referee is utilized, the center referee will also score striking points with the side referee positioned at an opposing angle to score strikes not in center referees view.

SECTION 6: RESTART ON FEET

The bout may be restarted in the standing neutral position in the event of a stalemate or when both competitors are on the ground for an excess of 30 seconds with no additional advantage imminent.

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SECTION 7: CHALLENGES

- Coaches must state any challenge before their competitor exits the mat/ competition area.
- Coaches may state a challenge during a bout by standing next to the score table. The Referee will stop the match during an appropriate time to address the objection.
- Judgmental calls by the referee cannot be overturned.
- Unjustified, excessive or needless challenges may result in point deductions or disqualification.

SECTION 8: TIME KEEPING

- Time starts when the referee starts the match and halts each time the match is stopped.
- The timekeeper will give an audible and physical signal when time expires.
- The referee is the only one who may call a time out during a bout.

SECTION 9: TEAM SCORING

- Team match scoring consists of 6 points for a Submission/ Stoppage/ Forfeit; 5 points for a technical submission (20 point advantage); 4 points for a major decision (8-19 point advantage); and 3 points for a decision (1 to 7 point advantage)
- Two formulas may be used to determine top teams in tournament formats.
- **CUMULATIVE FORMAT.** Each individual win earns a team point. Byes do not score but a win after a Bye counts double. More points are earned in Championship rounds. Submissions = Max Pts.; followed by Technical Submission (20 point advantage); Major Decision (8 point advantage); and Regular Decision (less than 3 point advantage).
- **TOP THREE PLACERS.** 1st place = 6 Pts.; 2nd place = 3 Pts.; and 3rd place = 2 Pts

DIVISIONS

SECTION 1: DIVISIONS

- Divisions will be separated by age and weight.
- ALL Competitors will be separated by gender.
- The Tournament director & ISCF reserve the right to modify divisions to ensure competition.
- All Competitors must be amateur. Amateur fighter is defined as: Having NEVER been paid any purse to fight where payment is directly received for the bout.

SECTION 2: SKILL LEVELS

- Some events may have beginner, intermediate and advanced/open divisions.
- All Competitors may move up a skill bracket and/or two weight divisions upon approval of officials.

SECTION 3: WEIGHT CLASSES

Weight Classes are the Fixed Weight Classes of the ISCF.

SECTION 4: LENGTH OF BOUTS

- Beginner and youth bouts will generally consist of one (1) three (3) minute match;
- Intermediate bouts generally will consist of one (1) four (4) minute match
- Advanced/ open bouts will generally consist of one (1) five (5) minute match.
- Special bouts may be conducted with multiple rounds not to exceed (3) three periods.



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ISCF EVENT FORMS

ISCF FIGHTER PRE-BOUT PHYSICAL FORM

Event Date: _____

Event Promoter: _____

Event City: _____

Event State: _____

FIGHTERS FULL NAME _____

AGE: _____ DOB: ____/____/____

FIGHTER: Please answer ALL of the following Questions Before your fighter physical check below

PLEASE CHECK YES or NO At Right To The Following Questions	YES	NO
Do you have medical insurance?		
Any chronic medical conditions? (Diabètes, asthme, heart condition etc.)		
If chronic medical conditions, Please Explain:		
Ever had any surgery		
If Had Surgery, Please Explain:		
Ever been Hospitalized?		
If Hospitalized, Please Explain:		
Ever had a fracture or dislocation? If yes, when? ____ / ____ / ____		
Ever had a sprain or strain requiring special equipment or braces? If yes, when? ____ / ____ / ____		
Any vision problems?		
Do you wear contact lenses?		
Have you ever passed out while exercising? If yes, when? ____ / ____ / ____		
Have you ever had chest pains while exercising? If yes, when? ____ / ____ / ____		
Have you ever felt dizzy while exercising? If yes, when? ____ / ____ / ____		
Have you ever had wheezing or coughing while exercising? If yes, when? ____ / ____ / ____		
Have you ever been told you have high blood pressure?		
Ever feel as though your heart is skipping beats or have runs of irregular rhythm?		
Have you ever been told you have a heart murmur?		
Any family members die suddenly before the age of 50?		
Do you have a congenital defect such as single kidney, undescended testicle, cardiac defect?		
Do you have any hernias, groin or abdominal?		
Have you ever had a head injury or concussion? If yes, when? ____ / ____ / ____		
Have you ever been knocked unconscious? If yes, when? ____ / ____ / ____		
Have you ever had a pinched nerve or numbness or tingling in your arms, hands or feet?		
Have you ever had a heat stroke? If yes, when? ____ / ____ / ____		
Do you have any drug allergies? If yes, what:		

