



MISSION STATEMENT

As the Alternative Fighters Association, we are dedicated to creating an inclusive and empowering combat sports community where everyone—regardless of gender identity, sexual orientation, or background—can thrive. We champion fairness, respect, and opportunity, fostering a safe space for athletes to excel and express themselves authentically. Through education, advocacy, and representation, we aim to break barriers and inspire a culture of equality, unity, and excellence in combat sports.

ADMINISTRATIVE REGULATIONS AND PROCEDURES

1. This rulebook reflects the official competition rules of the Alternative Fighters Association.
2. These current rules are valid for members from all states, although consideration can be given to local law, in case the law requires such adjustments.
3. AFA stands for the Alternative Fighters Association with its seat in Seattle, WA.
4. The AFA Board is defined as a dedicated group of leaders committed to advancing the mission of our non-profit combat sports league. Comprised of professionals, athletes, advocates, and community members, the Board provides strategic direction, oversight, and support to ensure the organization thrives.
 - a. Their responsibilities include:
 - i. Establishing policies and priorities that align with our mission and values.
 - ii. Overseeing financial health and accountability through responsible stewardship.
 - iii. Advocating for diversity, equity, and inclusion in all aspects of our operations.
 - iv. Supporting fundraising efforts and fostering community partnerships.
 - v. Championing the growth and sustainability of our combat sports programs.
 - b. Together, the Board of Directors ensures that AFA serves as a beacon of empowerment, respect, and opportunity for all athletes within our league.
5. AFA has its seat in 4501 Shilshole Ave NW, Seattle, WA 98107, USA.

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VERSION HISTORY

Author	Revision	Revision No.	Published
B. Lukac	Initial Release	1.0	2/10/2025
B. Lukac	Updated sections addressing backfists and spinning strikes to clarify which are/are not allowed. No major change. No revision number required.	1.0	2/13/2025

HEALTH AND SAFETY OF FIGHTERS

1. The Alternative Fighter Association (AFA) is committed to prioritizing the health and safety of its fighters by implementing comprehensive protocols and support systems.
2. The organization will ensure that all fighters undergo thorough pre-fight medical assessments (see Fighter Clearance Form in Attachments), to assess their fitness and readiness for competition.
3. Throughout the event, AFA will provide access to expert medical staff, including trainers, doctors, and mental health specialists, who will closely monitor fighters' well-being.
4. In addition, the association aims to establish strict guidelines for concussion management and post-fight care, ensuring that any necessary recovery or rest periods are enforced.
5. AFA is dedicated to fostering a culture of safety through education, and implementing safeguards that protect both the physical and mental health of its athletes.

PHYSICAL SECURITY AND SAFEGUARDS

1. The Alternative Fighter Association (AFA) is dedicated to ensuring the safety and security of its fighters both inside and outside the competition arena.
2. The organization will implement a robust security system at all events, including on-site personnel, security teams, and surveillance measures to monitor for any potential threats.
3. Fighters will have access to secure facilities, with restricted access to ensure their privacy and safety throughout the event.
4. The association will also enforce strict protocols for handling sensitive situations, such as protecting fighters from harassment and ensuring fair treatment.
5. By prioritizing both physical and emotional security, AFA aims to create an environment where fighters can focus on their performance without concern for their well-being.

COMPETITION LEVELS

1. Adults - Ages 18+ at time of competition
2. Amateur
 - a. Fighters cannot be paid to fight, but can receive a travel stipend only provided solely via monetary donation
1. Amateur Divisions
 - a. Beginner: 0-3 fights (includes exhibitions and smokers)
 - b. Intermediate: 4-8 fights (includes exhibitions and smokers)
 - c. Open: 8+ fights (includes exhibitions and smokers)

WEIGHT CLASSES

1. As to discourage the dangerous practice of weight-cutting, weight classes will be in a weight range of 10 pound increments beginning with 100-110lbs to 200+.
2. Weight classes will be designated by animal on the ring announcers bout sheet (see Attachments).
3. Weights classes will be designated by animal and official weigh-in weight on the bout report sheet (see Attachments).

LENGTH OF ROUNDS

1. Exhibition/Smoker
 - a. Two (2) 2-minute rounds. One (1) minute rest.
2. Amateur (Beginner, Intermediate and Open)
 - a. All non-title bouts will be three (3) 2-minute rounds. One (1) minute rest.
 - b. Title bouts will be three (3) 3-minute rounds. One (1) minute rest.

WEIGH-INS

1. Fighters must weigh in wearing their competition outfit (See OTHER RULES AND ATTIRE above) one day before the contest, 24-30 hours before the scheduled flight time.
 - a. Fighters must be allowed to weigh in private. Weigh-ins shall only be conducted by officials/witnesses of the fighter's gender preference.
2. Before the weigh-in, fighters must have their physical condition examined by the event doctor to certify that they are physically fit and healthy (see Attachment).

