

# **Rules and Guidelines**

## **Championship Rules**

The 2010 Caribbean Amateur Fighting Championships (**CAFC**) will be contested under **Full Contact** Rules. A copy of these rules can be obtained from our website, [www.ckgsf.com](http://www.ckgsf.com)

## **Order of Eligibility**

Applications will be processed in the order in which they are received with current national champions and ranked fighters taking priority. Only thirty two fighters will be accepted in each weight class for each style. Each fighter can compete in one or more styles in these Championships (i.e. Kickboxing, San Shou and MMA). Once 32 competitors are received for a particular weight class it would be closed to further applicants wanting to compete.

## **Championship Registration Fees**

The fee for the Caribbean Amateur Fighting Championship is **USD\$65.00** payable on submission of application along with two digital photos (1- half body 1- whole body). Applications without the accompanying tournament fee will be discarded.

## **Prizes**

Prizes include Gold medals (three inches) and Caribbean Title Belts for champions in each weight class in all three Disciplines (MMA, San Shou and Kickboxing) for both male and female, silver medals for runner up and bronze for all other competitors

## **Doctor's Certificate of Health**

All participants will be required to present a doctor's certificate of health indicating that they are fit for participation in any full contact event. The certificate of health must be no older than 3 months. Fighters will also be required to submit to a medical examination on the day of the event.

## **HIV & Hepatitis Tests**

All amateur fighters 15 years and older must present to the CKGSF Head Office a copy of their HIV and hepatitis status. The test must be no older than 3 months. Fighters who have tested positive for HIV or hepatitis will not be eligible to participate in this event.

### **Mandatory Drug Testing**

All fighters must submit themselves to drug testing as a condition of their participation. This may be done immediately prior to or after the completion of their fight. Any fighter evidenced to have used illegal substances to enhance their performance will be disqualified and stripped of any title they may have gained as a result of its use. They will also be subject to disciplinary action.

### **Appearances and Weigh-Ins**

All fighters whose application to the Championship has been accepted **must** make themselves available for the Official Weigh-Ins and relevant promotional appearances that may be arranged by the CKGSF.

### **Performer's consent**

All fighters participating in the Caribbean Amateur Fighting Championships (**CAFC**) are required to sign a Performer's Consent form. A parent or guardian must sign for participants under the age of 18 years. Failure to sign this form will exclude their participation in the Championship.

## **San Shou Rules**

1. Kicks are allowed to the inside and outside of the legs as well as the upper body.
2. Knee and elbow strikes are not allowed.
3. All types of Judo & Wrestling Throws are Legal in San Shou.
4. Fighters have 5 seconds after clinch to execute a takedown, throw or sweep or they are separated by the center referee.
5. The bout may take place on either a raised platform with no ropes or in a boxing ring with ropes.

### **SAN SHOU TECHNIQUES**

- **Legal Techniques;**
  - Punches to the head and body.
  - Kicks to the head, body and legs.
  - Throws and takedowns.
- **Illegal Techniques;**
  - Biting.
  - Head Butts.
  - Joint Attacks.
  - Elbow Strikes.
  - Knee Strikes
  - Holding and Hitting.
  - Open Hand Strikes.
  - Strikes to the Groin.
  - Strikes to the Knees.
  - Kicks or Punches to the Spine.
  - Throws that involve Joint Manipulation.
  - Kicks or Punches to the back of the Head.

## **HOW A WINNER IS DETERMINED IN SAN SHOU**

1. The fighter with the most ROUNDS WON at the end of the bout is the winner OR;
2. If a fighter is knocked out, counted out by the ring referee, receives a TKO (Technical Knockout) or the referee stops the bout because he feel a fighter is not able or should not continue due to safety issues, the other fighter will win the bout OR;
3. Other ways to stop a bout and win a bout can be due to Injury or Disqualification due to Fouls.

### **SAFETY EQUIPMENT: AMATEUR Safety Equipment**

- **Headgear** Is mandatory
- **Shin Pads - Shin-n-instep padding**
  - **MANDATORY**
  - Fighters must supply their own Shin Pads.
- **Groin Cup** is **Mandatory**.
- **Mouthpiece** is **Mandatory**.
- **Hand wraps** are **Mandatory**.
- **Fight Gloves** (*That will be supplied by ckgsf*) are **Mandatory**. 8 & 10 Ounce Gloves.)

Number of Rounds: **Five Rounds**

Length of Bout : **Two Minutes**

Length of Rest : **One Minute**

## Kickboxing Rules

- **HANDS**
  - All punches must be above the waist.
  - Punches must hit with the FRONT portion of the glove.
  - On Spinning back fist, the striking surface is the back of the glove from the top of the wrist portion of the glove and up.
  - No "Slapping"
  - No "Palm Strikes"
  - No "Elbows or Forearms"
  - No "Karate Chops"
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- **FEET & LEGS**
  - Fighters may kick to their opponent's legs as well as upper body.
  - Kicks may be made with the fighters Shin or Foot.
  - Kicks are allowed to the inside and outside of the fighter's legs.
  - Kicks are not allowed to fighters knees.
  - Kicks are not allowed to a fighter's groin.
  - Direct Side Kick or Front kick to the front of fighter's legs are **NOT ALLOWED.**

### **SAFETY EQUIPMENT**

- **AMATEUR Safety Equipment**
  - **Headgear** Is mandatory
    - Shin Pads - Shin-n-instep padding**
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  - **Fight Gloves** (*That will be supplied by ckgsf*) are **Mandatory.** 8 & 10 Ounce Gloves.
  
