



# Rules and Regulations

## Amateur Mixed Martial Arts (AMMA) Disciplines



This document is provided to members of the *Council of Amateur Sport Kickboxing*.

Throughout this document the acronym *CASK* will be used for the *Council of Amateur Sport Kickboxing Inc.*

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**2012 Revised Edition**

*This edition replaces all past editions and all of their contents.*

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COMITE DE KICKBOXING AMATEUR  
COUNCIL OF AMATEUR SPORT KICKBOXING

**MISSION**

***The Council of Amateur Sport Kickboxing / Comité de Kickboxing Amateur (CASK) will be the national leader in promoting excellence in all martial art related combative sports through events, courses, and certification of athletes, coaches, and officials.***

***Center of Excellence***

CASK is dedicated to the highest level of excellence in the planning, implementation and review of each of its programs and operations. The effort is to build upon any successes and always look for areas of improvement and systems growth.

***Focus on Safety and Health***

CASK has established the highest safety standards to ensure the well-being of all athletes, coaches and recreational participants involved in amateur combative sport.

***Industry Leader***

CASK strives to be a leader within the sport martial arts/kickboxing/K1/MMA industry. This goal will be realized through the core objective of meeting the needs of stakeholders within the industry including school/gym owners, coaches, event coordinators, all levels of athletes, and volunteers.

***Fostering Cooperation***

CASK will work openly with all individuals and groups committed to the cooperative growth of amateur combative sports. A fundamental principle of CASK is to foster a cooperative framework within the sector.

***Demonstrating Ethics and Values***

CASK is committed to upholding the highest ethical principles in all of its operations and events. All CASK leaders will demonstrate appropriate conduct, positive attitudes, and will always work to create an environment that is respectful, safe, and healthy and discrimination and harassment free.

***Worldwide Presence***

CASK will be internationally known for its domestic operations and development of national amateur teams. CASK will network and affiliate itself with sanctioning bodies, national organizations, and event promoters committed to the principles and values of the organization.

## CASK DEFINITIONS

CASK aims to standardize the amateur kickboxing/K1/AMMA industry in Canada. This goal is essential in the development of a truly national organization with consistency from region to region. The following terms and definitions will be used by CASK in all of its programs, services and operations.

Amateur Mixed Martial Arts – An amateur sport in which one player seeks to gain a tactical advantage by using positioning, submissions and submission attempts, and striking to legal target areas to outpoint the opposing player.

Member Club - A club that has a minimum of one fully certified coach and has fulfilled the CASK requirements completely – including the registration of the club owner, all coaches and all competitive athletes.

Coach - A qualified instructor/teacher who develops the athlete or participant during practice and competitions and has fulfilled the CASK registration and certification requirements.

Competitive Athlete - A skilled participant who engages in approved competitions to further their abilities with other athletes of similar parameters (age, weight, experience) and has fulfilled the CASK registration requirements.

Recreational Participant - A participant that pursues the activity for the personal goals of fitness and skills development without engaging in approved competitions or sparring and has fulfilled the CASK registration requirements.

Official - A volunteer who provides leadership at approved competitions by administering the rules and regulations and has fulfilled the CASK registration and certification requirements.

Event Coordinator - An individual or group that organizes a CASK approved competition for the benefit of athletes to gain competitive experiences in a safe and regulated event. Event Coordinators must be from a CASK Member Club.

Tournament Format Competition – A CASK approved competition in which more than two athletes can enter a specific category and progress through single bout victories towards a final match for the entire category.

Single Bout Format Competition – A CASK approved competition in which single bouts are pre-arranged between two athletes per match with similar parameters (age, weight, experience).

Approved equipment - Safety equipment that meets approved CASK standards to ensure safety of both participants.

Amateur Athlete - All athletes that has not competed for 'prize money' for their participation in any combat sport including but not limited to – boxing, mixed martial arts (MMA), grappling, no holds barred, jui jitsu, tough man contests, or any martial arts events.

## AMMA EXECUTIVE SUMMARY - Amateur Mixed Martial Arts (AMMA) Disciplines

*This summary outlines key concepts central to the CASK mandate. It is not a comprehensive document. Refer to the remainder of this complete document for further details on each of the following areas.*

### **CASK Objective**

The Council of Amateur Sport Kickboxing aims to be the premiere Canadian national organization for the promotion of excellence in amateur mixed martial arts sports. Its primary goal is to ensure the health and safety of participating athletes. Fundamental to this goal is the establishment and promotion of standardized rules and regulations, dedicated to ensuring consistency amongst all stakeholders.

### **Definition of AMMA**

An amateur sport in which one player seeks to gain a tactical advantage by using positioning, submissions and submission attempts, and striking to legal target areas to outpoint the opposing player.

### **Athlete/Coach Requirements**

All athletes and coaches are required to be members of a CASK registered club that have completed all registration requirements.

All coaches must also register annually and are required to complete a Level I Coaching Course (one time course); a vulnerability sector police screen (every three years); a first aid course (every three years).

All athletes must be registered with CASK prior to competing. Registration is done annually and requires the completion of a CASK medical exam conducted by a physician.

Athletes are matched in competition through CASK regulations for age, weight, and combat sport experience.

### **AMMA Disciplines**

There are two sport disciplines of AMMA. Please see the chart below for the basic information of each.

	<b>Tatami (Light Contact –Low Kick)</b>	<b>Ring Sport (K1 Rules)</b>
<b>Competition Area</b>	Tatami Floor (matted surface area)	Regulation Kickboxing Ring
<b>Outfitting</b>	Rash Guard & Shorts (Male/Female)	Shorts (Male), Rash Guard & Shorts (Female)
<b>Equipment</b>	Head Gear – AMMA Gloves – AMMA Shin/Instep Guards – Mouth Guard – Athletic Support	AMMA Gloves – AMMA Shin/Instep Guards – Mouth Guard – Athletic Support
<b>Striking Rules - Standing</b>	Light Contact Low Kick Rules	Ring Sport K1 Rules
<b>Striking Rules - Ground</b>	No Striking permitted	Striking to legs and body only
<b>Take Downs</b>	AMMA rules	AMMA rules
<b>Grappling</b>	AMMA rules	AMMA rules
<b>Submissions</b>	AMMA rules	AMMA rules
<b>Full Submission</b>	Round won by athlete that submits	Bout won by athlete that submits

## I. EVENT REQUIREMENTS

*The Event Coordinator is responsible for ensuring that all CASK policies and procedures for sanctioned competitions are adhered to at their sanctioned event*

### A. Administration

*The following administration areas are responsibilities of Event Coordinators:*

1. Event Coordinators are required to be CASK club owners.
2. A prospective date for a competitive event must be requested by email to the CASK office more than 90 days in advance of the email date. The CASK office will provide an email within 5 business days indicating if that date(s) is free for an event. The event is not considered sanctioned at this step – the date is clear for the event at the time of the email.
  - a. The prospective date must be no less than 90 days and no more than 6 months in advance of the date of the email.
3. The completed Event Sanctioning application and fee must be received by the CASK office a minimum of 90 days prior to the date of the event. The CASK office will process the application within 5 business days. Once the event is processed it is considered sanctioned.
  - a. If sufficient officials are unavailable for the event date – a full refund will be provided to the Event Coordinator or another date will be secured.
4. A bout list must be submitted to the CASK office 30 days prior to the event date. All athletes must have a valid CASK athlete passport for the competition year.
5. The Event Coordinator must provide evidence of commercial general liability for the event listing the Council of Amateur Sport Kickboxing as an additional party under the coverage.
6. A DVD of all bouts must be mailed to the CASK office within 10 business days of the event.
7. All coaches must have a valid CASK coaching card valid for the current year.

### B. Officials

1. Mandatory Officials
  - a. Chief Official (CO) – there must be two **CASK Level III Certified Official** on site during event. The CO's work as a team and have final decision over all bouts and officiating and will ensure that the rules and regulations and CASK policies are adhered to. The CO's are required to run the weigh-ins and oversee the pre and post bout medical examinations.
  - b. Ring Doctor – A registered **Canadian Physician** must be present during the bouts and must oversee the pre and post bout medical examinations.
  - d. EMT – There must be an **Emergency Medical Team** to assist the ring doctor. These persons can include certified athletic therapist, paramedic, physiotherapist, nurse, or anyone certified in advanced first aid/CPR. The EMT must be on site to assist in the pre-bout medicals as well as during all bouts.
  - e. Referees – A minimum of 2 **CASK Level II Certified Official** is required for every 12 bouts.
  - f. Judges – A minimum of 4 **CASK Level I certified officials** are required for every 12 bouts. Only three judges are required to score each bout, however having more judges is recommended.

### **C. Tatami**

1. The Tatami Mat will be composed of three (3) areas: Competition Zone, Warning Zone and the Safety Zone with the following dimensions:
  - a. The Competition Zone shall measure a minimum of 7.0 m square to a maximum of 10.0 m.
  - b. The Warning Zone shall extend beyond the Competition Zone.
  - c. The Safety Zone shall extend beyond the Warning Zone.
2. All Zones must be clearly identifiable.
3. The surface of the Tatami (matted area) must be firm, non-slippery, clean, even and free of damages with no spaces or cracks.
  - a. Any tears must be mended with new material that ensures an even surface.
4. The Tatami must be at a minimum 2.54 cm (1 inch) in thickness
5. Corner men gear and stools must be stored a minimum of 1 meter beyond the Safety Zone
6. The Official's tables must be located 1 meter beyond the Safety Zone
7. The spectator seats must be a minimum of 2 meters away from all official tables on all 4 sides of the Tatami (matted area).
8. The Event Coordinator must have a barrier between the spectators and the competition area and or a volunteer/staff to ensure that spectators are not within this area.
9. Two corners shall be clearly marked red and blue to correspond to the athletes and the other two corners must be clearly marked white.

### **D. Ring**

1. Dimensions – A regulation-boxing ring shall measure a minimum of 5.0 m square to a maximum of 6.0 m. These measurements shall be inside the line of the ropes.
2. The ring floor shall extend beyond the ropes a minimum of 0.4 meters.
3. The ring floor shall be padded with a surface material of felt, rubber or canvas that covers the entire platform. The surface must be clean, even and free of damages. Any tears must be mended with new material that ensures an even surface.
4. There must be a padded elastic under layer that is between (same as kickboxing)<sup>1</sup>
5. The spectator seats must be a minimum of 1.5 meters away from all official tables on all 4 sides of the ring. The Event Coordinator can request a barrier between the spectators and the competition area as well as volunteer/staff to ensure that spectators are not within this area.
6. The four corner posts shall be well padded to ensure the safety of the athletes.
7. Two corner posts shall be red and blue to correspond to the athletes and the other two corner posts must be white. Sponsor names can be placed on the posts but must not detract from the color.
8. There will be a minimum of four ring ropes; of a thickness of 3 cm; that are covered with a padded material. The lowest rope must be a minimum of 40 cm from the ring floor.
9. The ring ropes will be joined at each side by two pieces of sturdy material or thin rope.

