



# Rules

## **\*\*WEIGHT DIVISIONS\*\***

Total Kombat matches feature elite fighters competing in single-match bouts within clearly defined weight categories. Athletes are matched based on skill and weight to ensure fair competition.

If a fighter fails to make weight, Total Kombat may approve a catchweight bout under specific circumstances. Additionally, fighters may compete in a higher weight class for future events to pursue dual championship titles.

## **\*\*Female Weight Classes\*\***

- Women's Strawweight: 53 kg
- Women's Flyweight: 57 kg
- Women's Bantamweight: 63 kg
- Women's Lightweight: 67 kg

## **\*\*Male Weight Classes\*\***

- Men's Flyweight: 58 kg
- Men's Bantamweight: 64 kg
- Men's Lightweight: 69 kg
- Men's Welterweight: 74 kg
- Men's Light Middleweight: 79 kg
- Men's Middleweight: 84 kg
- Men's Light Heavyweight: 89 kg
- Men's Heavyweight: 94 kg
- Men's Super-Heavyweight: Over 94 kg

## **\*\*Body Fat Requirements\*\***

- Male fighters: Under 16% body fat
- Female fighters: Under 25% body fat

Final decisions regarding body composition anomalies will rest with Total Kombat officials.

## **\*\*HAND WRAPPING AND EQUIPMENT\*\***

- Supportive braces are subject to approval by the Total Kombat commission.
- Fighters may apply up to two layers of 1-mm tape to the instep and ankle, if required.
- Hand wraps must be approved by the Total Kombat commission.

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## **\*\*ENGAGEMENT RULES\*\***

- Referees will prompt fighters to engage if there is no action within six seconds.
- Stalling or non-engagement leads to a verbal warning, followed by point deductions for repeated offenses.
- Clinching without active striking or setups will result in a referee break.

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## **\*\*VICTORY CONDITIONS\*\***

- **\*\*Technical Knockout (TKO):\*\***
  - Referee halts the fight due to safety concerns.
  - Three knockdowns in one round.
  - Inability to continue due to injury (unless caused by a foul).
- **\*\*Knockout (KO):\*\*** Legal strike renders opponent unable to continue.
- **\*\*Points Decision:\*\*** Higher accumulative points (unanimous or split decision).

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## **\*\*ARENA RULES\*\***

- Matches take place in the designated Total Kombat Arena.
- Fighters can utilize the arena's perimeter to enhance striking strategies.
- A maximum of two coaches per fighter is allowed in the corner.

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## **\*\*APPAREL GUIDELINES\*\***

- Female competitors will also receive a branded sports bra.
- Fighters will wear official Total Kombat uniforms during bouts.
- No headgear or footpads are permitted.
- Fighters must provide their own black belts.

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## **\*\*SCORING SYSTEM\*\***

- Matches are scored using Total Kombat's accumulative points system. The fighter with the highest total points is declared the winner.
- Three judges evaluate each match from separate locations. The referee focuses solely on controlling the action and does not score the bout.

### **\*\*Scoring Criteria\*\***

- Effective takedowns or sweeps: Successfully executed with control.
- Effective strikes: Intentional, impactful blows that visibly affect the opponent.

### **\*\*Point Breakdown\*\***

- Hand Strike: 1 point
- Body Kick: 1 point
- Strike on a Downed Opponent: 1 point
- Spinning Body Kick: 2 points
- Takedown: 2 points
- Head Kick: 2 points
- Knockdown (from a strike): Additional 3 points
- Spinning Head Kick: 3 points

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## **\*\*PROTECTIVE GEAR\*\***

- Shin guards and 8-ounce MMA gloves will be provided by Total Kombat.
- Female fighters: Chest protector (approved by Total Kombat).
- Male fighters: Groin protector (approved by Total Kombat).

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## **\*\*WEIGH-IN PROCEDURES\*\***

- Fighters who miss weight have a two-hour window for a second attempt.
- Official weigh-ins occur the day before the event at a designated location.

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## **\*\*PERMITTED TECHNIQUES\*\***

### **\*\*Striking Techniques\*\***

- Closed-hand punches, such as jabs, hooks, overhands, and uppercuts.
- Kicks above the waist, including spinning, turning, and axe kicks.
- Defensive upkicks to deter follow-up attacks.
- Legal strikes to a downed opponent.

### **\*\*Takedowns and Sweeps\*\***

- All takedowns and sweeps are allowed, excluding suplexes, rugby tackles, or deliberate head-first throws.

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## **\*\*MATCH FORMAT\*\***

- Fighters must bow and shake hands before the first round and after the match's conclusion. Additional gestures are restricted to these moments.
- Non-title fights: Three rounds, each lasting two minutes, with one-minute breaks.
- Fighters must remain in their corners until the command "Warriors, enter the arena."
- The referee will address fighters at the center before giving the command "Fight" to start the match.
- Title fights: Five rounds, each lasting two minutes.

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## **\*\*MOUTHGUARDS\*\***

- Fighters must bring and wear a clear (white or transparent) mouthguard and have a spare available.
- If the mouthguard is dislodged during the fight, the referee will pause the action to clean and reinsert it at an appropriate time.
- All mouthguards must pass inspection by Total Kombat officials.
- Bouts will not start until the mouthguard is properly in place.

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## **\*\*USE OF VASELINE\*\***

- A minimal amount of vaseline may be applied to the face at arena-side under the supervision of Total Kombat officials.

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## **\*\*FOULS AND PENALTIES\*\***

### **\*\*Prohibited Actions\*\***

- Hair-pulling and Thai clinching.
- Grabbing an opponent's belt or uniform.
- Headbutts, biting, and throat strikes.
- Leg kicks above the calf unless part of a takedown.
- Low blows, strikes to the back of the head, and eye gouging.
- Spinning backfists, elbows, and knees.
- Striking before or after the referee's commands.
- Open-hand strikes, backfists, slaps, or hammer fists.

### **\*\*Foul Consequences\*\***

1. Official warning
2. Verbal warning
3. Opponent awarded 1 point
4. Additional points awarded to the opponent
5. Disqualification

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## **\*\*MEDICAL REQUIREMENTS\*\***

- Fighters must undergo a medical examination conducted by a Total Kombat-approved physician prior to competing.

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## **\*\*SCORE TRANSPARENCY\*\***

- Judges' scores are displayed after each round to the Total Kombat board.
- Accumulative scoring allows a fighter to win fewer rounds but still triumph overall by earning more points.
- A card showing the round winner (red or blue) will be presented by a ring official.