

# SMACKGIRL STRIKE OFFICIAL RULES AND REGULATIONS

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## Competition Area

The competition area will be a square of 5 by 5 meters to 7 by 7 meters, and should be approved by the SMACKGIRL executive committee (SEC).

## Equipment and Clothing

- Contestants must wear open finger gloves provided by the SEC.
- Contestants' outfits should not interfere grappling battles, and must be approved by the SEC. It is desirable that contestants wear clothes without metal parts (such as rash guards, tank tops, T-shirts) on the upper part of the body, and leggings or kickboxing pants on the lower part. It is preferable that contestants' outfits fit their bodies well.
- Contestants must not apply anything such as Vaseline or lubricant on their bodies or faces. However, it is approvable to apply make-ups to the extent that will not annoy the opponent.
- The wearing of Judo Gi or Karate Gi is forbidden (except when special rules are set).
- Shoes are forbidden.
- Contestants must wear a mouth guard and a groin protector provided by the SEC.
- If a contestant intends to use knee strikes, she must wear knee pads approved by the SEC.
- Contestants may wear thin guards and athletic supporters approved by the SEC.
- Contestants may apply athletic tape approved by the SEC.
- A minimum amount of bandages for the sake of protecting the contestants' fists will be approved. Contestants must be observed by a SMACKGIRL official referee when they apply bandages.

## Duration

- A match will consist of two or three five-minute rounds.
- Rest periods between rounds will be one minute.

## Weight Divisions and the Agreed Weight Limit

Matches will follow weight divisions as follows:

- Flyweight (under 48kg)
- Lightweight (under 52kg)
- Middleweight (under 58kg)
- Openweight

However, a specific weight limit may be set under the agreement among both of the contestants and the SEC.

## Outcomes of Matches

Matches may end with the following outcomes:

- Knockout by strikes or a throw. (When a contestant is down, the referee will begin the down count. If the contestant fails to stand up and raise her hands to take a fighting stance within ten seconds, she is considered to be knocked out.)
- Submission (When a contestant taps the mat or the opponent's body more than three times, or verbally expresses her intention to concede, she is considered to submit.)
- Technical Knockout (TKO) is declared in the following cases:
  - When the referee decides that it is impossible for a contestant to continue the match.
  - When a contestant has received successive blows, and the referee decides that it is dangerous to continue the match. Or, when she is completely trapped by a submission hold, and the referee decides that it is dangerous to continue the match ("estimated submission")
  - When the doctor decides from the medical perspective that it is impossible for a contestant to continue the match.
  - When a second of a contestant throws in the towel into the match area, or declares to forfeit the match.
  - When a contestant is declared to be "down" three times in one round.
- Disqualification due to foul activities. (The list of fouls is in the other section.)
- Decision by three assistant referees when the match does not end within the scheduled rounds. (The criteria of the decision are stated in the other section.)
- When a contestant is not able to continue the match due to an accident (such as an unintentional head butt), in either a two round match or a three round match, if the first round has not ended yet, the match will be declared no contest, or, if the first round has already ended, the result of the match will be determined by decision according to the performance of the contestants before the accident happened.

## Fouls

When a contestant commits fouls, the referee or assistant referees will give her a caution (by showing her a yellow card) up to the second time. When the contestant commits fouls for the third time, the referee will disqualify her (by showing her a red card).

A yellow card (or two) will have negative effects on decision.

If the foul committed by a contestant is obviously intentional and vicious one, the referee may immediately disqualify her.

The following acts constitute fouls:

- Elbow strikes.
- Butting with the head.
- Any kind of striking to the back of the head, or the spine area. (The "back of the head" does not include the side of the head or the area around the ear.)
- Knee strikes when the contestant does not wear knee pads.
- Attacking while holding the ring rope, or the act of using the rope in order to avoid the opponent's attack.
- Escaping intentionally from the competition area.
- Holding the equipments or outfits of the contestants.
- Slamming the opponent's head to the ground. However, with the approval of the SEC, all kinds of throws may be allowed in some cases such as title matches.
- Showing passivity, such as not trying to attack.
- Biting.
- Eye gouging of any kind.
- Scratching.
- Grabbing the nose or the ears.
- Manipulating mucous parts such as anus.
- Attacking the fingers, or grabbing less than three fingers.
- Grabbing the hair.
- Striking to the head in the ground position. (Strikes to the other parts will be allowed.)
- Failure to follow the referee's instruction, or protesting against the referee.
- Any kind of other activities that the referee recognizes to be dangerous or vicious.

## Referees

- During matches, the judgment and decision made by the referee and assistant referees are decisive; anyone must follow them.
- Matches will be regulated by the main referee and three assistant referees.
- Assistant referees may interrupt the match using a whistle.
- Contestants and their seconds, after the match has ended, possess the right to make a protest against the judgment and decision made by the referee and assistant referees. Contestants or their seconds may submit their protest in writing to the SEC no later than a week after the match. The SEC is obligated to give it careful and sincere consideration.

## Seconds

- A contestant may have up to two or three seconds in her corner.
- The seconds must not leave the contestant's corner during the match.
- The seconds must not touch the contestant, the competition area or the ropes.
- Both a contestant and her seconds must follow the instruction of the referees and accept their decision.

## "Break" Commands (Thirty Seconds on the Ground)

- During any phase of the match, when the battle goes to the ground, the referee will raise his right arm to make a signal. Immediately after the signal, the official timekeeper will start the clock. If thirty seconds has passed and the battle has still been on the ground, the referee will separate the contestants and restart the match from the initial position on their feet.
- When the referee decides that the match is in a stalemate, he may separate the contestants and restart the match from the initial position.

\*The ground position is defined as the situation when any part of either one (or both) of the contestants' bodies except the bottom of the feet touches the mat.

\*In the ground position, striking to the head is prohibited. The head is defined as the part above the bottom of the neck.

## Decision

- When the match does not end within the scheduled rounds, the outcome of the match will be determined by decision.
- Out of three judges, a contestant who is supported by more than two judges will be declared the winner.
- The criteria of the decision will be depended on each of the judges. Knockdowns, extent of damage, negativity due to fouls, and secondly, willingness to end the match will be taken into consideration.