

Kickboxing Weight Classes; Weigh-In.

(1) Weight Classes:

Name	Weight (lbs.)	Weight Differential (lbs.)
Junior Atomweight	50 lbs. to 55 lbs.	5
Junior Flyweight	55.1 lbs. to 60 lbs.	5
Junior Bantamweight	60.1lbs to 65 lbs.	5
Junior Featherweight	65.1 lbs. to 70 lbs.	5
Junior Lightweight	70.1 lbs. to 75 lbs.	5
Junior Welterweight	75.1 lbs. to 80 lbs.	5
Junior Middleweight	80.1 lbs. 85 lbs.	5
Junior Light Heavyweight	85.1 lbs. to 90 lbs.	5
Junior Cruiserweight	90.1 lbs. to 95 lbs.	5
Junior Heavyweight	95.1 lbs. to 100 lbs.	5
Straw-weight	100.1 lbs. to 105 lbs.	5
Atomweight	105.1 lbs to 112 lbs	5
Flyweight	112.1 lbs to 117 lbs	5
Bantamweight	117.1 lbs to 122lbs	5
Featherweight	122.1 lbs to 127lbs	5
Lightweight	127.1 lbs to 132lbs	5
Super Lightweight	132.1 lbs to 137 lbs	5
Light Welterweight	137.1 lbs to 142 lbs	5
Welterweight	142.1 lbs to 147 lbs	7
Super Welterweight	148 lbs to 153 lbs	7
Light Middleweight	153.1 lbs to 159 lbs	7
Middleweight	159.1 lbs to 165 lbs	7
Super Middleweight	165.1 lbs to 172 lbs	7
Light Heavyweight	172.1 lbs to 179 lbs	7
Light Cruiserweight	179.1 lbs to 186 lbs	7
Cruiserweight	186.1 lbs to 195 lbs	12
Heavyweight	195.1 lbs to 215 lbs	20
Super Heavyweight	215.1 lbs to 235 lbs	20
Extreme Heavyweight	235.1 and up	No limit

(2) Additional Weight Class restrictions:

(a) Amateur sanctioning organizations shall not permit amateurs to participate outside of the weight spread permitted in the weight class of the lightest amateur.

(b) No kickboxing match shall be permitted with a weight difference greater than the weight differentials listed above.

(c) Amateurs under the age of eighteen (18) may not compete against amateurs with more than a twenty-four (24) month difference in age, based on the amateurs' actual birthdates.

(d) Amateurs under the age of eighteen (18) may not compete against amateurs aged eighteen (18) and older.

(e) When matches involve amateurs with a

crossover in weight classes, the weight difference allowed between the amateurs will be that of the lighter of the amateurs. Amateurs may only compete against amateur participants in their weight class, or the weight class immediately above or below their weight class.

(f) Amateur sanctioning organizations may call the weight classes any title but must comply with the weight and weight differential requirements.

(3) Weigh-in:

(a) Amateurs shall be weighed within 28 hours of the scheduled match, at a time and place designated by the amateur sanctioning organization, in the presence of the amateur sanctioning organization supervisor on scales approved by the amateur sanctioning organization.

(b) All weights shall be taken with the amateurs stripped of clothing down to trunks for male amateurs and trunks and sports bra or tank top for female amateurs and other weight bearing objects.

(c) An amateur is not permitted to lose more than 3 percent of the initial body weight, as recorded by the amateur sanctioning organization for the amateur's first weight taken during the weigh-in, to make weight.

(4) The commission may approve weight classes outside of these ranges on a case-by-case basis for nationally or internationally recognized tournaments. Requests for approval shall be submitted to the commission office no less than 30 days prior to the event for review.

Kickboxing Conduct of Bout; Rounds.

