

THE OFFICIAL RULES FOR SPARK SUBMISSION SPORTS POINT KICKBOXING

BOUT LENGTHS AND DIVISIONS

- **Lower Juniors Division (5 & 6-year-olds)**
 - Bouts consists of 1 round lasting 60 seconds
 - Lower Junior category is for exhibition purposes only and to cultivate the younger students excitement and desire to compete.
 - All Lower Junior competitors will receive award medals.
- **Upper Juniors Division (7 – 12-year-olds)**
 - Bouts consist of 2 rounds lasting 90 seconds each.
- **Juvenile (13 - 16-year-olds)**
 - Bouts consist of 2 rounds lasting 2 minutes each.
- **Adults (17 years and up)**
 - Bouts consist of 2 rounds lasting 2 minutes each.

Competition Brackets are Single Elimination. The Top Three Competitors in Each Competition Division will receive awards.

****Additional divisions may be added if warranted by tournament size.**

Weight Divisions

Competitors will be allowed a 2-pound discrepancy at weigh-in. Failure to make weight may result in disqualification and forfeiture of all tournament related fees.

- **Lower Juniors** – 5 & 6 years – we will try to match lower juniors with no more than a 4-pound weight difference.
- **Upper Juniors** – 7-12 years – we will match upper juniors with a difference of no more than 2 years in age and no more than a 6-pound weight difference.

<u>WEIGHT CLASS</u>	<u>WEIGHT in lbs.</u>
Junior Strawweight	Up to 55 lbs.
Junior Flyweight	56-62 lbs.
Junior Bantamweight	63-68 lbs.
Junior Featherweight	69-75 lbs.
Junior Lightweight	76-82 lbs.
Junior Welterweight	83-89 lbs
Junior Middleweight	90-96 lbs
Junior Light Heavy Weight	97-103 lbs
Junior Cruiserweight	104-110 lbs
Junior Heavyweight	111-117 lbs.
Junior Super Heavyweight	118-124 lbs
Junior Ultra Heavyweight	125-131 lbs.

- **Juveniles** – 13- 16 years
- **Adults** - 17 and above

All Juvenile and Adults will be divided by gender.

<u>WEIGHT CLASS</u>	<u>WEIGHT in lbs.</u>
Strawweight	Up to 108 lbs.
Flyweight	109-115 lbs.
Bantamweight	116-122 lbs.
Featherweight	123-130 lbs.
Lightweight	131-140 lbs.
Welterweight	141-154 lbs.
Middleweight	155-168 lbs.
Light Heavyweight	169-175 lbs.
Cruiserweight	176-200 lbs.
Heavyweight	201-225 lbs.
Super Heavyweight	226 and Above

*****For larger events juvenile and adult divisions will be divided in 10-pound increments. When warranted, additional weight divisions will be added.*****

Catch Weight divisions may be made between two weight classes as long as they do not exceed the 10-pound weight difference between all competitors in the division.

COMPETITORS MUST WEIGH-IN AND HAVE THEIR RING ATTIRE AND EQUIPMENT INSPECTED BEFORE THEIR BOUT BEGINS.

Experience Levels

- **Matches will be made by age, weight and experience level.**
 - **Beginner** - 0 to 1 year experience
 - **Intermediate** – 1 to 2 years' experience
 - **Advanced** – 2 years' experience and up.
 - **Elite**- Competitors who have competed on Boxing, Kickboxing or MMA fight card are considered elite.

STANDARD BOXING RULES APPLY IN ALL DIVISIONS

- **Modified International Rules**
 - Controlled, light/semi-contact, lead-hand back-fists and spinning back-fists 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.

- Full, thick, competition shin and in-step pads are mandatory. Shin and instep pads must be smooth vinyl or rubber coated. Cloth pads are not allowed. Foot pads that cover the toes are optional.
- Full headgear with chin and cheek protection, protecting face from glove contact is MANDATORY.
- No Knees
- No Elbows
- Light/semi-contact kicks to inside and outside of thighs are allowed.
- Sidekicks below the belt are not allowed.
- No clinching. Clinched fighters will be asked to break/separate.
- Foot sweeps to the front foot are legal if striking foot is below the ankle.

