BMMA

ALTRINCHAM

LIGHT BOXING RULES

INTERCLUB PRACTICE BOUT RULES

Controlled boxing with clean technique and no knockout intent

1. Scope and safety standard

These rules apply to BMMA Altrincham interclub light boxing practice bouts. All contests are controlled practice bouts intended to provide experience and development in a safety-led environment; they are not full-contact fights. These are event rules and should not be represented as the national rules of British Military Martial Arts.

CONTROLLED CONTACT	Techniques must be delivered with control. Knockouts and attempts to cause a knockout are prohibited.

SPINNING BACKFISTS	Spinning backfists are prohibited. All kicks remain prohibited because this is a boxing-only category.

2. Officials and bout procedure

1. Each bout will normally be overseen by one referee and three judges. The organiser may adjust the officiating team where necessary while maintaining safe and fair judging.
2. Competitors must report when called, undergo an equipment check and remove all jewellery, watches and hard or sharp items.
3. **Children's bouts:** two rounds of one minute, with a 30-second rest between rounds.
4. **Adult bouts:** two rounds of one minute 30 seconds, with a 30-second rest between rounds.
5. **Finals:** three rounds at the relevant children's or adult round length, with a 30-second rest between rounds.
6. Only the referee may stop the clock. Competitors must immediately obey the commands Fight, Stop and Break.
7. Each competitor may have one coach in their corner.
8. The referee may pause or stop the bout at any time for safety, injury, equipment failure, a significant mismatch or repeated rule breaches.

3. Mandatory protective equipment

Headguard	Mandatory, correctly fitted and event-approved; face must remain unobstructed.
Gumshield	Mandatory. Braces require a suitable orthodontic gumshield.
Boxing gloves	Mandatory, event-approved and matched in weight; normally 10 oz unless the organiser specifies otherwise.
Hand/wrist wraps	Recommended but not mandatory. If worn, soft cloth wraps only, with no hardening or excessive tape.
Groin protector	Mandatory for male competitors; strongly recommended for all competitors.
Chest/breast protector	Permitted and recommended where appropriate, provided it is correctly fitted and event-approved.
Shin/instep guards	Not required because kicking is prohibited.

Equipment checks

1. All protective equipment must be in good condition, correctly sized and secured before entering the competition area.
2. The referee or equipment official may reject unsafe, damaged, loose or unsuitable equipment.
3. Fingernails and toenails must be short. Hair, clothing and fastenings must not create a hazard.
4. A competitor who cannot correct an equipment problem within a reasonable time may be withdrawn from the bout.

4. Legal target areas

• Head: front and sides	• Torso: front and sides above belt
• Padded knuckle area must land	• No contact to back or top of head

5. Legal techniques

1. Straight punches, jabs, crosses, hooks and uppercuts delivered with the padded knuckle area of the glove.
2. Punches may land to the front or sides of the head and the front or sides of the torso above the belt.
3. Combinations, counters and defensive movement are encouraged, provided contact remains light and controlled.

6. Prohibited techniques and conduct

1. Any kick, knee, elbow, forearm, headbutt, backfist or spinning technique.
2. Punches to the back or top of the head, neck, throat, spine, kidneys, below the belt or any competitor who is down.
3. Holding and hitting, pushing, wrestling, excessive clinching or using the forearm or glove to force the opponent's head back.
4. Open-glove strikes, hammerfists, rabbit punches or deliberately striking with any part of the glove other than the padded knuckle area.
5. Continuing after Stop or Break, deliberately turning away, running away or using excessive force.
6. Uncontrolled, reckless or excessive contact; striking with the intention of causing injury or a knockout.
7. Attacking after Stop or Break, attacking a downed opponent, unsporting conduct, abusive language or ignoring the referee.

7. Scoring

1. Judges score each round using the 10-point system. The winner of the round normally receives 10 points and the other competitor 9 or fewer.
2. Judges consider clean legal technique, effective controlled contact, defence, ring or mat control, work rate and overall technical superiority.
3. A technique scores only when it lands clearly on a legal target with the permitted striking surface, balance and control.
4. Blocked, slipped, partially landed, off-balance, illegal or excessively forceful techniques do not score and may be penalised.
5. If a bout is level after the scheduled rounds, the officials nominate a winner based on technical quality, defence, effective activity and performance in the final round.

8. Warnings and penalties

1. For ordinary breaches, the referee may give a verbal caution, official warning, point deduction and then disqualification for repeated offences.
2. A serious safety breach, deliberate foul, prohibited spinning technique or unsafe execution of a permitted technique may result in an immediate point deduction or disqualification.
3. Repeated exits, holding, passivity, turning away or refusing to fight may be penalised.
4. The referee is not required to progress through every warning stage where safety demands stronger action.

9. Awarding the bout

1. **Points:** the winner is the competitor selected by the majority of judges after the scheduled rounds.
2. **Referee stoppage:** the referee may stop the bout for injury, inability to defend safely, excessive contact, a significant mismatch or any other safety concern.
3. **Retirement:** the opponent wins if a competitor, coach or responsible adult withdraws the competitor or the competitor cannot continue.
4. **Disqualification:** the opponent wins when a competitor is disqualified.
5. **Walkover:** a competitor who does not report within two minutes of the final call may forfeit the bout.

NO KNOCKOUTS	A knockdown or suspected head injury must be treated as a safety incident. The referee will stop the action and obtain medical assessment. Excessive contact may result in disqualification.

10. Event administration

The organiser may combine, amend or withdraw categories where entries require it. Event-specific instructions issued at the coaches' meeting or rules briefing form part of these rules.

Competitors, coaches and clubs are responsible for accurate age, weight and experience entries and for ensuring that competitors are fit and appropriately prepared to participate.

These BMMA Altrincham interclub rules prioritise controlled participation and may be more restrictive than other sanctioning bodies' rules.

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