- Number of Rounds: **Five Rounds**
- Length of Bout : **Two Minutes**
- Length of Rest : **One Minute**

## **M.M.A. Rules:**

1. No Butting with the head.
2. No Eye gouging of any kind.
3. No Biting.
4. No Hair pulling.
5. No Fish hooking.
6. No Groin attacks of any kind.
7. No putting a finger into any cut or laceration on an opponent.
8. No Small joint manipulation.
9. No Striking to the spine or the back of the head.
10. Once the fight reaches to the ground anything goes but in accordance with the rules.
11. Punching to the face while in the mounted position allowed.
12. Striking with the elbow not allowed.
13. No Throat strikes of any kind, including, without limitation, grabbing the trachea.
14. No Clawing, pinching or twisting the flesh
15. No grabbing the clavicle
16. No kneeling the head of a grounded opponent
17. No stomping a grounded opponent.
18. No Kicking to the kidney with the heel.
19. No spiking an opponent to the canvas on his head or neck.
20. No throwing an opponent out of the ring or fenced area
21. No holding the shorts or gloves of an opponent
22. No spitting at an opponent.
23. No Engaging in any unsportsmanlike conduct that causes an injury to an opponent
24. No holding the ropes or the fence.
25. No Using abusive language in the ring or fenced area.
26. No attacking an opponent on or during the break
27. No attacking an opponent who is under the care of the referee
28. No attacking an opponent after the bell has sounded the end of the period of unarmed combat
29. No flagrantly disregarding the instructions of the referee.
30. No Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury
31. No Interference by the corner man.
32. Throwing in the towel during competition will signal that that fighter's corner man and by extension that fighter has given up the fight
33. No front or sidekicks to the front of the legs, at the knee cap, or anywhere below the waist.
34. Wrist and knee locks will be allowed only if it is the compression kind
35. Windpipe submission is not allowed. Windpipe submissions will be classified as any neck hold in which direct pressure is applied to the windpipe or any area around the windpipe.

36. Crinkles (manipulation to the neck or spine) are not allowed
37. No attacking the eyes, ears, nose, mouth or anus of an opponent
38. No distracting tactics including but not limited to blowing in the ear, kiss

### **M.M.A. Bout duration:**

- All amateur championship title bouts shall be five rounds.
- Rounds will be three minutes in duration.
- A one-minute rest period will occur between each round.

### **Ways to Win M.M.A:**

#### **1. Submission**

- Physical tap out.
- Verbal tap out.

#### **2. Technical knockout by the referee stopping the contest.**

#### **3. Decision via the scorecards, including:**

- **Majority decision.**
- **Draw, including:**
- **Unanimous draw.**
- **Majority draw.**
- **Split draw.**
- **Unanimous Decision**
- **Split Decision**

#### **4. Technical decision.**

#### **5. Technical draw.**

#### **6. Disqualification.**

#### **7. Forfeit.**

#### **8. No contest.**

Number of Rounds: **Five Rounds**

Length of Bout : **Three Minutes**

Length of Rest : **One Minute**

**WEIGHT CLASSES WILL INCLUDE A MAXIMUM OF 32 FIGHTERS MINIMUM OF 16. ONLY 32 FIGHTERS WILL BE ACCEPTED FOR EACH WEIGHT CLASS OF THE NINE DIVISION FOR EACH OF THE THREE DISCIPLINES. REASONS BEING, ALL FIGHTERS ARE ONLY ALLOWED A MAXIMUM OF TWO FIGHTS PER DAY OR MINIMUM OF ONE. REGISTRATION WOULD BE TAKEN ON A FIRST COME, FIRST SERVE BASIS. ALL**

**REGISTERED FIGHTERS (FEES PAID) WILL BE MADE AVAILABLE TO THE PUBLIC ON OUR WEBSITE FROM 30<sup>TH</sup> APRIL 2010 AND OUR MAGAZINE.**

**REGISTER EARLY TO RESERVE YOUR PLACE!**

### **Deadlines and Late Fees**

Registration Fee deadline: **30th May 2010**

Late Registration received after May 30th: **30 USD**

**Late Applicants would only be accepted if there is an available space in the relevant weight category**

Late Applicants would not appear on Our Magazine: Photos are needed before May 30<sup>th</sup> 2010 to ensure early distribution

Applications received after June 14<sup>th</sup> will be charged \$40.00 USD

Applications received after June 24<sup>th</sup> will be charged \$50.00 USD

Applications received after July 14th will be charged \$60.00 USD

**NO applicants would be considered after July 30<sup>th</sup>.**

**Athletes wishing to register online can do so on our website from January 2010**

**Hotel information will be made available on our website from January 2010**

**For additional information please contact the CKGSF at 1-868-461-6406 or 1-868-222-1828 or email us at [ckgsf.info@gmail.com](mailto:ckgsf.info@gmail.com) or visit our website [www.ckgsf.com](http://www.ckgsf.com)**