### **E. Competition Area Equipment**

1. The following items for the competition:
    - a. Weigh scale, two stools, timer, buzzer/bell, two ring steps/stairs, broom, mop, cleaning/disinfectant solution, heavy-duty tape, scissors, and extra thin rope.<sup>2</sup>
    - b. A comprehensive first aid kit with sufficient rubber gloves for the referee(s)
    - c. A minimum of 5 sets of scoring clickers (10 clickers in total)
    - d. A minimum of three sets of red/blue gloves for every 12 bouts.
-



- a. The gloves must be CASK approved amateur MMA style gloves.
- b. The gloves must be clean and in good condition with the padding firmly in place with no tears inside the glove or anywhere on the surface area.
- c. The chief official must approve the gloves.

## **F. Ringside Documents**

1. The Event Coordinator shall have the following documents ringside prior to the beginning of any bouts:
  - a. Event Bout List – with any changes indicated
  - b. Completed pre-bout medical forms
  - c. Post-bout medical forms
  - d. Athlete Passports
  - e. Adequate round score cards
  - f. Adequate bout score cards
  - g. Adequate disciplinary forms
  - h. Adequate Head Injury Routine forms

## **F. Event Coordinator**

The Event Coordinator is responsible for maintaining an organized event with sufficient volunteers, staff, security and other persons required. The Event Coordinator is responsible for:

1. Fulfilling their requirements as outlined in the Rules and Regulation document, Policy document and the Sanctioning Events document.
2. Ensuring that all municipal, provincial and federal legal requirements and by-laws for the event are adhered to, including but not limited to fire safety requirement, occupancy requirements, liquor licensing (if selling alcohol), and building access requirements.
3. Ensuring that a copy of a Certificate of Insurance for the event is provided to the CASK office listing the Council of Amateur Sport Kickboxing as an additional party covered by the insurance policy.
4. Sending the event physician and EMTs the CASK Medical Information document in advance of the event and following up with these individuals to ensure that they are familiar with their role and responsibilities.
5. If alcohol is being served, the Event Coordinator must obtain event insurance that has Host Liquor Liability coverage.
6. Providing a competent volunteer to assist the Chief Official during the entire event – from weigh in to the completion of the competition.
7. Providing travel expenses to the Officials in accordance to the amounts indicated by the CASK office.
8. Providing refreshments and snacks to the Officials during the competition.
9. Submitting to the CASK a DVD of all bouts within 10 business days after the completion of the event.  
Failure to do so will result in a fine and penalty.
10. Ensuring that the entire duration of the event runs no longer than 3 ½ hours in total from the time the event is scheduled to begin. The 3½ hours includes any breaks, intermissions, demonstration and any time due to the late start of the event.
11. Ensuring that an appropriate location for the weigh in and medical is provided, and all details are communicated to all teams and officials.
12. Ensuring that all promotions and communications used for the event are appropriate and include the following essential information:
  - a. The event should be listed as ‘Approved by CASK’ and ‘Sanctioned by (PSO).
  - b. The terminology used in all communications/promotions can only use language appropriate to our NSO terminology.
  - c. Only the terms ‘AMMA’ or ‘Amateur MMA’ can be used in any communications/promotions directly related to the competition.

- d. The following terms should not be used to describe the event: any martial art name (eg. Full Contact Karate, Tae Kwon Do, Savate, Muay Thai) any other professional combat sport terminology (eg. MMA, Extreme Fighting, Cage Fighting).
- 13. Ensuring that all activities associated with their event, be these in direct control of the event coordinator or activities being administered by outside vendors or 3<sup>rd</sup> parties, are conducted legally and in compliance with all provincial, municipal and city by-laws.
- 14. Ensuring that all event staff and volunteers conduct themselves in accordance to the mission and principles of the organization.
- 15. Ensuring that the dress code for event staff and volunteers - including ring-card holders - must be respectful and appropriate for a family audience. Lingerie, swimwear or sexually suggestive attire is not appropriate for CASK events. The Chief Official at any event will enforce this policy.
- 16. The Event Coordinator is responsible for ensuring that only 'radio-edit' versions of music are played at the event. All music will not contain any language that is racist, sexist, sexually suggestive, or contains any inappropriate language. The Chief Official at any event will enforce this policy.

## II. ATHLETE REQUIREMENTS

### A. Registered Athletes

- 1. All athletes must register themselves annually with CASK.
- 2. The registration involves a CASK physical exam completed by their attending family doctor.
- 3. Athletes are registered in the following classification:

Pre Novice	0-5 bouts (subclass of Novice)
Novice	0-10 bouts
Open	11 bouts or more

- a. Open Class athletes can only compete with other Open Class athletes.
- b. Novice Class athletes are permitted to compete with Pre Novice Class athletes.
- c. A 'bout' is defined as any of: exhibition bout and any amateur full contact combat bout (eg. amateur boxing, amateur MMA, amateur Muay Thai).
- d. All National team athletes must be registered as Open Class.
- 4. Athletes are only allowed to compete with those within their classification.
- 5. Athletes are divided into the following age categories (male and female)

Light Contact – Tatami	Junior A	10-12 years
Light Contact – Tatami	Junior B	13-15 years
Light Contact - Tatami	Intermediate	16-18 years
Light Contact – Tatami	Senior	19 years and above
Full Contact - Ring	Senior	19 years and above

- a. Junior and Intermediate athletes are permitted to compete with an older athlete (without an upgrade) as long as there is no more than 24 months separating their birth dates.
- b. Juniors and Intermediate are classified as to the year of birth (not their birth date).
- c. Athletes above 50 years of age are required to provide a completed physical exam conducted by their family physician for each competition entered.

6. Weight Categories

- a. In single elimination competitions the following will be the maximum weight Differences for senior bouts in the ring discipline of AMMA:

(-48kg -67kg):**3 kg**; (-67kg -91kg):**4kg**; (+91kgM/+70kg F): **no differences**

- b. For tournament format events the following divisions will apply:

**Male Categories**

Division	KG
Light Bantam	-51
Bantam	-54
Feather	-57
Light	-60
Light Welter	-63.5
Welter	-67
Light Middle	-71
Middle	-75
Light Heavy	-81
Cruiser	-86
Heavy	-91
Super Heavy	+91

**Female Categories**

Division	KG
Bantam	-48
Feather	-52
Light	-56
Middle	-60
Light Heavy	-65
Heavy	-70
Super Heavy	+70

- c. For the Tatami discipline of the following weight divisions will apply:  
Below 30; -35; -40; -45; -50; -55; -60; -65; 70; -75; -80; -85; 90; +90

**B. Upgrades**

1. An athlete can upgrade classification (novice-open) or age category by providing justification of their ability on the CASK upgrade form. Forms must be submitted to the CASK office a minimum of 10 business days before any competition.
  - a. The upgrade request is made to the CASK office with a clear indication of the ability of the athlete being that of the desired upgrade.
  - b. An athlete can only upgrade to one category or classification.
  - c. Once an upgrade is approved, an athlete cannot compete in their former category or classification.
  - d. If an athlete wished to go back to their original category or classification, they must re-apply by submitting a formal letter with their rational. The final decision for re-instatement will be made by CASK no sooner than 10 business days after receiving the letter.
  - e. Reinstatements are permanent. Once an athlete is returned to their original category or classification, they cannot apply for any form of upgrade.
  
2. Athletes must be a minimum of 18 years of age to compete in the ring discipline of amateur MMA.

### **C. Equipment**

1. All athletes must compete in shorts.
  - a. Shorts must not have any gripping material or any other material deemed advantageous by the Chief Official, within the groin and inside of the thigh(s) area.
  - b. Shorts must be a minimum of 6 centimeters above the knee, with no pockets or strings or buckles around the sides. Board shorts are not permitted.
2. Tatami discipline - All athletes must wear a rash guard.
3. Ring discipline – No top is permitted for males; a rash guard is required for females.
4. No Arm bracelets and traditional head covering is permitted
5. All athletes must enter the ring or Tatami floor with shin/instep guards, mouth guard, groin protector, hand wraps, supplied gloves and for the Tatami Discipline an open face headgear (slip on type recommended).
  - a. Regulation equipment –Shin instep guards must be slip on type with a soft foam or soft rubber protection area that covers the instep to the knee but no less than 4 centimeters below the knee. No buckles or straps are permitted on the shin guard.
  - b. Gloves – the Event Coordinator is responsible for providing gloves that are CASK approved amateur MMA gloves. The gloves cannot be professional gloves.
  - c. Headgear – Is used in Tatami events only – in the ring events there is no headgear
  - d. Hand wraps –only cloth wraps are permitted and cannot be more than 2.5 meters in length and 5 cm in width. The back of the hand, wrist and all knuckles must be covered with the wrap. Only one layer of cloth is permitted between the knuckles. The only tape that is allowed on the hand wrap is one strand on the wrist area to secure the wrap. An official shall examine the wraps after the bout. An athlete that does not follow this procedure will be disqualified from the bout.
  - e. Only surgical tape (cloth type) is permitted on hand wraps and shin pads – duck tape, rubber tape, fiber tape, masking tape, scotch tape or construction tape is not permitted.
  - f. All equipment must be clean and in good order. The appropriateness of equipment is at the discretion of the chief official.
  - g. No other equipment other than those specified in sections a-e are permitted, except the use of ankle bandages that must be completely under the instep protection.

### **D. Appearance**

1. All contestants must be clean and presentable.
2. If head hair is long, it must be held within the headgear (Tatami Discipline).
3. Facial hair is not permitted UNLESS the athlete seeks advance approval from CASK on religious grounds. All approvals must be submitted to the CASK office a minimum of 10 business days before any competition.
4. No jewelry is permitted.
5. Contact lenses are not permitted.
6. Vaseline, grease, or any foreign substance is not permitted

### **E. Amateur Status**

1. All athletes must be amateur status, where ‘amateur’ is defined as not competing for ‘prize money’ for their participation in any combat sport including but not limited to – boxing, mixed martial arts (MMA), grappling, no holds barred, ju jitsu, toughman contests, or any martial arts events.
  - a. Honorariums are not considered ‘prize money’ but can only be for the cost of travel expenses (flight, train, bus or travel that does not exceed \$0.45/km from

destinations), lodging expenses, and meal expenses. These must all be verified with receipts.

2. If an athlete has competed in professional combat events in the past – she/he can apply to re-instate their amateur status. The application must be in writing to the CASK Board. The decision to reinstate amateur status must be conferred by consensus of both levels of the organization.