RULESETS

1. MODIFIED RULES MUAY THAI (Beginner, Intermediate and Open)
 - a. Strikes with elbows and/or knees may be allowed.
 - b. Modified Rules include:
 - i. Strikes with elbows and knees are only allowed to the legs and body.

- ii. Strikes with knees are only allowed to the legs and body and strikes with elbows are only allowed to the body and head.
 - iii. No elbow strikes are allowed and knees are only allowed to the legs and body.
- 2. FULL RULES MUAY THAI (Intermediate and Open)*
 - a. Punches, kicks, knees and elbows are allowed to all legal striking areas.. Knee strikes to the head are not allowed.

** Fighters must agree to wear the mandatory safety equipment (see below for list of safety equipment)*

- 3. Kickboxing (Beginner, Intermediate and Open)
 - a. Kicking and punching only.
 - i. Punches to the body and head.
 - ii. Kicking to the legs, body and head.
 - b. No elbows.
 - c. No knees.
 - d. No clinching.
- 4. K1 (Intermediate and Open)
 - a. Kicking, punching and knees only.
 - i. Punching to the body and head.
 - ii. Kicking to the legs, body and head.
 - iii. Knees to the body only.
 - iv. No knees to the head.
 - b. No elbows.
 - c. Holding and clinching immediately accompanied by a single attack.
 - i. Holding the kicking leg of an opponent is not a foul, but only a single attack, whether a punch or a kick while holding the leg is authorized. Continuous attack while holding a leg is a foul. If a fighter does not take any action while holding the kicking leg, the referee shall call a break. Holding the kicking leg and using a throwing technique is also a foul.
 - ii. When a fighter is holding the neck of their opponent (clinch) with one arm, the fighter is limited to kicking or kneeing their opponent only one time. Therefore, continuous attack is judged as a foul. Attacking the opponent continuously while holding the neck with one hand is not permitted.
- 5. Boxing (Beginner, Intermediate and Open)
 - a. Punches only to the body and head only (target area - see Boxing Addendum for additional rules).

LEGAL STRIKES

- 1. PUNCHING STRIKES:
 - a. All strikes are allowed to the body and to the head.
- 2. ELBOW STRIKES:

- a. Elbows to both the body and the head are allowed. Elbows pads must be worn.
 - b. Elbows to both the body and the head are allowed. Elbow pads are not mandatory.
 - c. Spinning elbows are allowed.
- 3. KNEE STRIKES:
 - a. No knees to the head. Knees are allowed to the body and legs.
- 4. KICKING STRIKES:
 - a. All types of kicks are allowed to the head and body. These kicks must impact with the bottom or top or side of the foot or the shin.
 - b. Axe kicks are not allowed.
- 5. CLINCHING:
 - a. Clinching is allowed for all fighters. All legal strikes may be used.
 - b. Fighters may NOT pull the head down, as knees to the head are not allowed.
 - c. At least one fighter engaged in clinching must remain active by executing knee and/or elbow strikes or demonstrate control over their opponent by off-balancing or contending for a more dominant clinch position.
 - d. If at least one fighter engaged in the clinching is inactive for a period of 3 seconds, the referee will break up both fighters and restart the competition from the neutral position.
- 6. THROWS:
 - a. Throws, sweeps and dumps from the clinch range are allowed. These must be done with the arms, knees, and legs to off balance the opponent.
 - b. No Judo throws or hip tosses are allowed.
 - c. No picking up the opponent to body slam.
 - d. A fighter is NOT allowed to intentionally fall on top of the opponent to cause injury.

ILLEGAL STRIKES/FOULS

- 1. No biting
- 2. No striking the groin
- 3. No strikes to the back of the head or neck
- 4. No foot stomps
- 5. No trips, hooks, vines, lifts, or pushes
- 6. No hip throws or judo throws
- 7. No picking up opponent and slamming to canvas
- 8. No headbutts
- 9. No hammer fist strikes
- 10. No spinning backfists
- 11. No strikes, blows and punches executed with the palm side of the glove
- 12. No holding the ropes and attacking an opponent, including during clinching
- 13. No attacking a downed opponent or an opponent who touches the floor with their glove

14. No 'plowing'. A maximum of two forward steps may be taken before an action must take place (i.e. sweep, dump, kick, punch, knee, elbow or dropping the caught leg).
15. No grabbing onto opponent's attire
16. No intentionally causing delays in the action

Note: All of the above are considered "fouls". If the referee determines a foul is committed, the referee will issue a caution. Each foul is allowed two cautions. The third foul of the same type, receives a warning which includes a point deduction. A fourth foul, of the same type, is a disqualification. If a foul results in the injury of the opponent, they have up to 5 minutes to recover (at the discretion of the referee). The referee reserves the right to end the fight after subsequent fouls if they feel it is in the best interest of the fighters.

