



## KNOCKDOWN

### CHAPTER 1 COMPETITION ORGANIZATION

- This type of match is a continuous fight, that will only be interrupted by the Central Referee when the score of a fault or warning is justified;
- During the match, the athletes must execute quality techniques where there WILL NOT BE CONTROL of impact force.

#### *WARNINGS*

- At FIRST foul, the Central Referee will give a WARNING to the athlete that broke the rules.
- At SECOND foul, the Central Referee will award the first penalty point to the athlete that committed the foul.
- At THIRD foul, the Central Referee will award the second penalty point to the athlete that committed the foul.
- At FORTH foul, the Central Referee will IMMEDIATELY DISQUALIFY the athlete that committed the fouls.

#### *FOULS AND STRIKES THAT LEAD TO IMMEDIATELY DISQUALIFICATION*

- Grabbing or Projecting.
- Intentional strikes with the head.
- Any kind of strike with the purpose to blind the opponent.
- Biting.
- Deliberately striking the groin area.
- Knee strikes or elbow strikes to the head.
- (including Coach) Disrespectful behaviour towards the Central Referee, Judges/Juries and /or the side referees.
- (including Coach) Swearing or the use of abusive language during the match.
- (including Coach) Address himself to the opponent to insult and provoke him.
- Knocking out or injuring his opponent after the referee has ordered the match to stop for any reason.

An athlete can be immediately disqualified, if he persists in avoiding contact, spits out the gum-shield intentionally or simulates a foul.

### CHAPTER 2 CATEGORIES

Athletes will be divided by weight and age.  
Male and female athletes compete in different categories.

#### *AGE DIVISION*

- SENIOR – age 16 to 29 (16 and 17 must have a responsibility term signed by the coach and parents);
- MASTER – over 30;



## *WEIGHT AND CLASS DIVISION*

MALE		FEMALE	
Midle weight	-70kg	Featherweight	-50kg
Light Heavyweight	-80kg	Lightweight	-60kg
Heavyweight	+80kg	Midle weight	+60kg
Open weight	+90kg	Light Heavyweight	+70kg

## **CHAPTER 3 SAFETY EQUIPMENT**

### *COMBAT PROTECTIONS*

#### **Gum shield/ mouthguard**

- Gum shields are **COMPULSORY** and must be previously approved by the Arbitrage Committee.
- A round won't begin unless the athletes have their gum shields placed.
- If during a round the gum shield gets out involuntary, the Central Referee will stop the fight long enough so that the protection is cleaned and placed.

#### **Groin and chest/brest protection**

- Both groin and brest protectors (for female athletes) are **COMPULSORY** and must be previously approved by the Arbitrage Committee.

#### **Protection helmet/Head guards**

- Protection helmet is **OPTIONAL**. (If worn it should be previously approved by the Arbitrage Committee).

#### **MMA gloves**

- MMA gloves in Knock Down are **COMPULSORY** and must be previously approved by the Arbitrage Committee.

#### **Shin guards**

- Shin and foot guards (sock likely) in Knock Down are **COMPULSORY** and must be previously approved by the Arbitrage Committee.

#### **Uniform**

- Male athletes must jacket and pants of their uniform. T-shirt may be used if previously approved by the Arbitrage Committee.



## CHAPTER 4 LENGHT

The match will be divided in:

- Eliminations – 2 rounds of 2 minutes each, with a 1 minute pause between them.
- Final – 2 rounds of 2 minutes each, with a 1 minute pause between them.

### AWARDING OF THE FIGHTINHG

The match will end by athletic superiority, by points, by medical decision or when:

- one of the fighters is unable to fight or defend himself;
- one of the fighters hits the *Tatami* indicating that he does no longer support the strike or he cannot proceed the fight;
- when one of the fighters says *Mate*;
- one of the fighters pass out;
- if there's a Knock Out;
- if there is a technical KO;
- if it's not possible to stop a bleeding in a fighters cut;
- one of the coaches troughs the towel;
- a fighter breaks the rules that lead to an immediately disqualification
- a fighter commits more than 3 fouls.

## CHAPTER 5 PONTUATION/LEGAL AND ILEGAL TECHNIQUES

### FORBIDDEN TECHNIQUES/FOULS

- Any kind of strike to the groin area.
- Any kind of strike with the purpose to blind the opponent.
- Intentional strikes to the head, throat or spine;
- Biting.
- Intentional strikes with the head.
- Knee strikes, elbow strikes or hand strikes to the head.
- Projections that lead the opponent to fall on his head.

### LEGAL/PERMITTED TECHNIQUES

#### Head:

- Leg techniques: Circular; Semi-hook; Descendent; Exterior; Spinning back hook kick;

#### Chest:

- Fist and arm techniques: Direct; Hook; *Uppercuts*; Reverse; Elbow strike;
- Leg techniques: Circular; Frontal, Lateral, Semi-hook; Descendent; Exterior; Spinning back hook kick; knee strike;

#### Legs:

- Leg techniques: Low-kick's (interior and exterior); sweeps; knee strikes;

#### On the floor (only to the chest):

- Punches; elbow strikes, knee strikes. **Strikes should be isolate and non-continuous.**



**Keys/Chokes/Projections:**

- Keys with the purpose of immobilizing or choke the opponent standing up;
- Project the opponent into the floor.
- Keys with the purpose of immobilizing or strangle the opponent on the floor\*

**\*Once on the floor the athletes have 15 seconds to do a key, in case that doesn't occur in the time limit. If the athletes don't move, the central referee will intervene telling to proceed the combat standing.**

*POINTS*

- Well executed punches to the chest – 1 Point
- Kick's to the chest and legs – 1 Point
- Elbow blows to the chest – 1 Point
- Knee blows to the chest – 1 Point
- Kick's to the head – 2 Points
- Well executed projections – 2 Points
- Kick's to the head in jump – 3 Points

Each judge will punctuate each round in a scale from 8 to 10. At the end, to declare a winner, there will have to be at least 2 judges with a similar punctuation.

Ex:

**Judge 1 - 10 P. Athlete A**

**Judge 2 - 8 P. Athlete B**

**Judge 3 - 9 P. Athlete A**

Winner: Athlete A

**Any situations missing in this Regulation shall be resolved by the proof arbitration responsible.**

**The Arbitration Commission reserves the right to amend this regulation until one day before the competition starts.**