## **F. Competition Frequency**

1. Ring discipline athletes are permitted to compete in a maximum of 2 bouts per day in a tournament format event only and the two bouts must be in separate competition brackets.
2. Tatami disciplines have no limits to competition frequency unless the chief official feels that the athlete is not fit to compete.
3. An athlete competing in more than one bout in a tournament format event is required to have a pre-bout medical before each bout, whether the two bouts are in the same day or on consecutive days.
4. A CASK post bout evaluation will be considered adequate for a pre bout medical for bouts occurring on the same day.

## **III. COMPETITION REQUIREMENTS**

### **A. Pre-bout Examinations**

1. Official weigh-in
  - a. The Chief Official is solely in charge of running the weigh-ins. The Event Coordinator is required to provide any assistance requested by the Chief Official.
  - b. The Event Coordinator is responsible for establishing an appropriate location for the weigh-ins/medicals and for supplying a quality scale.
  - c. No spectators are allowed during the weigh in process.
  - d. Parent/guardians are permitted at junior and intermediate weigh-in and medical exams.
  - e. Athletes must present their CASK passport with a valid annual sticker.
  - f. Male athletes must only wear under garments and no top for weigh-ins.
  - g. Female athletes must only wear under garments and t-shirt or sports top for the weigh-in.
  - h. The official weigh-in will be the day of the competition.
  - i. In a single bout, format competition the official weigh-in will be scheduled no more than 3 hours before the commencement of the competition.
  - j. In a single bout, format competition the official weigh-in will be completed no less than 60 minutes before the commencement of the competition.
  - k. No athlete is permitted to weigh-in after the Official weigh in time is closed by the CO.
  - l. In a tournament format event, the amount of time allotted for weigh-ins can be increased due to the increased number of athletes.
  - m. All athletes must weigh-in during the official time-period.
  - n. One coach is required to attend the weigh in for each participating team/club. They are not permitted to interfere in the process.
  - o. For a tournament format event, all athletes must be within their allocated weight division.
    - *Athletes weighing below or above 1 kgs of the weight division will be permitted a maximum of one hour to meet the weight requirement.*
    - *Athletes weighing greater or less than 1 kgs of their respected weight will not be allowed to compete in that division.*
  - p. For a single bout competition, all athletes must be within the weight separation permissible. (See II A. 6. b.)

- *Athletes are permitted to lose/gain a maximum of 1 kgs after the official weigh in.*
- q. Athletes are only allowed two official weigh-in opportunities.
- r. Same sex officials will conduct weight-ins and no members of the opposite gender are to be present.
- *If this is not possible due to unforeseen circumstances, then the following protocols apply:*
- Male Officials weigh in female athletes – two additional females must be present*
- Female Officials weigh in male athlete – two additional males must be present*
2. Official Medical
- a. A qualified Canadian physician must complete each athlete's pre-bout medical exam.
- b. The attending physician will meet with the event CO prior to commencing the exams.
- c. In a single bout, format competition the medical exam will be scheduled no more than 3 hours before the commencement of the competition.
- d. In a single bout, format competition the medical exam will be completed no less than 60 minutes hours before the commencement of the competition.
- e. The medical examiner will use the CASK Pre-Bout examination form
- i. The CASK form must be stored for 7 years after the event.
- f. The physician is strongly encouraged to use the event EMTs to assist in the pre-bout medical exams to ensure the exams are conducted accurately and within the allotted time.
- g. The medical doctor has the authority to declare an athlete unfit to compete.
- h. The medical exam must be conducted in a manner to ensure privacy and confidentiality.

## **B. Competition Requirements**

1. The overall duration of any single bout competition is 3 hours and 30 minutes. The time measurement shall be taken from the time the event is scheduled to begin.
2. In a tournament format competition – each competition period cannot exceed 4 hours.
3. In a tournament format competition – there cannot be more than 3 competition periods per day.

## **C. Bout Requirements**

1. Regulation bouts are 3 x 3 minute rounds, with a 1-minute rest between rounds.
2. Title bouts are to be 4 rounds
3. The athletes will touch gloves (shake hands) at the beginning of the bout only. No touching of gloves is permitted during the bout or between rounds.

## **D. Coaching Requirements**

1. Only three corner people are allowed in the athlete's corner – one coach and two seconds.
2. All three corner people must have fulfilled all registration requirements
3. Two of the 3 allowed corner people must be from the CASK club of the participating athlete.
4. A minimum of 2 corner people must be in each corner.

5. During rest periods
  - a. Tatami: The main coach is allowed in the Competition Zone; One second is allowed in the Warning Zone; One second must stay within the Safety Zone.
  - b. Ring: The main coach is allowed in the ring; One second is allowed on the canvas – outside the rope; One second is allowed on the floor – outside the ring
6. During the progress of any round all coaches or seconds must be a minimum of ½ meter distant from the Tatami or the ring.
  - a. Before the beginning of any round all towels, buckets, stools must be removed beyond the Safety Zone or from the ring and platform completely.
  - b. The coach and seconds must be seated during the progress of the round. If a ring is being used as for the event, the coach and seconds must be seated during the progress of the round with their heads no higher than the bottom rope.
7. Any form of communication (eg. talking, hand singles, etc.) between any of the corner persons and the athlete or spectators is not permitted during the progress of any round.
  - a. A second may be disqualified for coaching during rounds and may not be replaced.
  - b. A coach may be disqualified for coaching during rounds and can be replaced by the second that is already in the corner for that bout.
8. All coaches and seconds must be wearing full athletic pants and athletic shirt, t-shirt or jacket.
  - a. Hats, tank-tops, or shorts are not permitted
9. The use of any pharmaceutical drugs or local anesthetics by the coach or seconds is forbidden.

## IV. SCORING REQUIREMENTS

### A. Tatami Discipline (Light Contact) Striking Rules

1. Scoring Areas
  - a. Front and sides of head and body, feet (sweeps).
  - b. Upper leg – 3 centimeters above the knee
2. Scoring Techniques
  - a. All techniques must be delivered with light contact as defined as a 'legal technique to a legal target area with light to moderate impact.'
  - b. All punching techniques delivered with the scoring part of the glove
  - a. Legal kicks must land with the lower leg area which is defined as the ankle, shin, foot, toes, heel and bottom of foot area and constitutes the padded and non-padded areas.
  - c. Legal sweeps must land with the inside or outside of the padded area of the foot onto the inside or outside padded area of the opposing athlete foot.
3. Illegal Scoring Areas
  - a. Back of head, spine, throat, groin, joints, upper and lower legs
4. Illegal Scoring Techniques
  - a. Spinning back-fist, any technique not delivered with the scoring techniques listed in 2.

### B. Tatami Discipline (Light Contact) Takedown Rules

1. An athlete can take their opposing athlete to the mat using takedown. A takedown is any controlled technique initiated while standing, in which one athlete brings the opposing athlete's back, back side, or side to the ground. Sweeps, reaping throws and trips are also classified as a takedown.

If the initiating athlete brings down the opposing athlete to their back, or their side, or their techniques results in the opposing athlete to have three points of their body touching the mat they will be awarded the points for the takedown.

Illegal Takedowns:

An Illegal Takedown is defined as any takedown in which the initiating athlete compromises the opposing athlete through the following criteria:

- a. The takedown places the athlete in a dangerous position.
  - b. There is a perceived intent to harm the athlete
  - c. The initiating athlete does not display care for the safety of the opposing athlete during the takedown
  - d. Utilizing the initiating athlete's body weight to potentially harm the athlete through the takedown (accelerating the opposing athlete's descent). Including Spiking, in which the athlete is accelerated during a takedown
  - f. Full body Supplex and Slamming the opposing athlete
  - g. During a takedown any strikes to the groin are illegal
2. An athlete will be immediately stopped if any of the following techniques or tactics are attempted:
    - Directly attacking the trachea



- Compromising the spine by twisting
  - Back breaks (targeting the mid back)
  - Spiking
  - Slamming
  - Any direct attacks to the head to a grounded athlete is illegal athlete (a grounded athlete: any athlete does not have both soles of their feet on the ground).
- a. The following submissions are allowed from the standing position – Guillotine, rear naked choke, head and arm choke, triangle choke, arm lock.
  - b. Failure to break a clinch when instructed will result in a penalty.

### C. Tatami Discipline (Light Contact) Grappling Rules

1. A player is considered grounded if their torso or three points of their body are touching the surface of the competition area.

#### 2. DEFINITION OF A GRAPPLING POSITION

**GRAPPLING POSITION** refers to the body positioning of two athletes engaged in grappling. A grappling position is deemed a “neutral position,” if neither athlete, in relation to each other, has gained advantage due to favourable body positioning. If one athlete has a definitive advantage, such as being in a *mount*, they are said to be in a “dominant position”. Conversely, the other athlete who is at a relative disadvantage due to body positioning is considered to be in an “inferior position.”

- a. **PASSING THE GUARD:** A pass is completed when the athlete who is controlled by the legs of the opposing athlete, is able to bypass the legs and establish dominance through perpendicular or longitudinal positioning at the opposing athlete’s side. The side position is considered dominant, if the passing athlete has perpendicular or longitudinal positioning and as a result has gained control the opposing athlete’s trunk. A pass will result in 3 points being awarded to the initiating athlete once they gain and maintain control of their opposing athlete for a minimum of 3 seconds, regardless of whether their opposing athlete is situated on their back or side and despite any attempts to escape.
- b. **KNEE ON THE BELLY:** When one athlete establishes dominance by placing their knee on their opposing athlete’s stomach, while simultaneously facing their opposing athletes head. The initiating athlete must also have their other knee out in a “kickstand position.”
- c. **THE MOUNT:** When one athlete controls their opposing athlete’s torso by splaying their body over their opposing athlete’s stomach, while facing their head. Each mount successfully established and maintained for a minimum of 3 seconds will be awarded 4 points. If the legs are passed, and the torso is controlled points are awarded regardless of the opposing athlete trying to use their arms as a barrier. If the initiating athlete is on one knee, and one foot while mounting, and gains full control of their opposing athlete’s torso, by splaying the majority of their body over it, they will also be awarded 4 points.
- d. **BACK GRAB:** Is established when one athlete maintains control of their opposing athlete’s back by positioning their legs around their opposing athletes waist, their heels on their opposing athlete’s inner thighs, while their arms are used to attain control of their head or neck.

NOTE: In order for Back Grab to be successful and result in points being

awarded, both heels of the initiating athlete must be positioned on the inner thighs of their opposing athlete. Refer to ground position criteria chart to differentiate from back mount.