"No Contest" Decisions

If an opponent is fouled in the first round and, as a result, cannot continue, AND the referee rules the foul as accidental, the bout will be ruled a "no contest". If the bout has completed the first round, and the fouled opponent cannot continue, then the decision will go to the score cards to determine a winner. This, of course, will also be determined by whether or not the ring referee dictates the foul was "accidental" or "intentional". An intentional foul will award the win to the downed fighter. An accidental foul will award the win to the fighter winning completed rounds on the judge's cards.

SAFETY EQUIPMENT

- Beginner and Intermediate
 - Fighters must wear gauze/handwraps, mouth guard
 - Groin protection is not mandatory, but highly encouraged for all genders.
 - BOTH fighters always wear similar gear. Not one with gear and the other without. BOTH sides must agree BEFORE the fight.
 - Elbow pads are mandatory, unless the ruleset states that there are no elbows allowed in the contest.
 - Fighters may fight without headgear (if both fighters and coaches agree).
 - Both fighters must wear shin guards and elbow pads.
 - Fighters may use cloth hand wraps, no longer than 180", or gauze and tape (see below for specifications).
- Intermediate and Open
 - Must use gauze and tape hand wraps (see below for specifications).
 - Fighters will not wear head gear.
 - Shin guards are optional.

★ **MASK POLICY: All competitors, judges, referees, officials, doctors, corners, coaches, promotion staff, third-party/support staff and event volunteers are required to wear a mask to lower the risk of respiratory virus transmission.**

Wearing the most protective mask that can be comfortably worn for extended periods of time that fits well (completely covering the nose and mouth) is the most effective option.

- **Competitors may elect to take off their mask while in the ring for official competition only.**

1. HEAD GEAR

- a. Headgear may have cheek protection but cannot have nose or chin protection.

2. SHIN GUARDS

- a. Shin guards may be cloth, leather, or neoprene, and can pull on or fasten with Velcro or buckles.
- b. Any metal clasps must be covered with tape.

3. ELBOW PADS

- a. Must be cloth, pull-on type
- b. Must be worn by all amateur fighters, unless the ruleset states that there are no elbows.

4. HANDWRAPS

- a. Cloth handwraps may be worn by Beginner and Intermediate fighters only.
- b. Soft surgical bandage or gauze, not over two inches wide, may be used for each hand.
- c. Gauze pads, no larger than 6 inches by 6 inches, can be used to protect the knuckles for each hand.
- d. Strips of medical tape may be used between the fingers to hold down the bandages, not to cover the knuckles.
- e. Beginner and Intermediate fighters can have a single piece of medical tape to secure the velcro closure of cloth handwraps.
- f. All fighters must have wraps checked and signed by a member of the officiating crew before putting on fight gloves.

NOTE: When gloves are taken off, if handwraps have not been signed, the fighter can be disqualified.

5. MOUTHGUARD

- a. All fighters will wear a mouthguard that, at minimum, fully covers the top teeth.
 - i. A mouthguard that fully covers the top and bottom teeth may be warm, but it shall not have a lip guard.
 - ii. The mouthguard cannot have a strap.

6. GLOVES*

- a. All gloves will be provided by the promoter. No fighter may use their own.
 - i. 10 oz. will be used for all divisions up to 184lbs
 - ii. 12 oz. will be used for 185lbs and above

** Fighters that express safety concerns may elect to wear larger gloves (i.e. 14oz or 16 oz). BOTH fighters must agree to wear the same size glove. If not provided by the promotion, gloves*

will be inspected by the fighters, coaches, seconds and referee for approval prior to the competition.

OTHER RULES AND ATTIRE

1. PAYING HOMAGE

- a. Before the bout, every fighter may pay homage to the ancient arts and customs of MuayThai.
- b. The bout will start after paying homage, and at a minimum, both fighters seal the ring.

2. LINIMENT

- a. Liniment is allowed to be used to warm the fighter up prior to the fight.
- b. It cannot be applied above the shoulders (neck and head area).
- c. Other warming agents such as Ben Gay, Icy Hot, and other sports creams are not allowed.

3. VASELINE

- a. Vaseline may be used on the fighter's face.
- b. If excessive, the referee will wipe it off.

4. JEWELRY

- a. Fighters are prohibited from wearing any type of jewelry or piercing accessories during competition.

5. HAIR

- a. All fighters with long hair may wear approved hair bands or holders without any metal and must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.