- (1) All matches are to be designated as amateur.
 - (a) If advertising is conducted, the advertising shall clearly indicate the matches are amateur.
 - (b) No event shall have both amateur and professional matches.
- (2) Conduct of Bout for all age groups:
 - (a) Any individual who has competed anywhere in the world as a professional in combat sports, including, but not limited to boxing, mixed martial arts, Tough-Man competitions, kickboxing, and cage fighting, is prohibited from competing in amateur boxing, kickboxing, and mixed martial arts in the State of Florida.
 - (b) All amateurs must enter and compete in all matches under their own names. The use of a ring name or nickname is strictly prohibited.
 - (c) Matches between a male amateur and female amateur are not permitted.
 - (d) Matches between an amateur who is under the age of eighteen (18) and an adult (18 years and older) are prohibited.
 - (e) No individual under the age of 8 years old shall be permitted to participate in amateur kickboxing. Amateur sanctioning organizations are responsible for ensuring that amateurs are 8 years or older. All amateurs must provide proof of age upon request, such as a notarized copy of their birth certificate or a government issued form of identification. Amateurs under the age of eighteen shall be referred to as junior amateurs. Amateurs ages eighteen and older shall be considered adult amateurs.
 - (f) Excessive coaching from the corner is prohibited. Cornermen must remain seated in the designed chairs throughout the entire round. Only one cornerman will be allowed in the ring during the rest periods.
 - (g) When an amateur is knocked out or injured, no one is allowed in the cage/ring until authorized by a referee or physician.
 - (h) Amateur sanctioning organizations shall not permit more than two amateurs to participate in any match.
 - (i) In the event that an amateur is knocked down, the referee will send the standing amateur to the furthest neutral corner and count over the downed amateur. The referee is required to reach the count of eight prior to allowing the bout to continue. A knock down is anytime a part of the amateur's body other than the soles of the feet touch the ground or would have touched the ground if the amateur had not grabbed the ropes or his opponent, as the result of a legal strike.
 - (j) In the event that an amateur is hurt, but not knocked down, and the referee is not in position to immediately determine if the bout should be stopped, he may stop the action and send the undamaged amateur to the furthest neutral corner and evaluate the damaged amateur while administering an eight count.
 - (k) Advance notices for all amateur kickboxing events shall be filed by the amateur sanctioning organization, with the commission at least the (10) days prior to the date of each match.
- (3) Fouls Generally for all age groups:
 - (a) All illegal techniques qualify as fouls and shall be called by the referee and stopped immediately upon the referee calling the foul. Referees shall not permit amateurs to continue to foul opponents.
 - (b) A referee having any reason to believe that a foul has been committed, which said referee did not witness, may consult the judges and will make an appropriate decision according to the majority of the judges who saw the blow.
- (4) Fouls listed, all ages:
 - (a) Head butting.
 - (b) Striking with the elbow to any target (not a foul for Muay Thai amateurs aged 18 years and older).
 - (c) Striking with the knee to the head.
 - (d) Striking or kicking to the groin.
 - (e) Intentional striking or kicking to the back of the head, the neck, or to the throat.
 - (f) Striking the spine.
 - (g) Punching or kicking an amateur when he is down. An amateur is considered down when any part of his body other than his feet touches the floor. If an amateur is on his way to the floor, his opponent may continue to attack until he has touched the floor with any part of his body other than his feet.
 - (h) Take downs, other than legal sweeps (Exception for Muay Thai and San Shou).
 - (i) Intentionally pushing, shoving or wrestling an opponent out of the ring with any part of the body.
 - (j) Attacking on the break when both amateurs have been instructed to take a step back by the referee.
 - (k) Attacking after the bell has sounded to end the round.
 - (l) Holding and hitting, such as holding with one hand, especially behind the neck, and hitting with the other hand.
 - (m) Holding the ropes with one hand while striking or defending with the other hand or the legs.
 - (n) Hitting or flicking with an open glove or thumb, or striking with the inside, or bottom of the glove.

(o) Clinching – holding or otherwise tying-up an opponent's arm to prohibit him from punching.

(5) For amateurs aged fourteen years or younger, striking with the knee to any part of an opponent's body, except in Muay Thai style kickboxing matches, shall be considered a foul.

(6) Rounds:

(a) No amateur shall be permitted to participate in any match on more than one day in any seven. Exceptions may be made by the executive director or his designee for regularly sanctioned tournaments held in the same venue requiring two or more days to compete, so long as the matches are held within a reasonable time. Requests for approval shall be made to the commission office no later than 10 days prior to the matches.

(b) For junior participants aged 8 to 15, the rounds shall be no more than three ninety-second rounds with one minute between each round.

(c) For junior participants (aged 16 and 17), the rounds shall be no more than three two (2) minute rounds with one minute between each round.

(d) For adult participants, the rounds shall be no more than five two (2) minute rounds with one minute between each round.

(e) An adult amateur kickboxing match shall be scheduled for not more than five rounds.

(7) Participation in subsequent matches:

(a) Any amateur who loses by way of a TKO shall not participate in any match for a minimum of thirty (30) days, unless cleared by a neurologist to return sooner.

(b) Any amateur who loses by way of KO (Knock out) shall not participate in any match for a minimum of sixty (60) days.

(c) Amateurs shall receive a mandatory ten-day rest period after competing in a match. Day 1 of the mandatory rest period shall commence on the first day following the event.

(d) If the physician suspends an amateur based on a post-match physical, the amateur shall comply with all the stipulations listed by the physician in the suspension, including clearance by a physician licensed as an M.D. or D.O., prior to participating in further matches.