Fighters Signature: _____ Print Name: _____ Date: _____

MEDICAL QUESTIONS: Doctor, Paramedic or Nurse Only Below This Line

Physical Check	RESULT	Physical Check	RESULT
Fighters Weight		Fighters Eyes	
Fighters Age		Fighters Heart	
Fighters Pulse		Fighters Lungs	
Fighters Blood Pressure		Fighters Hernia/Abd.	
Fighters Hands		Physical Look	

D/P/N Signature: _____ Print Name: _____ Date: _____

ISCF FIGHTERS MEDICAL SUSPENSION NOTICE



FIGHTER: _____ **DATE:** ____/____/____
EVENT CITY: _____ **STATE:** _____
INJURY REASON: _____
EXPLAIN SUSPENSION: _____

____/____/____ BEGINNING DATE OF SUSPENSION	____/____/____ ENDING DATE OF SUSPENSION
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The ISCF may Suspend an ISCF Fighter, Fighting on an ISCF Sanctioned Event for medical or disciplinary reasons. If for **MEDICAL REASONS**, The ISCF may also require medical testing as required to further review the Fighter's injuries before fighting again.

FIGHTER MUST INITIAL EACH BLANK

- 1: _____ Your suspension shall be upheld by ALL State Athletic/Boxing Commissions and ALL Sanctioning Bodies.
- 2: _____ If you fight while suspended you will face an additional suspension and possible monetary fines.
- 3: _____ REQUIRE MEDICAL TESTS:

ATTENTION FIGHTER - DANGER SIGNS

Notify the ringside physician of any injury sustained During your fight. You should seek immediate medical attention at the closest hospital Emergency room if you experience any of the following:

NAUSEA OR VOMITING - / - DIZZY, WOOLY OR SLEEPY - / - BLACK SPOTS, FLASHING LIGHTS - / - CONFUSION - / -
 PAIN IN THE EYE - / - UNABLE TO WALK STRAIGHT - / - SEVERE HEADACHES - / - DOUBLE OR BLURRED VISION OR
 AREAS OF BLACKNESS

I hereby declare that I am the fighter above and I have read & fully understand the meaning & importance of its contents. I acknowledge that this is a binding agreement between myself & the ISCF. I further declare & represent that I am at least 18 years of age, that I have full legal capacity to be bound by this agreement, & that I am signing this agreement of my own free will and accord.

Executed at _____ / ____ / _____, on this _____ day of _____, in the year 20____

FIGHTERS PRINTED NAME: _____

FIGHTERS SIGNATURE: _____ **DATE:** ____/____/____

ISCF REPRESENTATIVES PRINTED NAME: _____

ISCF REPRESENTATIVES SIGNATURE: _____ **DATE:** ____/____/____

EVENT MEDICAL DOCTORS PRINTED NAME: _____

EVENT MEDICAL DOCTORS SIGNATURE: _____ **DATE:** ____/____/____

ISCF - International Sport Combat Federation
 P. O. Box 1205, Newcastle, CA, 95658, 9385 Old State Highway, Newcastle, CA, 95658, USA
 (916) 663-2467, Fax: (916) 663-4510 or info@iscfmma.com - www.ISCFMMA.com



ISCF
FIGHTERS MEDICAL ATTENTION FORM

- PROMOTER: _____
- PROMOTER CONTACT INFO: _____
- DATE: ____/____/____
- VENUE NAME & LOCATION: _____
- FIGHTER'S NAME: _____
- PHYSICIANS EXPLANATION OF MEDICAL ISSUE OR NEEDS OF ATTENTION:

- REQUIRE OR SUGGESTED MEDICAL TESTS: _____
- PROMOTERS INSURANCE COMPANY _____
- CONTACT INFO: _____
- INSURANCE POLICY NUMBER _____