6. SHORTS

- a. Shorts must be worn at the waist with length no longer than mid-thigh.
- b. Shorts shall not pose a safety hazard or hinder observation of the fight.
- c. Shorts may not have pockets.
- d. Shorts may not contain words or graphics that promote illegal or violent conduct, demonstrates hate group association or affiliation or is considered hurtful or offensive to the basis of core identifying characteristics such as race, religion, sex or gender.

7. SPATS

- a. Spats, compression pants, leggings or tights may be worn underneath the shorts.
- b. They may not cover the fighter's feet.

8. SHIRTS

- a. Shirts may be worn during competition.
- b. Shirts must be in good taste, may not contain words or graphics that promote illegal or violent conduct, demonstrates hate group association or affiliation or is considered hurtful or offensive to the basis of core identifying characteristics such as race, religion, sex or gender.
- c. Shirts must be tight fitted/compression, short-sleeved, sleeveless or tank top.

- d. Long-sleeved shirts and long-sleeved rashguards are prohibited.
 - e. Sports bras alone may also be worn.
- 9. Fighting attire shall not have exposed Velcro, clasps, pockets, zippers, or other items that may be harmful to the fighter or their opponent.
- 10. ANKLE SUPPORTS
 - a. Fighters may wear cloth ankle supports.
 - b. Ankles supports are not to be covered with tape
 - c. Nothing may be worn underneath the ankle support
- 11. PRAJIAD (Arm Bands)
 - a. Arm bands may be worn by fighters.
 - b. The bands cannot hang down past the elbow.
 - c. If during the contest, the Pra Jiad loosens or moves in a way that may be harmful, or a distraction, it may be removed at the discretion of the referee.

BOUT OFFICIALS

REFEREES

1. Referees, Officials and Affiliated Crew must wear solid black pants, a solid black polo/collared shirt and black athletic shoes.
2. All in-ring referees must wear protective gloves and a mask
3. The Referee's duties:
 - a. The referee's main priority is safeguarding and protecting fighters from undue injuries.
 - b. The referee must always uphold rules and justice.
 - c. The referee must closely control the bout at all times with a duty of care for both fighters as the priority.
 - d. The referee must inspect the fighter's gloves, attire, groin protection, and mouthguard.
4. The referee must use three commands as follows.
 - a. "STOP" To order the fighters to stop.
 - b. "BREAK" To order the fighters to separate from each other. After the "BREAK" command, both fighters must step back at least one step before engaging in the fight again.
 - c. "FIGHT" To order the fighters to fight.
 - d. "TIME" To order the Timekeeper to stop the round clock to address infractions.
5. At the end of each round, the referee must collect the scorecards from the judges. After that, they will hand all score cards to the official for tabulation.
6. The Referee has full authority:
 - a. To stop the contest when seeing that one boxer is outclassing the other to the extent that there is a risk to the health and safety of a fighter.
 - b. To stop the contest when seeing that the fighter is too seriously injured to continue the contest.

- i. The referee may ask the ring doctor for professional consolation.
 - c. To stop the action to warn or caution the fighter to violate rules or for other reasons to restore justice or enforce rules.
 - d. To disqualify the fighter who ignores the referee's commands
 - e. To discharge from duty, any second who disobeys the rules for seconds
 - f. To caution the fighter who violates the rules, the referee must stop the action before they caution the offending fighter so that the fighter understands the cause and objective
 - i. The referee must show a hand signal, pointing to the fighter to inform all judges that there is a caution.
 - g. To issue a point deduction to the fighter who violates the rules, the referee must stop the action before they issue the deduction to the offending fighter so that the fighter understands the cause and objective.
 - i. The referee must show a hand signal by using the index finger to inform all judges that one point shall be deducted from the offending fighter's score at the end of the round.
 - ii. Judges will score the bout as normal. The deduction will be made by the ring official at the end of the round.
- Note: The referee must send the opposing fighter to a neutral corner
7. The referee must disqualify the fighter who has been given a warning, a point deduction and subsequent violation of the same infraction within the contest and declare "no contest".

JUDGES

1. Each contest will be scored by three (3) judges.
2. Each judge must sit next to the ring on three sides with no one impeding their view.
3. During the bout, the judges shall not speak with anyone.
4. Judges must score the bout objectively, with clear and independent thought, and score according to the rules. They must record scores on the score cards immediately after each round and must sign the score cards before handing them to the referee.
5. Judges shall not leave their seats until the ring announcer declares the official result.

TIMEKEEPERS

1. The timekeeper must sit beside the ring.
2. Their duties are as follows:
 - a. To keep the number of rounds and fighting time for each round, resting interval time between rounds, and time of time-outs.
 - b. To signal for the beginning and the ending of a round by audible indicator.
 - c. To signal at ten (10) seconds before beginning each round to clear the ring of seconds by audible indicator.