- e. **THE SWEEP:** A sweep is completed when an initiating athlete is controlling one or two of their opposing athlete's legs in a, half guard, or guard respectively, and is able to invert the position, resulting in the initiating athlete ending on top of their opposing athlete. A successful sweep is awarded 2 points.
3. Illegal Scoring Techniques
- a. No striking on the ground is permitted in this discipline
  - b. No leg locks no knee bars with the except of a straight Achilles lock
  - c. Achilles locks in which finishing is on the opposite side of the lock is not allowed.
    - i. Straight Achilles locks are permitted – finish on the same side as the lock is applied.
  - d. No neck cranking
  - e. No cervical locks
  - f. No twisting spinal locks
  - g. No finger locks – but you can use fingers to get out of a submission. A minimum of 3 fingers must be grasped.
  - h. No biceps or calf crushes
  - i. No spiking of the other player
  - j. No slamming of the other player
  - k. No direct pressure to the trachea (to be discussed further)

#### D. Tatami Discipline (Light Contact) Submission Rules

1. A **Submission Hold** is defined as a grappling hold that is applied by one athlete onto an opposing athlete, with the primary intention of forcing the opposing athlete to concede due to; insurmountable positioning or an anatomical joint being brought to its end range of motion. Submission Holds are categorized as vascular neck restraints, compression locks, or joint locks that can occur from both a standing or grounded position.
2. Illegal Scoring Techniques

The following submissions and techniques are forbidden in Amateur Mixed Martial Arts Competition and will result in a foul being awarded.

#### 3. Definitions of Illegal Submission Techniques

- a. **Neck Cranks** – Any Submission Hold that compromises the safety of an athlete's neck by applying torsion or a crank. Neck cranks, colloquially known as techniques such as the "can opener" are prohibited in Amateur Mixed Martial Arts.
- b. **Leg submissions** – All leg Submissions Holds with the exception straight ankle locks are prohibited in Amateur Mixed Martial Arts, such as, but not limited to, Heel hooks and toeholds.
- c. **Hand Chokes** – Directly targeting the trachea of the opposing athlete with one or both hands.
- d. **Small Joint Manipulations** – Any and all Submission Holds that targets the opposing athlete's small joints, such as, but not limited to Fingers and Toes.
- e. **Spinal Submissions** – Any and all Submission Holds that directly causes pressure, torsion or manipulation of the spine. Techniques such as, but not limited to the " Twister" are an example of a Spinal Submission.

- f. **Toe Hold** – this submission is applied when the athlete grabs the opposing athlete’s foot and figure fours their arms around the lower leg while applying pressure towards the inside of the foot and causing the dislocation of the ankle joint.
- g. **Gogoplata** – This Submission Hold is classified as a Neck Restraint and is applied primarily from the guard position. The shin or foot is brought across the opposing athlete’s neck while one arm moves under the leg and meets up with the other arm to anchor the athlete’s head. This technique is defined as illegal as it directly attacks the trachea.

#### 4. DEFINITION OF LEGAL SUBMISSIONS

##### a. JOINT MANIPULATIONS

- i. **Straight Arm lock** – A Submission Hold that targets an opposing athlete’s elbow joint with the intention of gaining positioning that causes the elbow to reach its end range of motion.
- ii. **Double Straight Arm lock** – A Submission Hold that targets an opposing athlete’s elbow joint on both arms with the intention of gaining positioning that causes the elbows to reach its end range of motion.
- iii. **Kimura and Omoplata** – A Submission hold that targets the opposing athlete’s shoulder joint. This Submission hold can be performed from both a ground and standing position. The opposing athlete’s elbow is bent at approximately a 90 degree angle, with the elbow raised towards the athlete’s head. This causes the shoulder to reach its end range of motion. An athlete can complete this submission hold with their arms (Kimura) or with their legs (Omoplata).
- iv. **Americana (Key Lock)** – A Submission hold that targets the opposing athlete’s shoulder joint and can be performed from both ground and standing positioning. The opponents elbow should be bent at approximately a 90 degrees angle with the elbow lowered towards the athlete’s waist, causing the shoulder to be brought to its end range of motion. This submission can be completed with an athlete the arms or the legs.
- v. **Ankle lock** – A Submission hold that targets an opposing athlete’s ankle joint. This submission must be completed in the vertical plane, without applying torsion to any of the opposing athlete’s leg joints. The ankle lock must be straight placing the foot in plantar-flexion and uni-laterally targeted. The athlete attempting the submission is prohibited to move the targeted ankle to the adjacent side of their body as this will compromise the integrity of the opposing leg joints.
- vi. **Ankle lock from back control** – A Submission hold that targets the opposing athlete’s ankle joint from a back control ground position. When one athlete has positional dominance from the back and crosses their feet, the opposing athlete can ankle lock them. This Submission Hold is completed by an athlete by using their legs to cross over the foot while simultaneously arching their hips forward, causing the athletes crossed foot to reach its end range of motion. This can also be applied from any position in which the opponent has crossed their feet to anchor their encircled legs.

##### b. Neck Restraints

- i. **Rear Naked**– This Submission hold is classified as a Neck Restraint and is typically applied from the back control position. The athlete wraps their arm around the opposing athlete’s neck and locks the arm in place by grabbing there opposite arm at the bicepital groove or wrist and then positioning their free hand behind the

opposing athlete's head. This Submission Hold results in submission when the athlete concedes due to impeded blood flow or by the referee stoppage when the athlete has gained an insurmountable position.

- ii. **Guillotine**– This Submission Hold is classified as a Neck Restraint and is applied when one athlete is facing the other athlete. This submission targets the vasculature of the opposing athlete's neck and impedes overall blood flow. To ensure athlete safety, an arm must be isolated. This Submission Hold results in submission when the athlete concedes due to impeded blood flow or by the referee stoppage when the athlete has gained insurmountable position.
- iii. **Triangle**– This Submission Hold is classified as a Neck Restraint and is primarily attempted from the guard position when one athlete traps the opposing athlete's arm and head in between their legs (or arm and one leg). The athlete positions their leg on one side of the neck and their arm or the opposing athlete's shoulder on the other side of the neck. By providing direct pressure to the lateral aspects of the neck the opposing athlete experiences impeded blood flow. Submission Hold results in submission when the athlete concedes due to impeded blood flow or by the referee when the athlete has gained an insurmountable position. Due to the placement of the arm, an athlete may apply extra pressure to the head, as it will impede any abnormal movement of the neck. If the arm is removed the initiating athlete will be cautioned as excessive pressure will be equated to a neck crank.
- iv. **Reverse Triangle**– This Submission hold is classified as a Neck Restraint and is essentially identical to a "Triangle Neck Restraint" with the exception of the modified angle of attack. The Reverse Triangle is initiated from the back position. Submission Hold results in submission when the athlete concedes due to impeded blood flow or by the referee stoppage when the athlete has gained an insurmountable position
- v. **Darce/Anaconda/Arm Triangle**– This Submission Hold is classified as a Neck Restraint and is applied primarily from the north/south position. The athlete moves her/his hand from the neck area to the adjacent side of the opponent and wraps her/his hand into their own opposing elbow and then rolls their opponent. As they role the athlete brings their hips towards the opposing athlete's hips and tightening the Neck Restraint. Submission Hold results in submission when the athlete concedes due to impeded blood flow or by the referee stoppage when the athlete has gained an insurmountable position
- vi. **Eziquel or front naked choke** – This submission Hold is classified as a Neck Restraint and is applied by placing the Ulna of the forearm across the vasculature of the neck area. Utilizing their own arm as a fulcrum the athlete increases the force generated for this Neck Restraint by gaining leverage. In order to ensure that the trachea is not attacked the initiating athlete must have the guiding hand open and not closed. This Submission Hold results in submission when the athlete concedes due to impeded blood flow or by the referee stoppage when the athlete has gained an insurmountable position
- vii. **Cross Arm**– this Submission Hold is applied by using the ulna of the one forearm against the vasculature of the neck, simultaneously using the other arm as an anchor and pulling straight back. Submission Hold results in submission when the athlete concedes due to impeded blood flow or by the referee stoppage when the athlete has gained an insurmountable position.
- viii. **North/South Neck Restraint** – This Submission Hold is classified as a Neck Restraint and is applied while one athlete is on top of the opposing athlete and facing in the opposite direction. The top athlete slips their arm around the bottom

athlete's head allowing the armpit area to settle under the opposing athlete's chin. The top athlete then settles their weight downward to apply the Neck Restraint. This Submission Hold results in submission when the athlete concedes due to impeded blood flow or by referee stoppage when the athlete has gained an insurmountable position

- ix. **Peruvian Neck Tie** – This Submission Hold is classified as a Neck Restraint and is applied by placing both hands together on vasculature of your opponent's neck. The athlete then contracts their arms bringing them together, while simultaneously using legs to trap the far side arm and control the opponent's body. The Submission Hold results in submission when the athlete concedes due to impeded blood flow or by the referee stoppage when the athlete has gained an insurmountable position

## **E. Ring Discipline (Ring) Striking Rules**

1. All K1 rules for striking only apply when both athletes are standing with no other part of the body touching the group other than their feet.
2. Scoring Areas
  - a. Front and sides of head and body
  - b. Inside and outside of upper leg – below waist and 3 cms above the knee
  - c. Inside and outside of lower leg – 3 cms below knee and 3 cms above ankle
3. Scoring Techniques
  - a. All techniques delivered with the scoring part of the glove
  - b. All techniques delivered with the padded part of the instep and shin pads
  - c. All techniques delivered with the bottom of the foot (non padded area)
  - d. Leg catch retaliation – An athlete can execute a legal scoring technique while holding a leg, but is not permitted to take more than three steps while holding the leg.
  - e. Foot sweeps are legal
  - f. Legal strikes to the body and legs with the knees
4. Illegal Scoring Areas
  - a. Back of head, spine, throat, groin, joints
5. Illegal Scoring Techniques
  - a. Spinning back fist
  - b. Hammer fist
  - c. Any technique not delivered in accordance with point 3.
  - d. Stomping on feet
  - e. Any blind technique (when the eyes turned away from the striking area)
6. Clinching
  - a. Clinching is where it is defined as, 'holding any part of an opposing athlete's upper body (head, neck, waist, arms) while in standing position.'
    - i. Striking in the Clinch must occur when athletes are facing each other.
    - ii. During a clinch, scoring techniques are permitted – same point value
    - iii. The referee will halt the clinch after 5 seconds if scoring techniques are not attempted
    - iv. The referee will halt a clinch if one athlete's body is positioned in a way that could result in unnecessary risk for injury.

- v. Holding the ropes is not permitted.
- vi. During a clinch an athlete can take their opposing athlete to the mat using takedown. A takedown is any controlled technique initiated while standing, in which one athlete brings their opposing athlete's back or side to the ground. Sweeps, reaping throws and trips are also classified as a takedown.

During a takedown attempt, if the initiating athlete is unable to bring their opposing athlete to their back, back side, or their side, they must pin their opposing athlete to the ground for a minimum of 3 seconds to be awarded the 2 points for the takedown.