Kickboxing Apparel.

(1) Each male amateur shall wear the following:

(a) Traditional boxing trunks or Thai boxing shorts must be worn, the belt of which shall not extend above the waistline. Long pants with an elastic waistband may be worn in Full Contact/American Style kickboxing matches.

(b) A protective cup or groin protector as approved by the amateur sanctioning organization representative.

(c) Shin and instep protective pads, provided by the promoter, approved of by amateur sanctioning organization's representative.

(2) Each female amateur shall wear the following:

(a) Traditional boxing trunks or Thai boxing shorts must be worn, the belt of which shall not extend above the waistline. Long pants with an elastic waistband may be worn in Full Contact/American Style kickboxing matches.

(b) A close-fitting tank or halter type top.

(c) Shin and instep protective pads, provided by the promoter, approved of by amateur sanctioning organization's representative.

(d) A protective cup or protective pelvic girdle to cover the pubic area, ovaries, coccyx and sides of the hips is optional.

(e) Breast protectors are optional.

(3) All amateurs shall wear an individually fitted mouthpiece, which shall be in the amateur's mouth at all times during the matches.

(4) All amateurs must wear elbow pads constructed of non-abrasive material, minimum 1/2 inch thick around the impact area of the elbow.

(5) Prohibited apparel:

(a) Eyeglasses.

(b) Shoes.

(c) Any type of apparel with metal straps, buckles, necklaces or any other type of jewelry.

(6) Amateurs may wear soft contact lenses. Hard contact lenses are forbidden.

Kickboxing Bandages; Hand wraps; Gloves.

(1) Bandages and Hand wraps:

(a) The wrapping of hands is not mandatory. Amateurs who wish to wrap their hands shall be responsible for their own gauze and tape or approved commercial hand wraps.

(b) Gauze shall be of the soft or soft-stretch type and shall not exceed 2 inches in width. Tape shall be of the soft adhesive type and shall not exceed 1.5 inches in width. One ten-yard roll of gauze, and not more than two yards of tape, are the maximum allowable amounts for each hand.

(c) Gauze shall be for the protection of the hand only. Tape shall be present only to hold the gauze in place, with NO TAPE allowed over the front of the knuckles (striking surface) and only 1 strip between the fingers not to exceed 1/4 in width and 4" in length.

(d) The amateur sanctioning organization representative must inspect all hand wraps and must sign across the knuckles of the hand wrappings before the gloves are secured on the hands. The amateur sanctioning organization is responsible for the amateur's compliance with the bandages and hand wraps requirements.

(e) A single elastic or neoprene style supportive sleeve may be worn on each foot and around each knee as long as it has no padding, braces, hinges, or anything that could injure the wearer or his opponent or create an advantage of any kind. These sleeves shall be of the size that does not extend beyond a point necessary to support the ankle or knee subject to the approval of the amateur sanctioning organization supervisor.

(2) Gloves:

(a) When the lighter of the two amateurs weighs 152 pounds or less, both amateurs shall use 10-ounce gloves. When the lighter of the two amateurs weighs more than 152 pounds, both amateurs shall use 12-ounce gloves.

(b) Both amateurs shall use the same manufacturer of gloves.

(c) Prior to the beginning of each match each glove of each amateur shall be examined and approved or disapproved by the amateur sanctioning organization representative and the referee. Any glove intended to be used by an amateur in a match shall be whole, clean, in sanitary condition and shall have the thumb attached. Gloves shall be in good condition. If the padding in a glove is found to be misplaced or lumpy, or if the glove shows evidence of breaking, roughing or twisting, the glove shall be disapproved and shall not be used. The match shall not begin or continue unless an approved glove has been substituted for the disapproved glove.

(d) Laces of gloves shall be knotted on the back of the wrist and tape shall be applied over the laces so as to prevent injury to the opponent. Velcro shall be located on the back of the wrist and tape shall be applied over the Velcro.

(e) Gloves shall be adjusted under the supervision of the amateur sanctioning organization representative.

Supervision of Amateur Events.

(1) The amateur sanctioning organization or the representative of the amateur sanctioning organization shall provide direct, on-site supervision for all amateur boxing, kickboxing, and mixed martial arts events.

(2) The amateur sanctioning organization shall provide to the commission the name, telephone number and mailing address of every individual authorized to provide direct, on-site supervision and to serve as a representative of the amateur sanctioning organization during the event. This information shall be included in the advance notices for all amateur boxing, kickboxing and mixed martial arts events filed by the amateur sanctioning organization, with the commission at least the (10) days before the date of each match.