- d. To signal at ten (10) seconds remaining before the ending of each round with three (3) short,consecutive sounds by audible indicator.
- e. To track the interruption time or the time stopped by the referee's order.
- f. To always keep the correct time by stopwatch or clock.

GLOVE TABLE

1. Responsible for issuance of competition gloves and any other equipment provided by the promotion.
2. Other duties are as follows:
 - a. Inspecting and ensuring all attire and safety equipment is being worn properly, is legal and conforms to the rules in this rulebook.
 - b. Cleaning, disinfecting and maintaining in good condition the competition safety equipment provided by the promotion.

SCORING

1. Competent scoring must be done using the following criteria:
 - a. When the fighter uses their fists, feet, knees, and elbows as effective and controlled MuayThai fighting weapons to attack their opponent powerfully, accurately, and according to the rules with effective and powerful techniques scoring higher than less effective strikes.
 - b. The effective execution of any weapon will score higher than a less effective/timid execution of another weapon.
2. Scoring Procedures
 - a. Fighters who can do more damage to their opponent using all legal fighting weapons effectively, with heavier, powerful, and accurate attacks on their opponent, using clear, effective aggression with their offensive skills (damage), ring-craft skills (dominance), and defensive skills (disruption), all contribute to a fighter winning the round.
3. The Ten Point Must System & Scoring Explained
 - a. The winner of a round must have 10 points
 - b. The loser of a round will get 9, 8, 7, or a low of 6, depending on various factors in the round.
 - i. No round should be scored lower than 10-6.

For Example:

- *A 10-9 score shall be given in a round with a slight advantage in overall action favoring one fighter OR when there is a clear advantage but not an overwhelming advantage.*
- *A 10-8 score shall be given when there is an overwhelming one-sided round.*
- *And so on.*

2. Scoring Criteria

- a. Clean and effective strikes: Landing punches, elbows, knees, or kicks to the scoring area of your opponent with power, volume, and accuracy to cause damage, domination, or disruption to your opponent
 - b. Damage: If a fighter is trying to hurt their opponent, a judge should look for evidence of damage knocking your opponent down, staggering your opponent, significant blows that slow your opponent's attacking prowess
 - c. Domination: If a fighter is trying to control their opponent, a judge should look for evidence of domination, an overwhelming advantage in strikes landed repeated initiates action during exchanges repeatedly lands the last strike in exchanges
 - d. Disruption: If a fighter is trying to prevent their opponent from hurting or controlling them, a judge should look for evidence of disruption, effective counter strikes that alter an opponent's strategy that force an opponent to grab, and hold strikes that force an opponent into a defensive posture
 - e. Effective Aggression: A forceful willingness to attack your opponent (either moving forward, backward or remaining stationary) where your strikes land accurately and force on your opponent. Remember, there is a fundamental difference between effective aggression and aggression
 - f. Ring Generalship: Controlling the balance, pace, positioning, and style of the fight to a greater degree than that of your opponent
 - g. Defense: Displaying successful evasive maneuvers to avoid being hit and showcasing defensive mechanisms as part of an offensive strategy to attack your opponent and negate their attacks
3. Treat each round separately.
 - a. Never look back at the previous round.
 4. Look for: Damage, Dominance, Disruption
 5. Evaluate: Effective Aggression, Ring Generalship & Defense
 6. If any fighter receives a warning or point deduction from the referee during the contest, continue to score the round as if the infraction did not occur.
 - a. Any point deduction will be calculated by the ring official at the end of the round.

DECISIONS

1. 13.1. Winning on Points:
 - a. Unanimous Decision - all 3 judges favor the same fighter.
 - b. Split Decision - 2 judges favor one fighter & 1 judge favors the other fighter.
 - c. Majority Decision - 2 judges favor one fighter & 1 judge scores a draw.
2. Winning by Knockout (KO):
 - a. In case a fighter is knocked down and cannot continue the fight within ten (10) seconds, their opponent wins by knockout.
3. Winning by Technical Knockout (TKO):
 - a. In case the referee stops (Referee Stoppage/Medical Stoppage) the contest for the sake of fighter safety

- i. If a fighter injures themselves and then fails to intelligently defend themselves, the referee may, in the proper exercise of their discretion either treat the injury the same as one produced by a fair blow from the opponent and follow the procedures for a knockdown or terminate the bout and declare the opponent winner by TKO.
 - b. In case the opponent cannot continue the contest immediately after the resting interval of a round.
 - c. In case the opponent is seriously injured and cannot continue the contest.
 - d. In case the opponent has been counted three (3) times in one round, or four (4) times in the entire fighting contest.
 - e. In case the opponent has fallen out of the ring and cannot get back into the ring after the referee has counted the allotted time.
 - f. In case his opponent spontaneously withdraws from the contest due to injury or other causes.
4. Disqualification:
- a. In case his opponent severely violates the rules and the referee disqualifies them, whether or not there has been any previous warning or cautioning.
5. Winning by Walkover:
- a. In case a fighter's opponent does not pass the ring doctor's physical examination, cannot make weigh-in, or does not show up to compete as scheduled.
6. No Contest:
- a. When the referee considers that either fighter or both "fight dishonorably," (i.e. continuing to commit fouls after being warned and point(s) deducted).
 - b. In case a fighter fails to re-enter the ring after being thrown / falling over or through the ropes as the result of an illegal blow, blows or technique and is deemed unfit by the ringside physician to continue.
7. Cancellation of Contest:
- a. In case of ring damage, a riot from spectators, or an unexpected situation causing it impossible to continue the contest.

