



OFFICIAL RULES

- Each bout will be 3 rounds, with each round lasting 3 minutes. There is a 2-minute rest period between each round.
- Fighters will “toe the line.” There are two lines, three feet apart, in the center of the ring where the fighters will start each round. Once each fighter’s front foot touches their respective lines, the referee will instruct the fighters to “get ready.” This will be the beginning of the round.
- Point System: Fighters will be granted one point for every contact of their pillow to the opponent’s person. ONE point will be granted on impact. TWO points will be granted if contact is made, and the opponent is knocked down or a standing 8-count is completed. The winner of each bout will be established at the end of all 3 rounds when all points have been tallied, or if a fighter is counted out due to a knockdown. (10 counts)
- A swing of the pillow is the only strike permitted, and the swing must make contact with the opponent’s body to earn a point. Kicks, elbows, knees, and grappling are not permitted.
- In a clinch (IE: pillows get tangled), each fighter must stop for instructions from the referee. The referee will break the clinch and instruct the fighters back to the center of the ring to resume the fight.
- If a fighter gets knocked down, they will have 10 seconds to return to their feet or the referee will stop the fight. You are NOT permitted to hit a downed fighter. If a fighter hits another downed fighter, the aggressor will be disqualified, and their purse may be withheld. While a fighter is down, the referee will instruct the other participating fighter to withdraw to a neutral area.
- Attire: All fighters must have a mouthpiece. Shoes are optional. All fight-appropriate clothing is permitted. The producer will have final say on all permitted clothing.
- Fighters are permitted to wrap and tape their wrists, thumbs, and mid-hands for better grip. No gauze or tape can be within 1 inch of the knuckles.
- All fighters are expected to give 100% effort and behave with exemplary sportsmanship.