Illegal Takedowns:

An Illegal Takedown is defined as any takedown in which the initiating athlete compromises their opposing athlete through the following criteria:

- a. The takedown places the athlete in a dangerous position.
- b. There is a perceived intent to harm the athlete
- c. The initiating athlete does not display care for the safety of their opposing athlete during the takedown
- d. Utilizing the initiating athlete's body weight to potentially harm the athlete through the takedown (accelerating the opposing athlete's descent). Including Spiking, in which the athlete is accelerated during a takedown
- f. Full body Suplex and Slamming the opposing athlete
- g. During a takedown any strikes to the groin are illegal

An athlete will be immediately stopped if any of the following techniques or tactics are attempted:

- Directly attacking the trachea
  - Compromising the spine by twisting
  - Back breaks (targeting the mid back)
  - Spiking
  - Slamming
  - Any direct attacks to the head to a grounded athlete is illegal athlete (a grounded athlete: any athlete does not have both soles of their feet on the ground).
- c. During a clinch, straight punches are not permitted.
  - d. The following submissions are allowed from the standing position – Guillotine, rear naked choke, head and arm choke, triangle choke, arm lock.
  - e. Failure to break a clinch when instructed will result in a penalty.

## **F. Ring Discipline (Ring) - On the Ground Rules**

1. A player is considered grounded if their torso or three points of their body are touching the surface of the competition area.

### **2. DEFINITION OF A GRAPPLING POSITION**

GRAPPLING POSITION refers to the body positioning of two athletes engaged in grappling. A grappling position is deemed a "neutral position," if neither athlete, in relation to each other, has gained advantage due to favourable body positioning. If one athlete has a definitive advantage, such as being in a *mount*, they are said to be in a "dominant position". Conversely, the other athlete who is at a relative disadvantage due to body positioning is considered to be in an "inferior position."

a. **PASSING THE GUARD:** A pass is completed when the athlete who is controlled by the legs of their opposing athlete, is able to bypass the legs and establish dominance through perpendicular or longitudinal positioning at their opposing athletes side. The side position is considered dominant, if

the passing athlete has perpendicular or longitudinal positioning and as a result has gained control their opposing athlete's trunk. A pass will result in 3 points being awarded to the initiating athlete once they gain and maintain control of their opposing athlete for a minimum of 3 seconds, regardless of whether their opposing athlete is situated on their back or side and despite any attempts to escape.

b. **KNEE ON THE BELLY:** When one athlete establishes dominance by placing their knee on their opposing athlete's stomach, while simultaneously facing their opposing athletes head. The initiating athlete must also have their other knee out in a "kickstand position."

c. **THE MOUNT:** When one athlete controls their opposing athlete's torso by splaying their body over their opposing athlete's stomach, while facing their head. Each mount successfully established and maintained for a minimum of 3 seconds will be awarded 4 points. If the legs are passed, and the torso is controlled points are awarded regardless of the opposing athlete trying to use their arms as a barrier. If the initiating athlete is on one knee, and one foot while mounting, and gains full control of their opposing athlete's torso, by splaying the majority of their body over it, they will also be awarded 4 points.

d. **BACK GRAB:** Is established when one athlete maintains control of their opposing athlete's back by positioning their legs around their opposing athletes waist, their heels on their opposing athlete's inner thighs, while their arms are used to attain control of their head or neck.

**NOTE:** In order for Back Grab to be successful and result in points being awarded, both heels of the initiating athlete must be positioned on the inner thighs of their opposing athlete. Refer to ground position criteria chart to differentiate from back mount.

e. **THE SWEEP:** A sweep is completed when an initiating athlete is controlling one or two of their opposing athlete's legs in a, half guard, or guard respectively, and is able to invert the position, resulting in the initiating athlete ending on top of their opposing athlete. A successful sweep is awarded 2 points.

### 3. Illegal Scoring Techniques

- a. Striking to the head
- b. No leg locks except a straight knee bar
- c. No neck cranking
- d. No cervical locks
- e. No twisting spinal locks
- f. Twisting ankle lock – straight Achilles allowed
- g. No finger locks – but you can use fingers to possibly escape a submission. A minimum of 3 fingers must be grasped.
- h. No biceps or calf crushes
- i. No spiking of the other player
- j. No slamming of the other player
- k. No direct pressure to the trachea

## **G. Ring Discipline (Ring) Submission Rules**

1. A Submission Hold is defined as a grappling hold that is applied by one athlete onto an opposing athlete, with the primary intention of forcing the opposing athlete to concede due to; insurmountable positioning or an anatomical joint being brought to its end range of motion. Submission Holds are categorized as vascular neck restraints, compression locks, or joint locks that can occur from both a standing or grounded position.
2. **Illegal Scoring Techniques**  
The following submissions and techniques are forbidden in Amateur Mixed Martial Arts Competition and will result in a foul being awarded.

### 3. Definitions of Illegal Submission Techniques

- a. Neck Cranks – Any Submission Hold that compromises the safety of an athlete’s neck by applying torsion or a crank. Neck cranks, colloquially known as techniques such as the “can opener” are prohibited in Amateur Mixed Martial Arts.
- b. Leg Submissions – All leg Submissions Holds with the exception of straight knee bars and straight ankle locks are prohibited in Amateur Mixed Martial Arts, such as, but not limited to, Heel hooks and toeholds.
- c. Hand Chokes – Directly targeting the trachea of the opposing athlete with one or both hands.
- d. Small Joint Manipulations – Any and all Submission Holds that targets the opposing athlete’s small joints, such as, but not limited to Fingers and Toes.
- e. Spinal Submissions – Any and all Submission Holds that directly causes pressure, torsion or manipulation of the spine. Techniques such as, but not limited to the “ Twister” are an example of a Spinal Submission.
- f. Toe Hold – this submission is applied when the athlete grabs the opposing athlete’s foot and figure fours their arms around the lower leg while applying pressure towards the inside of the foot and causing the dislocation of the ankle joint.
- g. Gogoplata – This Submission Hold is classified as a Neck Restraint and is applied primarily from the guard position. The shin or foot is brought across the opposing athlete’s neck while one arm moves under the leg and meets up with the other arm to anchor the athlete’s head. This technique is defined as illegal as it directly attacks the trachea.



#### **4. DEFINITION OF LEGAL SUBMISSIONS**

##### **a. Joint Manipulations**

- i. Straight Arm lock – A Submission Hold that targets an opposing athlete’s elbow joint with the intention of gaining positioning that causes the elbow to reach its end range of motion.
- ii. Double Straight Arm lock – A Submission Hold that targets an opposing athlete’s elbow joint on both arms with the intention of gaining positioning that causes the elbows to reach its end range of motion.
- iii. Kimura and Omaplata – A Submission hold that targets the opposing athlete’s shoulder joint. This Submission hold can be performed from both a ground and standing position. The opposing athlete’s elbow is bent at approximately a 90 degree angle, with the elbow raised towards the athlete’s head. This causes the shoulder to reach its end range of motion. An athlete can complete this submission hold with their arms (Kimura) or with their legs (Omaplata).
- iv. Americana (Key Lock) – A Submission hold that targets the opposing athlete’s shoulder joint and can be performed from both ground and standing positioning. The opponents elbow should be bent at approximately a 90 degrees angle with the elbow lowered towards the athlete’s waist, causing the shoulder to be brought to its end range of motion. This submission can be completed with an athlete the arms or the legs.
- v. Knee bar – A Submission Hold that targets an opposing athlete’s knee joint with the intention of gaining positioning that causes the knee to reach its end range of motion.
- vi. Ankle lock – A Submission hold that targets an opposing athlete’s ankle joint. This submission must be completed in the vertical plane, without applying torsion to any of the opposing athlete’s leg joints. The ankle lock must be straight placing the foot in plantar-flexion and uni-laterally targeted. The athlete attempting the submission is prohibited to move the targeted ankle to the adjacent side of their body as this will compromise the integrity of the opposing leg joints.
- vii. Ankle lock from back control – A Submission hold that targets the opposing athlete’s ankle joint from a back control ground position. When one athlete has positional dominance from the back and crosses their feet, the opposing athlete can ankle lock them. This Submission Hold is completed by an athlete by using their legs to cross over the foot while simultaneously arching their hips forward, causing the athletes crossed foot to reach its end range of motion. This can also be applied from any position in which the opponent has crossed their feet to anchor their encircled legs.

##### **b. Neck Restraints**

- i. Rear Naked– This Submission hold is classified as a Neck Restraint and is typically applied from the back control position. The athlete wraps their arm around the opposing athlete’s neck and locks the arm in place by grabbing there opposite arm at the bicipital groove or wrist and then positioning their free hand behind the opposing athlete’s head. This Submission Hold results in submission when the athlete concedes due to impeded blood flow or by the referee stoppage when the athlete has gained an insurmountable position.
- ii. Guillotine– This Submission Hold is classified as a Neck Restraint and is applied when one athlete is facing the other athlete. This submission targets the vasculature

of the opposing athlete's neck and impedes overall blood flow. To ensure athlete safety, an arm must be isolated. This Submission Hold results in submission when the athlete concedes due to impeded blood flow or by the referee stoppage when the athlete has gained insurmountable position.

- iii. Triangle– This Submission Hold is classified as a Neck Restraint and is primarily attempted from the guard position when one athlete traps the opposing athlete's arm and head in between their legs (or arm and one leg). The athlete positions their leg on one side of the neck and their arm or the opposing athlete's shoulder on the other side of the neck. By providing direct pressure to the lateral aspects of the neck the opposing athlete experiences impeded blood flow. Submission Hold results in submission when the athlete concedes due to impeded blood flow or by the referee when the athlete has gained an insurmountable position. Due to the placement of the arm, an athlete may apply extra pressure to the head, as it will impede any abnormal movement of the neck. If the arm is removed the initiating athlete will be cautioned as excessive pressure will be equated to a neck crank.
- iv. Reverse Triangle– This Submission hold is classified as a Neck Restraint and is essentially identical to a "Triangle Neck Restraint" with the exception of the modified angle of attack. The Reverse Triangle is initiated from the back position. Submission Hold results in submission when the athlete concedes due to impeded blood flow or by the referee stoppage when the athlete has gained an insurmountable position
- v. Darce/Anaconda/Arm Triangle– This Submission Hold is classified as a Neck Restraint and is applied primarily from the north/south position. The athlete moves her/his hand from the neck area to the adjacent side of the opponent and wraps her/his hand into their own opposing elbow and then rolls their opponent. As they role the athlete brings their hips towards the opposing athlete's hips and tightening the Neck Restraint. Submission Hold results in submission when the athlete concedes due to impeded blood flow or by the referee stoppage when the athlete has gained an insurmountable position
- vi. Eziquel or front naked choke – This submission Hold is classified as a Neck Restraint and is applied by placing the Ulna of the forearm across the vasculature of the neck area. Utilizing their own arm as a fulcrum the athlete increases the force generated for this Neck Restraint by gaining leverage. In order to ensure that the trachea is not attacked the initiating athlete must have the guiding hand open and not closed. This Submission Hold results in submission when the athlete concedes due to impeded blood flow or by the referee stoppage when the athlete has gained an insurmountable position
- vii. Cross Arm– this Submission Hold is applied by using the ulna of the one forearm against the vasculature of the neck, simultaneously using the other arm as an anchor and pulling straight back. Submission Hold results in submission when the athlete concedes due to impeded blood flow or by the referee stoppage when the athlete has gained an insurmountable position.
- viii. North/South Neck Restraint – This Submission Hold is classified as a Neck Restraint and is applied while one athlete is on top of the opposing athlete and facing in the opposite direction. The top athlete slips their arm around the bottom athlete's head allowing the armpit area to settle under the opposing athletes chin. The top athlete then settles their weight downward to apply the Neck Restraint. This Submission Hold results in submission when the athlete concedes due to impeded blood flow or by referee stoppage when the athlete has gained an insurmountable position

- ix. Peruvian Neck Tie – This Submission Hold is classified as a Neck Restraint and is applied by placing both hands together on vasculature of your opponent’s neck. The athlete then contracts their arms bringing them together, while simultaneously using legs to trap the far side arm and control the opponent’s body. The Submission Hold results in submission when the athlete concedes due to impeded blood flow or by the referee stoppage when the athlete has gained an insurmountable position

**V. OFFICIATING REQUIREMENTS**

**A. Attire**

- 1. All officials must be dressed in black trousers (dress pants only), black shoes, and a CASK shirt.
  - Officials are representatives of CASK while fulfilling their duties as such it is required that they will meet the Code of Conduct guidelines during the tenure of any event.
  - Officials that are not carrying out their duties at an event should remove their official attire.