RING RULES

1. Mandatory 8 Count:
- a. This rule will be in effect for all Intermediate and Open class bouts.
 - b. In the event of a knockdown the referee shall send the standing fighter to a neutral corner and administer a Mandatory 8 Count to the downed fighter.
 - c. A knockdown is defined as when a fighter touches the mat with anything other than the soles of their feet as the result of a legal, damaging strike – or is in a defenseless position grabbing the opponent or hanging on or over the ropes.
 - d. The referee will have sole discretion in determining a knockdown versus a slip.
 - e. It is the responsibility of the downed fighter to demonstrate the ability and intention to safely continue to avoid being "counted out".

- f. If a fighter goes down from what the referee indicates is a “slip” (see Flash Knockdown below) but fails to rise after the referee’s repeated commands, the referee will initiate a count, and follow the procedures of a knockdown.
 - g. If the fighter does not rise at the count of 10, it will be considered a TKO.
 - h. If a fighter injures themselves and then fails to intelligently defend themselves by turning their back on the opponent, the referee may, in the proper exercise of their discretion either treat the injury the same as one produced by a fair blow from the opponent and follow the procedures for a knockdown or terminate the bout and declare the opponent winner by TKO.
- 2. Standing 8 Count:
 - a. This rule will be in effect for all Beginner, Intermediate and Open class bouts.
 - b. If you are not fighting back/defending yourself, the ring referee will stop the action and administer an 8 count to ensure your safety.
 - c. If the referee administers a standing 8 count and the fighter does not return to their feet or show that they are capable of continuing in the contest, the fight will be stopped and pronounced and TKO.
- 3. 3 Knock Down Rule:
 - a. This rule will be in effect for all Beginner, Intermediate and Open class bouts.
 - b. If a fighter is knocked down 3 times in any single round (provided the referee has given the 8 count), the fight will be stopped and pronounced a TKO.
- 4. 4 Knock Down Rule:
 - a. This rule will be in effect for all Beginner, Intermediate and Open class bouts.
 - b. If a fighter is knocked down 4 times over the period of the entire contest, the fight will be stopped and pronounced a TKO.
- 5. Flash Knock Down:
 - a. This rule will be in effect for all Beginner, Intermediate and Open class bouts.
 - b. This rule is at the discretion of the referee.
 - c. If a fighter is knocked down, but gets back up immediately with no signs of damage, it may be declared a flash knock down and no 8 count will be administered.
- 6. Doctor Stoppage
 - a. At the discretion of the referee, the contest may be stopped for the fighter to be checked by the ring doctor to declare if the fighter is fit to continue in the contest.
 - b. The doctor may be asked by the referee or by the fighter’s seconds to evaluate the fighter during the rest interval.
 - i. If the doctor advises the referee that the fighter cannot continue due to medical reason(s), the fight will be stopped and pronounced a TKO.
 - ii. Medical reasons for doctor stoppage may include, but are not limited to:
 - 1. Uncontrolled bleeding
 - 2. Face, head, eye lacerations
 - 3. Brain injuries
 - 4. Fractures
 - 5. Dislocations

NOTE: If a foul is committed that results in a doctor stoppage, then the fight is ruled a “no contest”.

