

RULES AND TERMS: SEMI-CONTACT CLOSE COMBAT DIVISION.

1. Terminology and Meaning:

The 10-point must system of judging is applied:

10-10 if the standard of the fighters is equal.

10-9 if one fighter is better.

10-8 if the opponent is K.O. or the ref stops the bout due to the opponent being overpowered.

A body kick or punch that stuns the opponent or submission will be a knockout (K.O.) win. The referee can make point deductions.

The fight takes place in a ring (four, six, or eight corners) or a 6m x 6m impact mat. There will be a referee, head point official, 3 judges, a timekeeper, and a medical assistant.

All competitors must wear short pants and no tops for male competitors. An RCFA logo MUST be on the outside left leg of their pants.

Protection gear includes a gum guard, groin guard, 7oz Shute gloves, insteps, and optional ankle guards. Chest protectors are mandatory for females.

2. Age Categories:

Toddler competitions will be a separate division.

Juniors: 4 to 6, 7 to 9, 10 to 12, 13 to 15, 16 to 17 years.

Seniors: 18 to 40 years.

Veterans: 41 years and older.

(Positive proof of age may be required at all championships)

3. Divisions:

A. Beginners:

First three gradings (White, Red, 1st Blue, 2nd Blue) will only be able to make use of straight, hook and uppercut-controlled punches to the face and full power straight, hook, and uppercut punches to the body. Full power front-, roundhouse, and sidekicks to the body, controlled kicks to the inside and outside of the legs above the knee, all kicks must be well placed and pulled back. All kicks going through will be deemed as excessive contact. These kicks will not be allowed to the head or face.

Foot-to-foot sweep (boot to boot) to take the balance of your opponent is allowed.

No spinning and jumping punches or kicks are allowed.

Duration of the bout: 1 x 2-minute round.

If it is a draw an extension of 30 seconds will be added. There can only be two extensions.

B. Advanced Division:

The next four gradings (1st Yellow, 2nd Yellow, 1st Green, 2nd Green) all the above-mentioned kicks may target the head but must be controlled. Elbow strikes are allowed on the body and legs only.

Full power front kick, sidekick, knee kick, roundhouse kick and back kick to the body.

Controlled kicks to the inside and outside of the legs, must be well placed and pulled back, all kicks going through will be deemed as excessive contact.

The backhand (no spinning backhand), hammer fist, spinning back kicks and jumping front kicks are allowed.

Duration of the bout: 2 x 2-minute rounds with 30 seconds rest between rounds.

If it is a draw an extension of 30 seconds will be added. There can only be two extensions.

C. Open division (Brown and Black belts):

All punches and kicks allowed, controlled to the head and face but full power to the body.

Controlled kicks to the inside and outside of the legs above the knee, all kicks must be well placed and pulled back. All kicks going through will be deemed as excessive contact.

All spinning and jumping kicks are allowed.

Duration of the bout: 3 x 2-minute rounds with 30 seconds rest between rounds.

If it's a draw an extension of 30 seconds will be added. There can only be two extensions.

Note: Some of the above determinations may be waived at certain tournaments based on the decision of the tournament organizer and permission from the Master/National President. However, in Semi Close Combat all kicks and punches may not be full power to the head. It must be controlled. This rule may not be waived.

4. Techniques Allowed:

- All kicking and punching techniques in stand-up.
- All Spinning techniques, including backhand.
- Elbow strikes to the body only
- Knee kicks to the body only
- Low kicks to thigh or calves
- All Locks
- All chokes
- Any Throws
- Non-active Clinching (minimum of 5 seconds)
- Only groundwork techniques are allowed on the ground.
- **Takedown only 20 seconds to apply a technique.**

5. Techniques Not Allowed:

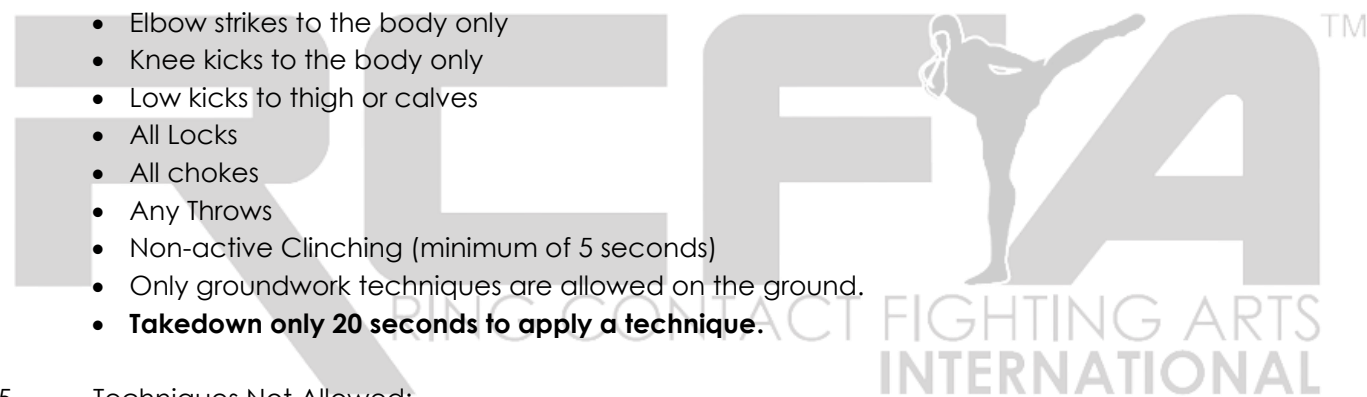
- **No kicking, knee strikes, punching, or elbow strikes when any 3 body parts of a fighter touches the ground.**
- No elbows or knees to the head.
- No low kick to the groin.
- No punches or kicks to the back or the back of the head.
- No gouging of the opponent or opponent's gear.

6. Warnings

Referee can give warnings and point deductions for fouls:

7. Fouls:

- Hitting (kicking and punching) behind the ear.
- Striking an opponent after being instructed by the referee to a neutral corner.
- Butting with the head.
- Jabbing the opponent's eyes with the thumb of the glove.
- Using abusive language in the ring.
- Engaging in any unsportsmanlike conduct, including, but not limited to, a trick or other action that causes injury to an opponent.
- Hitting on the break.
- Hitting after the bell has sounded signalling the end of the round.



- Intentionally spitting out the mouthpiece/gum guard.
- Biting or spitting.
- Not following the referee's instructions.
- Leaving the neutral corner.

In case of any unauthorized techniques being used the fighter will be disqualified.

In the case of accidental use of unauthorized techniques, a warning will be issued.

Head guard is not mandatory.

8. RCFA Weight Divisions for Amateurs:

- 8.1 Junior under 20kg, 25kg, 30kg, 35kg, 40kg, 45kg, 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 80kg, 80kg+ open
When matching, also consider the ages for fair matchmaking.
- 8.2 Senior under 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 82kg, 90kg, 90kg+ open
- 8.3 Professionals: Only from 18 years old
Under: 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 82kg, 90kg, 90kg+ open.