Executed at _____, on this _____ day of _____ in the year _____

EVENT MEDICAL DOCTORS PRINTED NAME: _____

EVENT MEDICAL DOCTORS SIGNATURE: _____ DATE: ____/____/____

ISCF REPRESENTATIVES PRINTED NAME: _____

ISCF REPRESENTATIVES SIGNATURE: _____ DATE: ____/____/____



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ADVERTISING YOUR ISCF SANCTIONED EVENT

DO NOT Advertise Your Event Until you have been CONFIRMED as an ISCF Sanctioned Event on the ISCF Events Page. Doing so will result in a minimum fine of \$500.00 and could be more Depending upon the type of advertising that has been done.

All ISCF Event Advertisement must be presented as follows;

- ALL EVENT ADVERTISING Must Identify the ISCF as the Official Event Sanctioning Body.
- This includes any and all advertising of your event.
- Failure to do so will VOID Official Sanctioning of your event.
- For details of such advertising please see the details below:

WEB SITES

- ALL Web Sites used by the ISCF Sanctioned Event Promoter must have the ISCF logo and web address, linked directly to the ISCF Web Site at www.ISCFMMA.com.
- ISCF Logos can be Found on the ISCF website.
- The ISCF Logo must be placed in a prominent position on the front page of the website and anywhere else the event is discussed which includes other news pages, bout line-up pages etc.
- The ISCF Logo must be large enough to be seen CLEARLY, which includes the ISCF Web Address - Address Listed as: www.ISCFMMA.com
- ALL Publicized ISCF Sanctioned titles must be noted as ISCF Titles.

PRINT MEDIA

ALL "WRITTEN" Event Promotional Advertisements (e.g., Posters, Fliers, Hand Outs, Programs, Handbills, etc.) must have the Following on ALL OF THEM;

1. The Title: Sanctioned By The ISCF.
2. The Official ISCF SANCTIONING LOGO, Found (Right)
3. ISCF SANCTIONING LOGO, must be placed in the UPPER LEFT HAND CORNER of ALL Posters, Fliers, Hand Outs, Programs, Handbills, etc.
4. Logo must be large enough to be seen CLEARLY, which includes the ISCF Web Address - Address Listed as: www.ISCFMMA.com
5. ALL Publicized ISCF Sanctioned titles must be announced as ISCF Titles.



VOICE AUDIO

ALL "VOICE" Advertisement Announcements (Radio Commercials or Any Audio Announcements etc.) must contain; The phrase "***This Event is Sanctioned by the ISCF - ISCFMMA.com.***"

ALL Publicized ISCF Sanctioned titles must be announced as ISCF Titles.

TV & VIDEO ANNOUNCEMENTS

All VIDEO and or TV Advertisements AS WELL AS A RE-AIRING OF ANY PRODUCTION of an ISCF Sanctioned Event must have;

- "***This Event is Sanctioned by the ISCF - ISCFMMA.com.***"
- ALL Announced ISCF Sanctioned titles must be announced as an ISCF Titles

RING ANNOUNCER

At the beginning of each ISCF Sanctioned Event, you must announce;

- "***This Event Is Sanctioned by the ISCF - ISCFMMA.com.***"
- The Ring Announcer of an ISCF Sanctioned Event has the permission of the ISCF to use the Phrase "*Bring It On*" during the entire night of the ISCF Sanctioned event.

COMMENTATORS

Commentators are respectfully requested to say "***This Event is Sanctioned by the ISCF - ISCFMMA.com.***" during the airing or taping/filming of an ISCF sanctioned bout. This does not need to be said all the time, but at least make an announcement of the ISCF Sanctioning.

The Commentators of an ISCF Sanctioned Event have the permission of the ISCF to use the Phrase "*Bring It On*" during the entire night of the ISCF Sanctioned event.

PRODUCTION RIGHTS

- The ISCF has authorization to use ANY video, DVD, TV or film of ANY & ALL ISCF Sanctioned events for promotional or instructional purposes.