7. A fighter who has been knocked down CANNOT be saved by the bell in any round.
8. Fighter Knocked Outside of the Ring
 - a. When a fighter is knocked through the ropes and onto the apron of the ring by a legal blow or blows, that knockdown shall be treated the same as if they were knocked down inside the ring:
 - i. The fighter will receive the Mandatory eight (8) count and must be standing before the count of ten (10).
 - ii. The fighter then will be given ten (10) seconds to re-enter the ring.
 - iii. If the fighter stalls while re-entering the ring the referee may count the fighter out and the bout will be scored in favor of the standing fighter as “Winner by Disqualification”
 - b. When a fighter is knocked through the ropes and off the platform of the ring and onto a table or the floor by a legal blow or blows:
 - i. The fighter will receive a Mandatory eighteen (18) count and must be standing before the count of twenty (20).
 - ii. The referee shall use their discretion to allow the fighter thirty (30) seconds to return to the ring due to mitigating circumstances.
 - iii. If the fighter stalls while re-entering the ring the referee may count the fighter out and the bout will be scored in favor of the standing fighter as “Winner by Disqualification”.
 - c. When a fighter is thrown / falls over or through the ropes as the result of an illegal blow, blows or technique:
 - i. The referee will call time.
 - ii. The referee will send the standing fighter in the ring to a neutral corner.
 - iii. The referee will give thirty (30) seconds for the fighter to return to the ring.
 - iv. The referee will issue discipline (i.e. warnings, point deductions, DQ) if the referee deems it necessary.
 - v. If the fighter fails to re-enter the ring and is deemed unfit by the ringside physician to continue, the bout will be ruled a “No Contest”.
 - d. The fighter is to be unassisted re-entering the ring by spectators or their seconds.
 - e. If the fighter is assisted by anyone, the fighter may lose points, or be disqualified with such a decision being within the sole discretion of the referee.
 - f. The referee should consult with the ringside physician to ensure the fighter is able to continue.
9. CLINCHING
 - a. Clinching is only allowed when fighters are FACING EACH OTHER.
 - b. Clinching is allowed as long as 1 fighter is ACTIVE WITHIN the clinch.
 - c. If there is inactivity for a period of 3 seconds, the referee will break the fighters.
 - d. Fighters may NOT grab an opponent from behind.
 - e. Fighters may NOT execute a hip to shoulder or hip throw.
 - f. Fighters cannot, in any way, lift an opponent off of the ground to throw them.

SECONDS (Corners)

1. A fighter may have two (2) seconds*, but only one (1) second is allowed into the ring during the rest interval
2. The Seconds Duties:
 - a. The seconds are allowed to give verbal advice only, from a safe distance, during the fight.
 - i. If they violate the rule, the referee will warn, caution, or discharge them their duties.
 - b. During the bout, the seconds must stay on their seats. Before each round, they must clear towels, water bottles, and other materials from the ring edge.
 - c. During a rest interval, the second may check the fighter's gloves, shorts, or any other relevant items, if there are any problems, the second must notify the referee immediately to solve them.
 - d. Seconds shall not use foul or offensive language including, but not limited to, profanities, slurs, derogatory remarks, or any language deemed harmful, disrespectful, or inappropriate.
 - i. If they violate the rule, the referee will warn, caution, or discharge them their duties.
 - e. Seconds may arrange their own material, equipment, and medical supplies at their corners as follows:
 - i. Water
 - ii. Ice
 - iii. Towels
 - iv. Gauze
 - v. Cotton buds
 - vi. A pair of safety scissors
 - vii. Wound bandages
 - viii. Absorbent cotton bandages or wound soft bandages
 - f. Seconds may look to pull their fighter from a fight to protect their safety by stepping up onto the ring apron to grab the attention of the referee or by throwing a towel into the ring.
 - i. The final decision to call off a bout will rest with the referee who may consult with the ringside doctor.
 - g. Seconds are not permitted to deliver verbal or non-verbal commands/instructions to their fighter for a referee stoppage during any round.
 - i. Commands and instructions are permitted during rest intervals even if the referee asks for the ring doctor's consultation.

**Three (3) seconds may be allowed at the discretion of the promotion if there is more than one fighter on the card from the same team or gym.*

MEDICAL SUSPENSIONS

Post Knockout/Technical Knockout Examinations

1. To protect the health and welfare of fighters, a fighter who has been knocked out (KO) or (TKO) must undergo a medical examination as quickly as possible after the bout.
 - a. Such examinations should be conducted by a medical authority (i.e. event medic).
 - b. The following examinations should be conducted on a fighter who suffers a knockout, technical knockout, or other circumstance in which the fighter has sustained extraordinary severity of blows in a contest:
 - i. a physical examination, but not limited to include a complete neurological examination
 - ii. MRI/CAT Scan, or any other medical examination or tests recommended by a medical authority or the attending fight physician.

Rest Periods after Knockout

1. Fighters that suffered a concussion or any other serious trauma or injury by knockout should not participate in sparring sessions for a minimum of 45 days and no less than 30 days after any other concussive trauma, including but not limited to knockout.

Suspension after Knockout

1. A fighter suffering a knockout will be suspended for a minimum period of sixty (60) days.
2. A fighter suffering two (2) consecutive knockouts will be suspended for one hundred twenty (120) days.

BOXING ADDENDUM

If different than above, will be stated below.

