



SPARbeue Rules At-a-Glance

Equipment:

- headgear with open face or cheek protectors
 - hand wraps or tape/gauze
 - boxing gloves (12-16oz up to 152#, 16oz for 152#+)
 - groin protector
 - mouth piece
 - shin pads (Muay Thai matches only) – NO CLOTH SHIN PADS
 - athletic shoes or light boots (optional - boxing matches only)
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- Fighters must sign an additional liability waiver before they are allowed to fight
 - 3 x 2 minute rounds, 60 second break between rounds
 - Mandatory 8-count. Bout stopped after 3rd count in a round or 4th in a fight.
 - “no knockout” rule in effect. You’re trying to beat your opponent, not injure them.
 - Fighters will weigh in the day of the fight to verify matchups.
 - Gear will be inspected before the fight. If officials deem the gear to be inadequate, “loaner” gear will be provided
 - Each coach needs to bring their own corner supplies, i.e. Vaseline, tape, gauze, end-swells, gloves, cotton swabs, etc.
 - A pre-fight meeting will occur with coaches, event staff, and fighters to review rules, equipment, etc. **This meeting is mandatory.** Show up early before the fights begin to check in and attend the meeting.
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- During the fight coaches and trainers operating from the corner are referred to as “seconds.” Up to three seconds will be allowed per fighter. During the round break one of the seconds may enter the

ring to assist the fighter, one may mount the apron, and the other must remain on the floor. Assistance during the round break may include:

- Have the boxer to sit or stand in the corner to take deep breaths
 - Check the boxer's condition and ensure he/she is fit to box in the next round
 - Advise with tactics in short, clear, and understandable manner
 - Provide encouragement
 - Provide good recovery support, such as supply water, place ice pack on the back of the neck and generate a breeze with the towel to lower the body temperature.
- Seconds will be notified by the referee 10 seconds prior to the end of the round break, at which point they must exit the ring
 - An 8-count in a neutral corner will occur if a fighter is knocked down or if the referee deems a fighter is unable to sufficiently defend themselves from the other fighter.
 - A second may also retire the fighter by throwing the towel if he/she deems the fighter unfit or unable to continue or getting punished by the other fighter.
 - A second may not retire the fighter while the referee is conducting a count.
 - Matchmaking will occur in advance of the event based on discussions with each fighter's coach. The objective is to give each fighter a fair match based on age, weight, and experience. Priority will be given to fighters planning to test for their black belt. No fighter is guaranteed a match, but we will do everything possible to arrange one.
 - After the bout each fighter will be examined by the fight doctor.

Boxing:

- Contact shall be limited to the head (face, forehead, and sides) and torso area under the neck, above the belt, and in front of the hip. Striking to the kidneys, back, throat, or neck, is not permitted.
- No contact shall be allowed to the back of the head or neck, below the belt, or behind the hip.
- Strikes are limited using only the front part of the glove covering the knuckles.
- No headbutting, elbow or forearm strikes, or hitting with the cuff or back of the glove. Wrestling, throwing, or grappling an opponent is not allowed.
- A referee will break fighters who clinch and are not working, and the fight will resume

Kickboxing (rules modified from amateur Muay Thai):

- Contact shall be limited to the head (face, forehead, and sides) and torso area under the neck, above the belt, and in front of the hip. Striking to the kidneys, back, throat, or neck, is not permitted. Strikes to the leg are allowed. Contact to the foot is only allowed while performing a sweep.
- Direct, straight line strikes such as teep kicks or side kicks to major joints such as elbows and knees is forbidden.
- Strikes are limited to punches, kicks, and knees. No elbow or forearm strikes are allowed.
- Knee strikes are permitted to legal scoring areas on the leg and body. No knee strikes to the head are allowed.

- Clinch fighting will be allowed, but the referee may break the clinch if he/she deems the clinch to be unproductive or too great a risk to either fighter.
- Sweeps using the foot, ankle, or knee are legal. However, hip throws, shoulder throws, or other judo-style throws are not permitted. You cannot lift your opponent off the mat in any way.
- Sweeps using the back part of the leg are prohibited. Sweeps must be performed using the front or top of the foot.
- Plowing is strictly forbidden. You may not catch an opponent's kick and take more than one step forward without performing a sweep or strike.

General Conduct:

- All fighters are responsible for their safety first and foremost, but they must also be mindful of their opponent's safety. We are trying to compete against, not deliberately injure, our opponents
- No showboating, taunting, or offensive behavior will be tolerated. Good, clean matches only.
- Fighters and coaches are also responsible for their guests observing the fights. No taunting or heckling from the crowds will be tolerated.
- At the end of the fights, both hands are raised. This is a scrimmage and not a title fight.