ISCF MANDATORY EVENT INSURANCE

All ISCF Sanctioned Promoter's are liable for any medical costs of any injury sustained by any Fighter who is Fighting on the Promoters ISCF Sanctioned Event. To cover any such fighter medical expenses, the ISCF Sanctioned Promoter must have a minimum of *\$2,500.00 coverage in fighter medical Insurance for his ISCF Sanctioned event.

(*) Some States or Jurisdictions will require higher Insurance coverage for Fighter Medical Insurance so make sure as an event Promoter you know exactly how much coverage you should have for your event.

ISCF STRONGLY Recommends Promoters carry a higher amount of "Fighter Medical Insurance".

- ISCF Event Promoter must provide proof of their fighter medical Insurance by faxing a cover page of their insurance to the ISCF Headquarters (916-663-4510) prior to their event.
 - ISCF Promoter must have all insurance coverage's, original paperwork available to show the ISCF Event Representative.
 - If Promoter has not faxed to the ISCF Headquarters a copy of "Proof of Fighter Medical Insurance" and or cannot show any proof of such insurance to the official ISCF Event Representative prior to the event, the event will be cancelled immediately by the ISCF Event Representative.
-



ISCF

International Sport Combat Federation



The ISCF Mission...

*"Safety, Credibility, Fairness, Recognition, Support & Unification
Of Fight Sports Around The World"*

International Sport Combat Federation - ISCF

P. O. Box 1205, 9250 Cypress Street, Newcastle, CA, 95658

(916) 663-2467 FAX: (916) 663-4510

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Business and Professions Code

18648. The commission shall prescribe standards as necessary, for the licensure of any persons required to be licensed by this chapter or by the commission's regulations.

- 18702.** (a) No person under 18 years of age shall participate as a contestant in any professional contest or match or exhibition.
- (b) Any person, irrespective of age, may participate as a contestant in an amateur contest, match, or exhibition with the approval of the commission subject to Section 18642.
- (c) Consistent with Section 18640, the commission shall have jurisdiction over all forms and combinations of forms of full contact martial arts contests involving participants 18 years of age or younger.

18766. Every contestant in an amateur kickboxing or martial arts contest under the age of 18 years shall wear protective headgear approved by the commission.

- 18706.** (a) Not later than at the weigh-in time, which shall be not more than 30 hours prior to the beginning of the first event, the physician provided for in Section 18705 shall conduct a physical examination of the contestant and certify in writing as to the contestant's physical condition to engage in the contest or match.
- (1) The commission shall make the contestants' medical records available to the physician and the physician shall review the contestant's medical records as part of the certification of the contestant's physical condition.
- (2) The physician shall determine whether the contestant may have any knowledge, manifestations, symptoms, or prior history of a physical condition that may affect the contestant's ability to perform or present a potential threat to the contestant's health as a result of competing in the contest or match. The contestant shall complete a questionnaire developed by the commission. The contestant shall be asked to disclose on the questionnaire any conditions of which the contestant is aware, including, but not limited to, any of the following:

- (A) Significant weight gain or loss and any change in weight in the seven days prior to the contest.
- (B) Neuromuscular condition, including peripheral nerves, muscle problems, and brain problems.
- (C) Pregnancy.
- (D) Bone fractures and all forms of arthritis.
- (E) Any condition related to vision or changes in hearing function.
- (F) Heart condition or other cardiovascular condition.
- (G) Pulmonary or respiratory condition.
- (H) Renal or urological condition.
- (I) Hematological condition, including manifestations of any unusual bleeding or bruising.

If any condition is disclosed under this paragraph, the physician shall not allow the contestant to compete unless the physician or, at the contestant's discretion, the contestant's personal physician, who is licensed to practice medicine in the United States, has conducted a physical examination and determined that the specific condition does not affect the contestant's ability to perform or present a potential threat to the contestant's health as a result of competing in the contest or match.

(3) The questionnaire shall be developed by the commission through promulgated regulations in consultation with qualified medical professionals.

(4) Nothing in this chapter may be construed to require a contestant to submit to a pregnancy test.

(b) On the day of the event, and no later than one hour before the contestants enter the ring, the physician provided for in Section 18705 shall conduct a brief reexamination and certify in writing as to the contestant's physical condition to engage in the contest or match. This reexamination shall include an evaluation of any significant changes since the physical examination provided under subdivision (a).

