

King Of The Mountain Kickboxing (KOTM) Rules

Bouts

are 2 to 3 rounds of 60 seconds, 90 seconds, or 2-2 minutes in length, 3- 2 minutes depending on the fighters Experience and Age.

Standard Boxing rules apply in all divisions

Each fight could be 2-2 minute rounds.

If the judges come to the conclusion in private that there is a draw then there will be a third round to determine the winner.

Bouts could also go 3-2 minute rounds.

Advance agreement to alter the round can be approved by KOTM rep.

However, Safety and No Knockout rules must be adhered to at all times.

STYLES

Full Contact Above The Waist (PKB)

Controlled spinning back-fist allowed in all divisions.

Foot and hand strikes to the body Above the waist/belt line are allowed.

No strikes to joints, groin and spine area.

Shin and foot pads that cover the toes are MANDATORY for all divisions.

Headgear is MANDATORY.

Dress Code: Shorts are Mandatory, NO LONG PANTS.

International Rules (PIR)

All rules above apply.

No knees!

No Elbows!

Kicks to inside and outside of thigh OK.

Dress Code: Shorts are Mandatory, NO LONG PANTS.

Muay Thai (PMT)

Foot and hand strikes to the entire body except joints, groin and spine area are allowed.

Shin Pads are MANDATORY in Junior divisions.

(Under 18.

Please Note: Pre- Approved Knee strikes to the body may also be allowed in advance divisions only.

Dress Code: Shorts are Mandatory, NO LONG PANTS.