**B. Scoring Rounds**

- 1. Judging a round is based on the following:

Punch to head (standing) or body	1 pt
Kick to body	1 pt
Kick to head	2 pt
Jump kick to body	2 pt
Jump kick to head	3 pt
Kick to leg	1 pt
Knee to body/leg	1 pt
All takedowns – torso or 3 points	2 pt
Passing the Guard	3 pt
Knee on the Belly	2 pt
The Mount	4 pt
The Back Grab	4 pt
The Back Mount	4 pt
The Sweep	2 pt
Attempted Submission	1 pt

Technique	Identifying criteria
Passing the guard – 3 points	<ol style="list-style-type: none"> <li>1) Defending athlete has guard position in place, identified by legs and/or arms between defending athlete and attacking athlete</li> <li>2) Attacking athlete surmounts these defensive techniques and moves to an established ground position</li> <li>3) Attacking athlete must maintain controlled contact with the defending athlete in the established position for 3 seconds</li> </ol>
Knee on the belly – 2 points	<ol style="list-style-type: none"> <li>1) Attacking athlete places knee/shin of the leg closest to the hips/farthest away from the head onto defending athletes belly/chest, facing defending athlete</li> <li>2) Attacking athlete extends other leg away without knee on the ground (can have foot on the floor)</li> <li>3) Attacking athlete maintains this position for 3 seconds</li> </ol>
The Mount – 4 points	<ol style="list-style-type: none"> <li>1) Attacking athlete is on top of defending athlete while on the ground, clear of defensive/guarding techniques</li> <li>2) Defending athlete is on their back or on their side</li> <li>3) Attacking athlete must have one or both knees on the floor</li> <li>4) Attacking athlete must maintain position for 3 seconds</li> </ol>
The Back Mount – 4 points	<ol style="list-style-type: none"> <li>1) Attacking athlete is on top of defending athlete while on the ground, clear of defensive/guarding techniques</li> <li>2) Defending athlete is on their belly (not on all 4's)</li> <li>3) Attacking athlete must have one or both knees on the floor</li> <li>4) Attacking athlete must maintain position for 3 seconds</li> </ol>
The Back Grab – 4 points	<ol style="list-style-type: none"> <li>1) Attacking athlete is behind defending athlete with legs wrapped around to the front of the defending athlete</li> <li>2) Attacking athlete has the instep/top of their feet or their heels on the upper leg/hips of the defending athlete (cannot have crossed feet)</li> <li>3) Attacking athlete maintains this position for 3 seconds</li> </ol>
The Sweep – 2 points	<ol style="list-style-type: none"> <li>1) Attacking athlete is on the bottom of the defending athlete</li> <li>2) Attacking athlete uses their legs to reverse defending athlete into bottom position</li> <li>3) Attacking athlete ends up in an established position</li> </ol>
Attempted submission – 1 point	<ol style="list-style-type: none"> <li>1) Attacking athlete performs a submission technique on a defending athlete</li> <li>2) Defending athlete MUST stop their techniques and defend/escape the submission technique</li> <li>3) Attacking athlete does not succeed, as the defending athlete successfully escapes the attempted submission</li> </ol>

- a. Legal punches must land with the white padded area of the glove only
- b. Legal kicks must land with the foot/shin area, which is defined as the shin, ankle, top, sides, toes, heel and bottom of foot area, and constitute the padded and non-padded areas.
- c. Submission occurs when one athlete applies a technique that forces the opposing athlete to forfeit. An athlete indicates submission by:
  - i. Tapping with the palm against of their hand against their opposing athlete or the floor in a visible manner
  - ii. Tapping with her or his feet on the ground (if hands are being controlled)
  - iii. Verbally indicating to the referee that they concede defeat (if the athlete is unable to tap using both their hands or feet). Any verbal communication of distress.
  - iv. An athlete requesting to stop the bout for any reason (eg. Muscle cramp), will be treated as the equivalent of the athlete tapping.
- d. Submission can also occur if the:
  - i. Referee awards a victory to an athlete who, with proper technique, has fully executed a **Submission hold** in order to maintain the safety of the opposing athlete. This includes bringing an anatomical joint to its end range of motion or full application of a vascular neck restraint.
  - ii. Referee chooses to end the bout when one of the athletes is injured or the Medical Staff's examination indicates the athlete is incapable to safely continue in competition. The victory will be awarded to the opposing athlete, providing the injury was not caused by conduct worthy of disqualification.
  - iii. Coach of one of athlete requests that the match be ended by throwing a towel into the ring and subsequently following their towel.

## 2. POINT SYSTEM FOR SUBMISSIONS

### a. Attempted Submissions

If one athlete attempts a valid submission and the opposing athlete is close to submitting but is effectively able to defend the attempt, escape, a point will be awarded to the attacking athlete for the attempt.

There is no other point system for submissions as it either successful and the bout is stopped, or the opposing athlete escapes therefore the attacker is awarded the point.

### b. Ground Infractions

The CASK rules for infractions will apply to the ground.

The referee will use impact and intent to determine the ruling provided for infractions. The referee will call STOP – the athletes will freeze in their ground position – with the infraction movement being halted. The official will provide judges with the infraction ruling - Unofficial warning, minus points, disqualification. If an illegal submission attempt is performed the athlete attempting the submission will be disqualified. An athlete will be initially warned to progress their positioning in a submission with no infractions. If the athlete continues to hold, they will be officially warned.

After the infraction is provided to the athlete – the athletes will begin competing again from a standing position.

### c. Point system for Submission Attempts

Legal submission attempts	1
Illegal submission attempt	Official Warning/Minus points/DQ
Illegal submission completion	Automatic Disqualification

## 3. Point System for Submission Attempts

- In amateur mixed martial arts points will be awarded for submission attempts that are:
- Approaching Completion submissions – This occurs when a Submission Hold is applied, and the defending athlete is able to escape the submission, without submitting and with visible defense, in manners that are both legal and safe. The athlete that attempted the submission will be awarded a full point for the attempt.
  - There will be no points awarded for the athlete that escaped the submission. However, if the escape changes the position in such a manner that allows the athlete to gain advantageous positioning, points will be awarded based on the positions module.

#### 4. Scoring with a Clicker System

- The three ringside judges keep score of the points throughout the duration of the round.
- At the completion of the round the scores are scored as **Total Points**.
- The total points score is converted to the **Graded Point** system according to the equation:
  - Difference of 2 points or less – 10-10 scoring
  - Difference of between 3-6 points - 10-9 scoring
  - Difference of 7 points or more – 10-8 scoring

### C. Infractions - Fouls

#### 1. The following are illegal infractions

Any technique directed towards the groin area
Attacking a player after the bell has sounded to end the round
Attacking a player on or during a break
Attacking a player who is under the care of a referee
Biting
Blind techniques
Butting with the head
Clawing, twisting, or pinching the flesh
Elbow/knees (Knees permitted to body and legs in the ring discipline)
Engaging in unsportsmanslike behavior that may endanger the other player
Eye gouging of any kind
Fish hooking
Grabbing the clavicle bone
Hair, ear or nose pulling
Holding the ropes
Holding the shorts or the grabbing the equipment of your opponent
Interference from anyone working the corner or corner men leaving their area.
Not listening to referee
Pressing one's elbow or chin against the eyes of the opposing athlete
Striking with non padded part of glove
Pushing or hitting the face or the throat of the opposing athlete against the ropes or the corner padding
Putting a finger in any orifice, laceration or cuts
Slamming
Small joint manipulation
Spiking
Spitting on a player
Spitting out mouth guard
Striking to the head of a grounded player in any discipline is illegal.
Striking techniques to knees, lower leg, spine, back of head, groin area, neck
Striking to the kidneys with the heel(s) while on the ground
Suplexes

Talking
Throat strikes of any kind, including, without limitation, grabbing the trachea
Throwing the player out of the ring
Timidity, including, without limitation, avoiding contact with an opposing athlete, intentionally or consistently dropping the mouthpiece or faking an injury.
Using abusive language or gestures
Using the ropes or the corner mat as a fulcrum of lever for submission techniques
Wrist locks

#### D. Scoring Fouls

1. Intentional fouls
  - a. Referee can automatically give an athlete an official foul (1 clicks added to opposing athlete)
  - b. Referee can automatically disqualify an athlete
    - *The decision to penalize and/or disqualify an athlete is based on the perceived intent and impact of the foul. The referee shall confirm with the CO of the event when making such decisions.*
  
2. Un-intentional fouls
  - a. First foul - Referee gives one UNOFFICIAL warning (no pts deducted)
  - b. Second foul – Referee gives one OFFICIAL foul (1 clicks added to opposing athlete)
  - c. Third foul – Referee gives second OFFICIAL foul (2 clicks added to opposing athlete)
  - d. Fourth foul – Referee DQ athlete
  
3. All infractions (Official fouls) are accumulative
 

*Eg. If an athlete receives:  
 One official warning for clinching  
 One official warning for illegal technique  
 One official warning for talking*

*This is considered 3 official fouls – athlete is DQ*
  
4. All unofficial warning are not accumulative
 

*Eg. If an athlete receives:  
 One unofficial warning for spitting out mouthpiece  
 One unofficial warning for talking  
 One unofficial warning for clinching*
  
5. Providing rest due to foul
  - a. If a foul negatively affects that physical state of an athlete the referee can provide up to a maximum of 5 minutes of rest to the affected athlete.
  - b. If the athlete is unable to continue after the 5-minute rest period the referee and the Chief Official must make a decision on the outcome of the bout. The following are suggested:
    - If the foul was deemed unintentional and deem not to have significant impact the affected athlete should lose the bout by RSC (safety)

- If the foul was deemed intentional than the affected athlete should be declared the winner by DQ.
- If the foul was deemed unintentional but is deemed to have significant impact the affected athlete should win by DQ.