(c) A report of the medical examinations shall be filed with the commission not later than 24 hours after the termination of the contest or match. The physician's report of the examination shall include specific mention as to the condition of the contestant's heart, nerves and brain.

18646. (a) This chapter applies to all amateur boxing, wrestling, and full contact martial arts contests.

(b) The commission may, however, authorize one or more nonprofit boxing, wrestling, or martial arts clubs, organizations, or sanctioning bodies, upon approval of its bylaws, to administer its rules for amateur boxing, wrestling, and full contact martial arts contests, and may, therefore, waive direct commission application of laws and rules, including licensure, subject to the commission's affirmative finding that the standards and enforcement of similar rules by a club or organization meet or exceed the safety and fairness standards of the commission. The commission shall review the performance of any such club, organization, or sanctioning body annually.

(c) Every contest subject to this section shall be preceded by a physical examination, specified by the commission, of every contestant. A physician and surgeon shall be in attendance at the contest. There shall be a medical insurance program satisfactory to the commission provided by an amateur club, organization, or sanctioning body in effect covering all contestants. The commission shall review compliance with these requirements.

(d) Any club, organization, or sanctioning body that conducts, holds, or gives amateur contests pursuant to this section, which collects money for the event, shall furnish a written financial report of receipts and disbursements within 90 days of the event.

(e) The commission has the right to have present without charge or restriction such representatives as are necessary to obtain compliance with this section.

(f) The commission may require any additional notices and reports it deems necessary to enforce the provisions of this section.

(g) The commission, at its discretion, may rescind previously approved authorization of a nonprofit boxing, wrestling, or martial arts club, organization, or sanctioning body to administer its rules for amateur boxing, wrestling, and full contact martial arts contests.



**RINGSIDE MULTIPURPOSE
HEADGEAR**
SKU: HG01

Availability: In stock

\$29.99
was \$49.99
save 41%

[Add to Wishlist](#) | [Email to a](#)

SIZE Select...

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QTY: 1 **ADD TO CART**

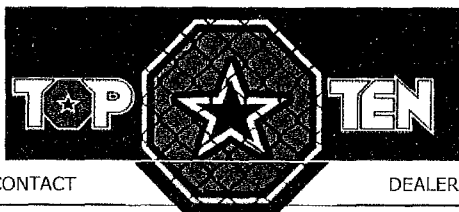


DESCRIPTION

REVIEWS

This Multipurpose Headgear is sleekly designed to avoid obstruction during grappling training for MMA.

- Dense foam protection
- Rear and chin hook & loop closures
- Synthetic construction



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MMA Headgear

No.#: 4363-9

Size/Weight: M

Color: Black

Material: Bayflex



DESCRIPTION

The new MMA head guard is designed especially for the needs of mixed martial arts training. This model is based on the famous line of Top Ten Bayfill® head guards. However, this model has been modified to suit the demands of ground and stand-up training. The construction is very slim and allows for unlimited mobility. Additionally, the smooth, ergonomic shape prevents your training partners from grabbing the head guard for leverage during training sessions.

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Asics Jr. Gel Youth Wrestling Headgear



Mouseover image to zoom

MORE VIEWS



Style Number ZW802

Regular Price: \$19.99

Special Price: \$13.99

4.5 (43 reviews) [Read 43 Reviews](#) | [Write a Review](#)

Like

8+1

Tweet

[Add to Wishlist](#)

* Size

Choose an Option...



* Color

Choose an Option...



Qty: 1

Add to Cart

* Required Fields

- Buy 5 for \$12.99 each and save 8%
- Buy 10 for \$11.99 each and save 15%
- Buy 20 for \$10.99 each and save 22%

BOTTOM LINE

The Asics Jr. Gel Headgear continues to be Asics best selling headgear.

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The Asics Jr. Gel Youth Wrestling Headgear has mothers taking a sigh of relief, as they will no longer have to worry about their child getting cauliflower ear. This revolutionary headgear protects the head and cradles the ear without impairing hearing.

It contains Asics Gel Cushioning System to help absorb shock both in and around the ear. It contains polypropylene ear shells with hearing vents for a durable and safe fit.

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