CONTACT

- Light Semi-contact only. **CONTACT NOT IMPACT!**
 - There are no Knockouts and/or Technical Knockouts.
 - Stunning or wobbling blows are not allowed
 - Excessive contact will result in loss of points and possible disqualification from current and future Spark Submission Sports Events.
 - No kicks or punches in the back spine area, groin or knee joints.

Equipment

- Below is the MANDATORY Safety Equipment required for all Spark Submission Sports Point Kickboxing Matches
 - Full headgear with chin and cheek protection, protecting face from glove contact is MANDATORY.
 - Mouthpiece
 - Full, thick, competition shin and in-step pads are mandatory. Shin and instep pads must be smooth vinyl or rubber coated. Cloth pads are not allowed. Foot pads that cover the toes are optional.
 - For Males – groin supporter and cup is mandatory
 - For Females – a pelvic area protector is recommended.
 - Gloves –
 - 8 years of age and under -10 oz. gloves.
 - 9-13 years of age and weighing under 100 lbs.- 12 oz gloves.
 - All competitors weighing 101 lbs. and over, regardless of age – 16 oz gloves.
 - Hand Wraps – Standard hand-wraps should be worn by all competitors. Speed wraps are also acceptable.
 - Breast and Chest protectors and Face Guard Protectors are optional but recommended.
 - Full, thick competition shin and in-step pads are mandatory. Shin and instep pads must be smooth vinyl or rubber coated. Cloth pads are not allowed. Foot pads that cover the toes are optional.

*****Each competitor is responsible for supplying all of their required gear for their event.**

*****Gear must be in good order free from excessive wear, tears or dangerous repairs.**

Seconds/Corner Coaches

- Seconds/Corner Coaches must be 18 years of age or older.
- Each competitor is allowed up to 2 Seconds/Corner Coaches, however, Seconds/Corner Coaches are not required.
- All Seconds/Corner Coaches must be registered for the event. Seconds/Corner Coaches registration may be completed on the same platform as competitor registration and must be completed by the competition registration deadline.

Dress Code

- **Shorts are mandatory.** Bottom of shorts should be 3 inches above the knee.
- **No long pants.**
- **No Shoes Allowed on Mats**
- Knee sleeves may be worn, but cannot contain any metal or other hard materials
- **Men/Boys**
 - May wear T-shirts, Tank Tops or Rash Guards which must be tucked in at the waist at all times.
 - T-shirts, Tank Tops, Rash guards are not required for male competitors during competition
- **Women/Girls**
 - Must wear a T-shirt, Tank Top or Rash Guard which must be tucked in at the waist at all times.
 - All women/girls must wear at least a padded sports bra beneath T-shirt, Tank Tops or Rash Guards. Molding chest protectors are acceptable but not required.

Hygiene

- Head, Body and Hair must be clean and free of debris
- Toenails must be trimmed short and manicured smooth.
- Any opening in the skin must be covered with an approved bandage or dressing.

Judging

- Three judges will score each bout. The center judge/ref, the perimeter judge and the ringside timekeeper judge.

Points

- Light/Semi-Contact Kicks to the legs & body count as 2 points.
- Light/Semi-Contact Kicks to the head will count as 3 points.
- Light/Semi-Contact punches and back fists to the body and head will count as 1 point.

- Points will be continuously tabulated on click score counters.
- Points will be recorded and tabulated during 30 second rest periods between rounds.
- Judging will be decided by 2 out of 3 majority or better. If competitors are tied at the end of a regulation bout time, the bout will be decided by total points score of each competitor. If total point score also reflects a tie, an additional 1-minute tie-breaking round will be warranted.

Possible Disqualification or Point Deduction

- Use of excessive contact (controlled light/semi-contact only)
- Wearing clothing with vulgar, profane, or offensive art or messages
- Use of illegal technique – elbows, knees, head butt, etc.
- Unsportsmanlike conduct.
- Use of profanity or taunting.
- Purposely endangering your opponent.
- Embellishing contact received from your opponent in order to gain penalty points or disqualification of your opponent.
- Verbal or physical non-competitive aggression of any type exhibited toward any competitor, spectator, judge, referee or tournament personnel will result in disqualification and possible banning from future competition.