### E. Scoring Knockdowns/Standing 8 counts

1. If a referee issues a standing 8 count due to a knocked down or for a safety call<sup>3</sup> the following procedure shall occur:
  - a. The Chief Official will make a note of the standing 8 count on their bout documents.
  - b. Each judge will make a note of the standing 8 count on their round card.
  - c. Each judge will award 2 clicks to the athlete that caused the standing 8 count.
2. If an athlete demonstrates signs of injury due to a legal technique the bout will be stopped.
3. If an athlete receives 3 legal striking blows with impact concurrently and the athlete is not showing any signs of defense the athlete will be given an 8 count and lose 2 points. The athlete moves to the neutral corner during the count and the athletes return to standing.

### F. Scoring Bouts

1. Referee does not score the bout
  - a. He/she controls the bout
  - b. He/she issues infractions
  - c. He/she has the right to stop a bout
2. The winner for EACH JUDGE has a greater total accumulative points (all rounds added together)

*Eg. Judge A – First round 10-9 (Blue Athlete)  
Second round 9-10 (Red Athlete)  
Third round 9-10 (Red Athlete)*

*Total accumulative score – 28-29 (Red Athlete) **Judge A scores the bout for the Red Athlete***

### G. Types of decisions

- a. Unanimous decision - 3 judges score the bout for one athlete
- b. Majority decision - 2 judges score the bout for one athlete  
1 judge scores the bout a draw
- c. Split decision - 2 judges score the bout for one athlete  
1 judge scores the bout for the other athlete
- d. Draw - 3 judges score the bout even
- e. Majority Draw - 2 judges score the bout even  
1 judge scores the bout for one athlete

### H. Premature ending of bout

1. A bout can be halted under specific conditions before the competition of the scheduled rounds. These conditions are: Knock out - KO; Referee Stops Contest - RSC (safety) - RSC (injury) - Submission, tap out (verbal or physical)



2. Some of these conditions carry a suspension period and/or specific requirements to continue competition.
3. It is the requirement of the athlete and coach to understand these conditions and adhere to these in the club environment and in future competitions.
4. In the Tatami discipline – a completed submission will result in the round being awarded to the athletes that scored the submission. The round is considered terminated when the referee halts the bout due to the submission.
  - a. The referee is required to assess the athlete during the rest period between rounds to determine if they are fit to continue the rest of the bout.

*For more information on these categories, please see Safety requirements Section VII.*

## **I. Protests**

1. The scoring of the judges are final
2. An official protest at the event will be allowed under the following conditions:
  - b. Protests must be directed to Chief Official only at the end of the competition.
  - c. The coach of the athlete must only present the protest.
  - d. The protest must be accompanied by a fee of \$100 cash
  - e. The CO will address the protest when she/he feels it is appropriate to do so, either after the bout or after the event.
  - f. Protest must state reason for protest with **decorum**.
  - g. The CO has the authority to not address the protest if it is not presented appropriately.
  - h. Protest will only be allowed for the following conditions:
    - i. Belief that the addition of score cards was faulty
    - ii. Belief that judges mixed up corners
    - iii. Belief that a CASK rule was violated – that directly resulted in decision
    - iv. Belief that an illegal agreement has been entered into
  - i. If the protest is found to be valid and the decision is changed then the payment will be returned and the athlete passports will be corrected, and an incident report completed.
  - j. If the protest is found not to be valid, the CO will close the protest and an incident report completed. The CO will forward the payment and report to the CASK office.
5. An official protest can be made to CASK after the competitive event for the following 2 reasons only: (1) objection of the scoring; (2) officials actions affecting the decision.
  - a. The protest must be done in writing only sent via registered mail within 72 hours of the event with a money order of \$250 payable to the Council of Amateur Sport Kickboxing.
  - b. A registered coach or official can only make the protest.
  - c. If required CASK and the PSO will appoint a 3 person committee to address the issue. The committee members will be communicated to both coaches of the athletes in question.
  - d. If the protest is due to the scoring of a bout – the committee will re-score the bout with the CASK video footage only. The re-scoring of the bout will be final.
6. If a protest is found to be valid and results in the change of the bout outcome, the following procedure will be completed:

- a. The athletes involved (and their coaches) will be notified and provided the results of the protest.
- b. The PSO will be notified and requested to address the issue within their officiating committee and provide re-training, mentoring, or suggestions to the officials involved.
- c. The PSO/NSO representative only will change the athlete's passports.
- d. A refund of \$150 will be provided to the initiator of the protest for protests due official's errors.
- e. No refund is provided for changes to bout decisions due to re-scoring bouts.

**J. Exhibitions**

- a. Exhibitions are not approved by CASK.

## **V REFEREE REQUIREMENTS**

### **A. Attire**

1. The referee must be dressed in black trousers, black training shoes, and a CASK shirt.
2. The referee must wear rubber surgical gloves that are in good order.
3. The referee is the representative of CASK while fulfilling his/her duties.
4. The referee that is not carrying out his/her duties at an event should remove their official attire.

### **B. Pre bout Role**

1. The referee must enter the Tatami / ring before any athlete enters the ring.
2. The referee must walk from corner to corner examining the Tatami / ring floor for cleanliness and to ensure that the ropes are secure.
3. The referee must indicate to the Chief Official if any aspect of the Tatami / ring requires maintenance.

### **C. Athlete Inspection**

1. The referee shall inspect each athlete according to the Referee Protocol
2. The referee shall start/end each athletes' Inspection with the appropriate commands

Command – ‘ (Color) inspection.’

Command – ‘ (Color) inspection complete’

### **D. Commencing Bout**

1. The referee will fulfill the official's checks according to the established protocol.
2. The referee will begin the bout with the command:

COMMAND – ‘COMPETE’

### **E. Bout Activity**

1. The referee will observe the athletes and ensure that they engaging in the sport of kickboxing with correct legal techniques.
2. The referee will position themselves so that they do not interfere with the bout, however so that they can step between athletes to halt bout if required.

### **F. Commands**

1. The Referee is required to fulfill all COMMANDS signals according to established CASK protocols.
2. The referee is required to use their voice for the COMMANDS – STOP and COMPETE.
3. The remainder of the COMMANDS require only the use of the appropriate CASK hand signals.

### **G. Break/Stop**

1. The command ‘BREAK’ requires that both athletes immediately stop activity and take one full step away from each other and then resuming the bout. The referee is not required to verbally commence the bout.
2. The command ‘STOP’ requires that bout athletes immediately stop activity, take one full step away from each other and disengage from competition and await instruction from the referee.

### **H. Ending Rounds**

1. Upon hearing the round indicator the referee COMMANDS – ‘STOP’ and directs athletes to their respective corners.
2. The referee collects the three judges' scorecards and checks them for correct notations.

3. The referee takes the scorecards to the Chief Official for review and recording.
4. The referee then moves to one of the neutral corners during the rest period.
  - a. The referee can briefly remind any corner if they are close to a disqualification due to infractions or if they are not executing techniques with appropriateness.
  - b. The referee can briefly remind any coaches if they are close to being dismissed for coaching during the round or are failing to follow correct protocol.

### **I. Ending Bouts**

1. The referee reviews the final scoring provided by the Chief Official.
2. The referee directs both athletes to the center of the Competition Zone / ring and stands between them.
3. The referee takes one step backwards and raises his/her hand towards the athlete that has won.
4. The referee directs the athletes to the Safety Zone / ringside doctor for the post-bout inspection.

### **J. Downs**

1. A knock down occurs under the following conditions:
  - a. When any part of the body touches the canvas other than the feet due to the impact of a legal technique that lands on a legal target area.
  - b. When any part of the body is forced outside of the ropes or partly outside of the ropes due to the impact of a legal technique that lands on a legal target area. If the ropes were not present the athlete would have fallen on the canvas.
  - c. When the athlete falls on the ropes due to the impact of a legal technique that lands on a legal target area.
2. The following will occur upon any knockdown:
  - a. The opposing athlete must immediately move to the closest neutral corner or the neutral corner that the referee instructs them to go to. They will stay in the corner facing the inside of the Competition Zone / ring so they are visible to the referee.
  - b. The referee shall face the downed athlete and count aloud from one to eight with intervals of a second between each number. The referee shall indicate each number with their fingers so that the athlete can see the count.
  - c. If the opposing athlete does not move to the neutral corner immediately, the referee will stop counting and instruct the opposing athlete to do so. The counting shall continue where it was stopped.
3. Resuming the Bout
  - a. The athlete must stand up before the number eight is reached by the referee, make eye contact with the referee and raise their arms into a boxing position indicating that they are okay to continue.
  - b. The referee will ask them to take three steps forward, which they must do with balance.
  - c. The referee will ask them if they are able to continue, which they must verbally say yes and nod their head.
  - d. If the 3 conditions above meet and if the referee feels the athlete has the ability to continue they can resume the bout.
  - e. The referee cleans the downed athlete's gloves first and then motions to the opposing athlete to move to the center of the ring.
  - f. The referee ensures that the athletes are a minimum of 2 meters apart and then begins the activity with the command 'Compete.'
4. Ending the Bout after a Knock Down

- a. If the downed athlete stands up before the count of 8 is reached but the referee determines that the athlete is visibly injured when they reach the count of eight – they will continue the count till the number 10. Once the number 10 is reached, they will make the hand signal for a DQ. The bout results in a **RSC (injury)**
- b. If the downed athlete is motionless during the count and the referee feels that they are unconscious, the referee will stop the count at 4 make the motion of a DQ and quickly call in the doctor into the ring. The bout results in a **KO decision**
  - i. No other persons are allowed into the Competition Zone / ring before the doctor.
  - ii. The referee is not to move the downed athlete
- c. If the downed athlete is making a concerted effort to stand up during the count, the referee will continue the count. Once they reach 8, if the athlete has not stood up, the referee will continue the count till 10 and then make the motion of a DQ and quickly call in the doctor into the Competition Zone / ring. The bout results in a **KO decision**
  - i. No other persons are allowed into the Competition Zone / ring before the doctor.
  - ii. The referee is not to move the downed athlete
- d. If the downed athlete stands up before the count of 8 the referee can end the bout by **RSC (injury)** under the following conditions:
  - i. The athlete does not raise their hands in a boxing position and make eye contact with the referee.
  - ii. The athlete is unable to complete the task of walking forward and/or answering the referee’s question to resume the bout.

