

RULES AND TERMS: SEMI CONTACT SPORT BOXING 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 superior.

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

A body punch that stuns the opponent results in a knockout (K.O.) win. The referee has the authority to make point deductions.

The fight takes place in a ring with four, six, or eight corners or on a 6m x 6m impact (Tatami) mat. Officials include a referee, a head point official, 3 judges, a timekeeper, and a medical assistant.

All competitors must wear boxing/low kick shorts and tops (GI, suit, or the relevant organization's outfit). An RCFA logo MUST be on the outside left leg of their pants.

Protection gear includes a head guard, gum guard, groin guard, shin guards, foot guards, boot, and 8oz gloves for fighters less than 12 years old and/or under 60kg. 10oz boxing gloves for all other categories, and a chest protector for female fighters.

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 (C-class):

First three gradings (White, Red, 1st Blue, 2nd Blue) (first two years of training) will only be allowed to punch the body. (No head punches allowed)

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

No spinning and jumping punches are allowed.

Duration of bout: 1 x 1-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.

B. Advanced Division (B-class):

After four gradings (1st Yellow, 2nd Yellow, 1st Green, 2nd Green) (more than two years of training) All punches above the belt. Full contact to the body is allowed. Controlled punches to the head.

Including Backhand and Ridge-hand strikes

Spinning backhand to the head is not allowed.

Duration of the bout: 2 x 1-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 (A-class):

All brown and black belts (more than three years of training) All punches must be above the belt. Full contact to the body is allowed. Controlled punches to the head.

Spinning backhand to the head, controlled, is allowed.

Duration of the bout: 3 x 1-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.

Note: Some 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-Contact Sport Boxing, all punches may not be full power to the head. It must be controlled. This rule may not be waived.

Semi-Contact Sport Boxing modes are for RCFA registered/affiliated clubs to refine their boxing skills in a martial arts environment. Do not compare this mode to normal boxing.

4. Techniques allowed:

- Jabs, Straights, Crosses, Hooks, and Uppercuts.
- Martial arts punches, ridge-hand, backhand, blitz punches, and Superman Punches.
- Sweep boot to boot to take your opponent's balance.
- Spinning backhand only allowed in the open division.

5. Techniques not allowed:

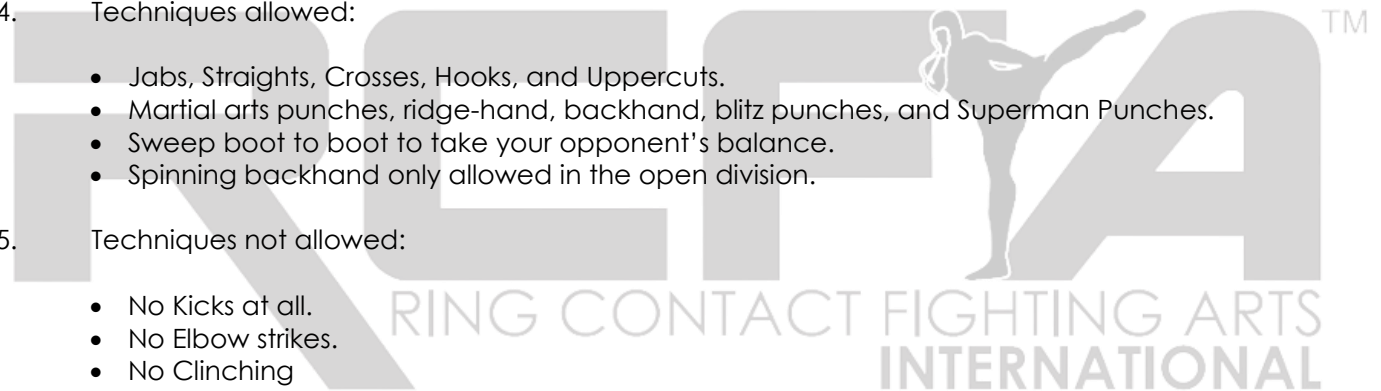
- No Kicks at all.
- No Elbow strikes.
- No Clinching
- No Throws
- No punches or kicks to the back (spine) or back of the head or body.

6. Warnings

Referee can give warnings and point deductions for fouls:

7. Fouls:

- Hitting below the navel.
- Hitting behind the ear.
- Hitting an opponent who is down or is getting up after being down.
- Holding an opponent with one hand and hitting with the other.
- Holding or deliberately maintaining a clinch.
- Striking an opponent after being instructed by the referee to the neutral corner.
- Butting with the head or shoulder.
- Hitting with the open glove, the butt of the hand, the wrist, or the elbow.
- Purposely going down without being hit.
- Jabbing the opponent's eyes with the thumb of the glove.
- Using abusive language in the ring or on the tatami.
- Engaging in any unsportsmanlike conduct including, but not limited to, a trick or other action which causes injury to an opponent.
- Hitting on the break.



- Hitting after the bell has sounded signalling the end of the round.
- Hitting an opponent whose head is between or outside of the ropes.
- Pushing an opponent.
- Intentionally spitting out the mouthpiece/gum guard.
- Biting or spitting.
- Not following the referee's instructions.
- Stepping on the opponent.
- 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 guards are mandatory for all classes and divisions EXCEPT A-Class Senior fighters.

8. RCFA Weight Divisions for Semi-Contact Sport Boxing:

- 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.

