



A. FIGHTERS SECOND [CORNER-PERSON]

The second or corner person for the fighter must be there to help the fighter and act in a professional manner. Each corner person must have a white towel. The second must remain in the designated area and abide by the rules of the FCFF. A disqualification of the fighter will result if the second interferes with the fight in any way.

B. FIGHT TIMES

There will be three 3-minute rounds with a 1 minute rest between rounds. If at the end of the official time, there is no winner, the decision will go to the 3 judges. The referee has the authority to stop the match at any time in the interest of safety.

C. CRITERIA

Who was the aggressor and dominant person on their feet?

Who was the aggressor and dominant person on the ground?

Who had the most control during the entire match?

Who did the most damage?

D. NON-ACTIVITY RULE

When neither competitor is gaining an advantage or a submission position, the referee will stop the fight and put both fighters back on their feet. When either opponent gets into a potentially dangerous position in the Cage: either on their feet or on the ground, the referee will stop the fight and a restart situation will occur.

E. FLEEING THE RING – MAT AREA – AVOIDING CONTACT

There will be one warning to the fighter that flees the ring. On the second offence the fighter will be disqualified. Scooting under, or through to avoid contact, to get the referee to restart the fight is considered a foul and will result in disqualification.

F. ALLOWABLE TECHNIQUES

STRIKING [HANDS, KNEES, KICKS]

All striking techniques are legal on your feet.

01. HANDS - All hand strikes are legal on your feet and on the ground. No direct strikes to the throat, groin, front of knee joint or back of spine are allowed.

02. KICKS - Are allowed with or without shoes when both fighters are standing. Kicking is not allowed on the ground. When one fighter is on the ground and the other is standing kicking is illegal - if this happens, the match will be restarted. The fighter on the ground may not kick at the opponent in the mount position. No kicking to the groin, throat, or knee joints are allowed.

03. KNEES - Knees are allowed to the entire body and head while the fighters are standing, but not allowed if fighter is down. Down meaning anything other than his two feet making contact with the mat surface.

04. GRABBING THE ROPES OR CAGE - the referee will signal to the judges when the foul has occurred – on the third foul the fighter will be disqualified. If a fighter grabs the cage the referee will tell the fighter to release

the cage and physically take his hand or hands off the cage. If a fighter does not release the cage when directed by the referee, or after the referee has tried to physically take the fighters hand off the cage, the fighter will be warned that if he does not release the cage he will be disqualified. The referee will make the statement one more time, if the fighter does not follow the directive he will be disqualified. [this is a blatant case of not releasing the cage].

G. GRAPPLING-SUBMISSION TECHNIQUES

All takedowns, throws, chokes, hold-downs are legal. Joint locks with the exception of fingers and toes are legal.

H. ILLEGAL TECHNIQUES

01. Head butts
02. Small joint manipulations
03. Biting
04. Eye gouging or fish hooking
05. Groin strikes
06. Hair pulling
07. Kicking opponent on the ground [kneeling, sitting or prone]
08. Striking to the spine
09. Grabbing ropes/cage for any reason [3 times is disqualification]
10. Unsportsmanlike conduct
11. Head Stomping
12. Direct strikes to knee joints
13. Any type of referee or fight interference [second]
14. Throat strikes
15. Elbows are not allowed.
16. Kicking on the ground
17. Stomping foot with shoes
18. Standing fighter kicking a downed opponent

If ruled accidental, a warning will be given. Fighter will be disqualified on the second offence. If ruled intentional, fighter will be immediately disqualified. Immediate disqualification: fish hook, eye gouge, head stomp, head butt

to opponent's head, groin strike, throat strike, biting, direct strike to knee joints [front, outside or inside] The referee has the ability to stop the fight to protect the fighter. If a fighter cannot protect himself, the fight will be stopped. If a fighter is in a submission, the referee has the ability to stop the fight to protect the fighter from injury. The referee has the ability to stand up the fighters for inactivity. Holding the cage is illegal. Fighter will be verbally warned the first time. On the second occurrence, fighter will be warned with a yellow card On the third occurrence, fighter will be shown the red card and disqualified.

I. GEAR

Required - All athletes must wear mouth piece, groin protection and approved grappling gloves.

J. UNIFORM

Approved apparel shall be worn. GI's, shorts, biker type shorts are allowable. No apparel that may cause an injury to a fighter is allowed. Any questionable gear needs to be checked by a FCFF official and referee. Wrestling shoes may be worn, or fighter may compete barefoot.

K. METHODS OF VICTORY:

01. Win by KO
02. Win by TKO
03. Win by opponents disqualification
04. Win by tap out
05. Win by submission
06. Win by decision
07. Win by opponent verbally giving up
08. Win by referee stoppage
09. Win by doctor stoppage
10. Win by opponents corner throwing the towel in

L. USE OF FOREIGN SUBSTANCES-OR ATHLETIC TAPE

01. No use of liniment or lubrication is allowed on any part of the body. A light application of Vaseline may be used on the face only.
02. No use of gel like substances in hair is allowed.

M. DISQUALIFICATION

01. Use of any illegal techniques
02. Use of lubricant on the face, body or hair
03. Interference with the referee during contest
04. The third time a fighter grabs the cage

N. FIGHT RING OR CAGE

The FCFF will utilize a boxing ring or a cage for the competition.

O. FIGHTER MUST REPORT – WEIGH INS

All fighters and or second must attend the pre-fight meeting and rules meeting. All fighters must attend weigh ins and rule meeting. Failure to attend will result in disqualification.