#### **K. Additional Commands**

1. Coaches Infractions (Speaking during rounds)
  - a. If a coach is seen, talking the referee will call ‘STOP’ to halt the bout.
  - b. The referee will point to the offending coach with index finger and make eye contact and then place his/her finger over his/her lips (signaling silence).
  - c. The referee will then commence the bout with ‘COMPETE’
  - d. If the Coach is seen talking a second time the referee will again halt the bout and then point at the offending coach with index finger and single the coach to leave the corner.
  - e. The Chief Official is responsible to ensure that the coach is no longer in the athlete’s corner and that there is a replacement for the athlete.
2. Stalling - If the competitor is stalling or not attempting to score legal techniques, they will be issued a warning to work and after the referee has the authority to stand, the athletes back up.
3. Submission and Submission Attempts – the referee will ask questions to the athletes while they are on the ground to assess their health and safety during submission attempt. Comments will include:
 

Are you okay? Can you breathe?

  - a. The athletes are required to provide verbal responses.
  - b. If the referee and/or the Chief Official feel that, the athlete safety is compromised due to their position and their response, they can terminate the bout.

## VI COACHING REQUIREMENTS

### A. Registration

1. All coaches acting as corner persons must have their annual coaching card on their possession during all competitive events.
2. Coaches are required to complete the following requirements:
  - *Register annually*
  - *Take a minimum of a Level I Coaching Course*
  - *Provide evident of a Police Check (with a vulnerably sector search) – required every 3 years*
  - *Taken any first aid course (emergency or standard first aid) – required every 3 years*

### B. Attire

1. All coaches and seconds must be dressed in full athletic wear. This includes full-length athletic pants, running shoes, and a sport shirt (eg. T-shirt). Corner jackets are permitted.
2. No hats of any kind may be worn
  - *Religious apparel is permitted but must be requested in writing prior to the competition.*
3. Shirts with any offensive messages or images are not permitted.
5. If a coach or second does not have the appropriate attire the referee and/or chief official will inform them at which point they will be given 60 seconds to fulfill the requirements or resign from the cornering duties. If the notified coach/second is not dressed appropriately the athlete will be disqualified.

### C. Positioning

1. Only three people are allowed in the athlete's corner – one coach and two seconds.  
  
During rest periods – *The main coach is allowed in the ring / Competition Zone*  
*One second is allowed on the canvas – outside the rope / Warning Zone*  
*One second is allowed on the floor – outside the ring / Safety Zone*
2. During the progress of rounds coaches and seconds must be a minimum of ½ meter distant from the ring / Safety Zone.
  - a. Before the beginning of any round all towels, buckets, stools must be completely removed from the ring and platform or beyond the Safety Zone.
  - b. The coach and seconds must be seated during the progress of the round with their heads below the level of the platform.
3. Any form of talking or coaching is not permitted during the progress of any round
  - d. A second may be disqualified for talking during rounds and may not be replaced.
  - e. A coach may be disqualified for talking during rounds and can be replaced by a second.
4. All coaches and seconds must be registered members of CASK and have all taken a minimum of a Level I coaching certification course.

## VII. HEALTH and SAFETY REQUIREMENTS

### A. Standing 8 Counts

A standing '8' count is designed to protect the safety of the athlete by allowing the referee to assess the affected athlete and determine if they are fit to continue the bout. The following require the issuing of a standing '8' count:

1. An athlete receives an unprotected legal scoring technique to the head, which directly results in the head snapping back a minimum of 45 degrees from the perpendicular axis. The movement of the head must be due to the impact of the legal technique and not a push.
2. An athlete receives an unprotected legal scoring technique to the head, which directly results in the head rotating 45 degrees or more from original position. The rotation of the head must be due to the impact of the legal technique and not due to a push.
3. An athlete receives an unprotected legal scoring technique to any legal target area and is visibly affected immediately or within the next few moments. This can include any of the following – signs of dizziness or lack of balance; loss of muscular control; unable to focus on the opposing athlete.
4. An athlete receives 4 unprotected scoring techniques consecutively to any legal target area.
5. An athlete is retreating and receives 2 unprotected legal scoring techniques on a minimum of 3 concurrent occasions during the advancement of the opposing athlete without any legal scoring technique retaliation.
6. Any part of the body touches the canvas due to the impact of a scoring technique that lands on a legal scoring area.
7. Any part of the body falls on the ropes or goes in between the ropes due to the impact of a legal technique that lands on a legal target area.

### B. Premature Stoppages

The following are the types of stoppages and the requirements imposed by CASK and all provincial/territorial affiliates:

1. **Knock-Outs (KO)** – The following are conditions that result in a KO decision:
  - a. An athlete is downed due to the impact of a legal technique on a legal target area and is in a state of unconsciousness.
  - b. An athlete is downed due to the impact of a legal technique on a legal target area and is conscious but is unable to stand by the count of 8.
2. The following protocol must be followed **for a KO decision**:
  - a. The doctor shall be brought into the Competition Zone / ring to examine the athlete and make the appropriate decision for the immediate care of the athlete.
  - b. The athlete shall be examined immediately afterwards and accompanied to their home or suitable accommodation by the coach of the athlete, or by his coach and guardian if they are a minor.
  - c. A notation of a KO must be inputted in the athlete's passport by the doctor/chief official. In addition, the Chief Official shall indicate in the passport and the final bout documents, the suspension period (start and end) and the requirement of a medical note to resume kickboxing after the suspension period is completed.
  - d. The KO'd athlete is not required to stay in the Competition Zone / ring for the official decision and should be taken to the dressing room for a neurological assessment by the event doctor.
  - e. The athlete is not permitted to participate in a sanctioned competition or club sparring for a 60 day period after the date of the KO decision.
  - f. The athlete is only permitted to resume any of the full contact sports after the 60 day rest period once they have taken a special examination and certified by a qualified doctor of medicine to be fit to engage in full contact competition. This letter must be provided to the club coach, the CASK office and the provincial affiliate.
  - g. An athlete that has received two KO results in a period of one year shall not take part in competition or sparring for a period of 120 days.
  - h. An athlete that has received three KO results in a period of one year shall not take part in a competition or sparring for a period of one year from the third KO.

- i. Any athlete that has suffered a KO must comply with any recommendations made by the doctor for further examination.
3. **RSC (injury)** – The following are conditions that result in a RSC (injury) decision:
    - a. An athlete is downed due to the impact of a legal technique on a legal target area is able to stand by the count of 8 but the decision of the referee, doctor, or chief official is to stop the bout.
    - b. An athlete is downed three times during a bout.
    - c. The athlete is visually injured and the doctor determines that they require medical assessment.
  4. The following protocol must be followed for a **RSC (injury)** decision:
    - a. The doctor shall be brought into the Competition Zone / ring to examine the athlete and make the appropriate decision for the immediate care of the athlete.
    - b. The athlete shall be examined immediately afterwards and accompanied to their home or suitable accommodation by the coach of the athlete, or by his coach and guardian if they are a minor.
    - c. A notion of a RSC (injury) must be inputted in the athlete's passport by the doctor/chief official. In addition, the Chief Official shall indicate in the passport and the final bout documents, the suspension period (start and end) and the requirement of a medical note to resume any CASK combative sports<sup>4</sup> after the suspension period is completed.
    - d. The athlete is not required to stay in the ring for the official decision and should be taken to the dressing room for an assessment by the event doctor.
    - e. The athlete is not permitted to participate in a sanctioned competition or club sparring for a 30 day period after the date of the RSC (injury) decision.
    - f. The athlete is only permitted to resume full contact sports after the 30 day rest period once they have taken a special examination and certified by a qualified doctor of medicine to be fit to engage in kickboxing competition. This letter must be provided to the club coach, the CASK office and the provincial affiliate.
    - g. The event doctor can indicate if the athlete requires an additional examination before they are permitted to engage in competition or sparring.
  5. **RSC (safety)** - The following are conditions that result in a RSC (safety):
    - a. An athlete receives three standing 8 counts in a bout.
    - b. A coach throws in the towel to stop the bout.
    - c. An athlete motions to the referee, coach or opposing athlete that they do not wish to continue.
    - d. An athlete receives a standing 8 count (but is not knocked down) however is visible injured or deemed unfit to continue by the referee, doctor or chief officials.
  6. The following protocol must be followed for a **RSC (safety)** decision:
    - a. A notion of a RSC (safety) must be inputted in the athlete's passport by the doctor/chief official.
    - b. The event doctor can indicate if the athlete requires an additional examination before they are permitted to engage in competition or sparring.
  7. **Attempted Submission**
    - a. An attempted submission is a Submission technique that is almost effective in making the other player give up. Points are given from attempted submissions for both Tatami and Ring disciplines.
    - b. A scored submission in the Tatami discipline would result in the round automatically being awarded to the scoring player.
  8. **Submission - RSC (Safety)**
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Submission occurs when a properly applied technique results in the other player acknowledging defeat by:

1. Tapping with the palm against his opposing athlete or the floor in a visible manner
2. Tapping with his feet on the ground (if he is unable to use his hands)
3. Requesting verbally to the referee that the bout be stopped (if he can neither tap with his hands or his feet)
4. Requesting that the match be ended if the athlete gets injured or feel physically incapable or unprepared also:
5. The referee may end the match giving victory to the one that applied the lock if he sees a lock being properly applied and is believes the athlete is at unnecessary risk.
6. A coach of one of the athletes may request that the match be ended either by directing himself to the referee or by throwing the towel into the ring for any reason
7. When an athlete is under a submission position and he screams or say “**ai**”, will be the same as if he taps.
8. The referee may end the match when one of the athletes is injured or the EMT's examination proves he is incapable to continue. If this occurs, the victory will be given to the opposing athlete as long as the injury was not caused intentionally by conduct worthy of disqualification.
9. When the athlete request to stop for any reason (eg. Muscle cramp), it will be the same as if he taps to the —referee's discretion.
10. A scored submission in the Tatami discipline would result in the round automatically being awarded to the scoring player.

### **C. Procedure after a KO**

1. The athlete must be examined at the conclusion of the competition.
2. If they show a neurological deficit, they are to be sent with a note detailing the deficit with their coach and guardian (if they are a minor) to the nearest Emergency Room of the closest hospital.
3. If the athlete shows no neurological, deficit they may be sent home in the company of a companion but the athlete is not to drive a motorized vehicle.
4. The athlete is to be provided a ‘Head Injury Sheet’ by the Chief Official indicating the areas they and their companion must observe over the next 24-48 hours. These include:
  - a. Increased drowsiness
  - b. Difficulty in rousing the athlete
  - c. Vomiting or nausea
  - d. Continued headache
  - e. Clear fluid or bleeding from ear or nose
  - f. Weakness in limbs
  - g. Convulsions
5. The athlete should only consume clear fluids for 8-12 hours after the injury.
6. The athlete should take no alcohol, sedatives, tranquillizers, sleeping pills or aspirin.

### **D. Procedure after a submission that results in Unconsciousness**

1. The same requirements apply for Submissions that result in unconsciousness that apply for KO.