

# ***Arnold's Martial Arts Festival 2010***

## ***Full Contact Rules and International Rules Kickboxing Age and Weight Divisions***

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### **Arnolds Martial Arts Festival American Rules Kickboxing Rules at a Glance**

All Fighters must wear full length kickboxing pants (No MMA Shorts or Boxing shorts)

Fighters required equipment include handwraps, boots, shinguard, mouthpiece, helmet and gloves (Cups for males and chestguard for females)

All adult bouts will be 3- 2 minute rounds – Youth bouts will be 3 – 90 second rounds with 1 minute rest between each round.

Each fighter must throw 8 kicks per round Adults – 6 Kicks per round Youth

(In the case of a knockdown each fighter will be awarded 1 kick credit for the round)

Any fighter missing kicks must make up kicks in the following round any fighter missing kicks in 2 consecutive rounds will be disqualified – Fighter will be penalized 1 point for each kick missed in a round (Get your kicks in - It's called "KICK"boxing)

Front leg sweeps, foot to foot, boot to boot, to the inside & outside of opponents front foot are allowed (NOTE : NO BASE LEG SWEEPS!)

Standing 8 Count is in effect and 3 knockdown rule is in effect

A fighter cannot be saved by the bell except in the final round.

If a fighter drops his mouthguard 3 times during a round, fighter will be disqualified from the match and lose by a technical knockout.

In the case of a knocked down, the other fighter must go to farthest neutral corner

All strikes must be with padded part of the glove- all kicks with the foot (No Knees)

Unsportsmanlike conduct will not be tolerated- Please keep a attitude of fair play and respect.

Obey referee's commands at all times.

***International Rules are the same as above but allow leg kicks inside/outside – Fighters may wear shorts. No knees or elbows Note: -This is not the Muay Thai Division***