

Rules-Information

Weight in:

Generally the day before, this means you have roughly 20 hours to reload before the fight Control your caloric intake 3 weeks prior to your fight. Your diet must be maintained no fighter should try to cut more than 15 pounds (10 is preferred).

Cutting Weight

1. Fluid Restriction: stop or decrease intake of all fluids. General a fighter can lose 5 pounds in a 24 hour period. If you get thirsty over this period suck on an ice cube or gargle some water. 5 days prior to weight in fighter should increase their water intake to 2 plus gallons per day this puts your system into flush mode. This continues until 2 days before the fight at this time decrease to under a gallon and eliminate all sodium.
2. Sweat it out: Primarily done through Exercise or Sauna. Remember not to overheat. Here are a couple of standard ways to exercise using plastic suits or heavy clothing. Running, Jumping Rope, or Turn up the heat and train. **Team Members: Do not do this alone. If your body temperature rise too quickly or too long you can die. Be mindful of one another and yourself. I know with scheduling it is not always possible if so call me I'll train or run with you.** Most of you will not have access to a Sauna. As a replacement you can use a Hot Shower. No don't get in it, put on some winter clothing and have a seat (20 to 30 min intervals) weighting yourself in between each. No I am not doing this one with you "get a girl friend or wife."
3. Bowel Emptying: To put it blunt we are all full of shit, roughly about 7 pounds of stored waist. The simplest way to do this is to go to the pharmacist and ask for directions to the natural laxative section. Natural is better because it does not lead to excesses fatigue.

When you read this you may say to yourself I can lose more than 10 pounds. True, but remember the goal is to do this with as little energy loss as possible. For those of you that have not done this it may look easy. My suggestion to you is before you do it for real try it, and you'll find out. Now you have cut the weight but you need to put some back on. There are those that gorge themselves immediacy after weight in, this is wrong. Your system needs to be brought back gradually starting with liquids over the next 24 hours you should replace 4 gallons of water 1/2 gallon every 3 hours. Do this by drink constantly a consistently remembering that you still need to sleep. Your food intake should also be constant 1 small meal every 45 minutes. A meal consists of 1 small portion of each food group (meat, dairy, fruit-vegetable, bread-cereal) Example: (2) piece of pizza and a small chicken salad. Also you must remember at this time carbohydrates are good. You need them before the fight.

Amateur: Three 3min rounds

Bout duration:

All non-championship bouts shall be three rounds.

All championship bouts shall be five rounds.

Rounds will be five minutes in duration.

A one-minute rest period will occur between each round

Weight classes:

Bantamweight - 135 lbs. to 125 lbs.

Featherweight - over 135 lbs. to 145 lbs

Lightweight - over 145 lbs. to 155 lbs.

Welterweight - over 155 lbs. to 170 lbs.

Middleweight - over 170 lbs. to 185 lbs.

Light Heavyweight - over 185 lbs. to 205 lbs.

Heavyweight - over 205 lbs. to 265 lbs

Fouls:

1. Butting with the head.
2. Eye gouging of any kind.
3. Biting.
4. Hair pulling.
5. Fish hooking.
6. Groin attacks of any kind.
7. Putting a finger into any orifice or into any cut or laceration on an opponent.
8. Small joint manipulation.
9. Striking to the spine or the back of the head.
10. Striking downward using the point of the elbow.
11. Throat strikes of any kind, including,
16. Stomping a grounded opponent.
17. Kicking to the kidney with the heel.
18. Spiking an opponent to the canvas on his head or neck.
19. Throwing an opponent out of the ring or fenced area.
20. Holding the shorts or gloves of an opponent.
21. Spitting at an opponent.
22. Engaging in an unsportsmanlike conduct that causes an injury to an opponent.
23. Holding the ropes or the fence.
24. Using abusive language in the ring or fenced area.
25. Attacking an opponent on or during the break.
26. Attacking an opponent who is under the care of the referee.
27. Attacking an opponent after the bell has sounded the end of the period of unarmed combat.

- without limitation, grabbing the trachea.
- 12. Clawing, pinching or twisting the flesh.
- 13. Grabbing the clavicle.
- 14. Kicking the head of a grounded opponent.
- 15. Kneeing the head of a grounded opponent.
- 28. Flagrantly disregarding the instructions of the referee.
- 29. Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury.
- 30. Interference by the corner.
- 31. Throwing in the towel during competition

Ways To Win:

- 1. Submission by: Physical tap out or Verbal tap out.
- 2. Technical knockout by the referee stopping the contest.
- 3. Decision via the scorecards, including:
 - Unanimous decision** [all judges pick the same fighter as the winner].
 - Split decision** [One judge picks one fighter, the other two judges pick the other fighter].
 - Majority decision** [Two of three judges pick the same fighter as the winner, the final judge says the fight was a draw].Draw, including:
 - Unanimous draw. Majority draw. Split draw.
- 4. Technical decision.
- 5. Technical draw.
- 6. Disqualification.
- 7. Forfeit.
- 8. No contest.

Referee may Restart the round:

If the fighters reach a stalemate and do not work to improve position or finish