ILLEGAL STRIKES

1. Holding
2. Tripping
3. kicking, and butting with foot or knee.
4. Hits or blows with head, shoulder, forearm, elbow, throttling of the opponent, and pressing with arm or elbow in opponent's face,
5. Pressing the head of the opponent back over the ropes.
6. Hitting with open glove, the inside of the glove, wrist or side of the hand
7. Hits landing on the back of the opponent, and especially any blow on the back of the neck or head and kidney punch.
8. Pivot blows or spinning strikes (i.e. backhands, backfists).
9. Attack while holding the ropes or making any unfair use of the ropes.
10. Lying on, wrestling and throwing in the clinch.
11. Holding and hitting or pulling and hitting.
12. Holding or locking, on the opponent's arm or head, or pushing an arm underneath the arm of the opponent.
13. Ducking below the belt of the opponent.
14. Completely passive defense by means of double cover and intentionally falling, running, or turning the back to avoid a blow.

LEGAL STRIKES

See 2.a.i. below.

SCORING

1. SCORING CRITERIA

- a. Each judge will independently judge the merits of the two (2) boxers based on following criteria:
 - i. Number of quality blows on target area** (this is the most important one)
 1. A punch that is clearly visible and
 - a. connects with knuckle surface of glove,
 - b. is thrown with weight of body or shoulder,
 - c. connects in the target area,
 - d. lands cleanly (without being blocked), and
 - e. lands without infringing a rule.
 - ii. Domination by technical and tactical superiority
 - iii. Competitiveness

2. POINT ALLOCATION

- a. The judges must apply the following point allocation for each round:

- i. 10 vs. 9 – Close round
 - ii. 10 vs. 8 – Clear winner
 - iii. 10 vs. 7 – Total dominance
- b. No score lower than 10 vs. 7 can be awarded.

*****Target Area: front of the body, from the navel to the top of the forehead (not including arms).
Punches to the back of the body or head, or below the belt, are fouls.***

SAFETY EQUIPMENT

- 1. GLOVES*
 - a. All gloves will be provided by the promoter. No fighter may use their own.
 - i. 10 oz. will be used for all divisions up to 139lbs
 - ii. 12 oz. will be used for 139lbs and above
- 2. HEADGEAR
 - a. All boxers must wear headgear.
 - i. Headgear may have cheek protection, but cannot have nose or chin protection.
 - ii. See below for hair management practices.

**** Fighters that express safety concerns may elect to wear larger gloves (i.e. 14oz or 16 oz).
BOTH fighters must agree to wear the same size glove. If not provided by the promotion, gloves will be inspected by the fighters, coaches, seconds and referee for approval prior to the competition.***

ATTIRE

- 1. SHIRTS
 - a. Boxers may wear a loose or tight fitting shirt with short sleeves, sleeveless or tank top.
 - b. Sports bras may be worn.
- 2. SHORTS
 - a. Boxers must wear a pair of shorts that reach halfway down the thigh, no lower than the knees.
 - i. The shorts must have a waistband of a different color than the athletic shirt and shorts.
 - ii. Shorts cannot have pockets.
- 3. SHOES
 - a. Boxers are to wear boxing type shoes or athletic sneakers.
 - b. No bare feet.
- 4. HAIR

- a. Boxers with long hair must wear a hair cap, net or bandana underneath headgear.
- b. Hair may extend outside the headgear but must be secured to and remain at the back of the boxer's head.
- c. Hair cannot be secured with metal hairpins or metal accessories.

ATTACHMENTS

Fighter Clearance Form (to be added Version 2.0)

Scorecard

AFA		
Judges Scorecard		
Date:	Competition:	
Bout Number:	Judge Number:	
Judges Name:		
RED		BLUE
Round Score	ROUND NUMBER	Round Score
In case of tie, select PINK or BLACK at the end of the bout only		
	WINNER < RED or BLUE >	
Signature of Judge:		

Announcers Scorecard

AFA		
OFFICIAL BOUT RESULT		
Bout Number:		
Red Corner Fighter:		Blue Corner Fighter:
Gym:		Gym:
City, State:		City, State:
RESULT:		
DECISION:		
WINNER:		

Official Bout Report

AFA											
Bout Report											
Date:				Competition:				Location:			
Bout Number:				Weight Category:							
Referee Name:								City/State:			
Red Name:								Blue Name:			
City/State:								City/State:			
Judge 1			Judge 2			Judge 3					
Red		Blue	Red		Blue	Red		Blue			
Round Score	Round Number	Round Score	Round Score	Round Number	Round Score	Round Score	Round Number	Round Score			
	1			1			1				
	2			2			2				

	3				3				3		
	4				4				4		
	5				5				5		
	Foul(s)				Foul(s)				Foul(s)		
	TOTAL				TOTAL				TOTAL		
WINNER								Remarks:			
DECISION											
ROUND								Official Name:			
								Official Signature:			

Officials Assignments Matrix

Official Name	Bout Number									
	1	2	3	4	5	6	7	8	9	10