



## RULES AT A GLANCE

**\*Contact strictly enforced!**

**\*No Knockouts!**

### **SMA Tournament Kickboxing Rules**

#### Skill Levels:

Under 12 months = beginners,  
Over 12 months but less than 24 months = intermediate,  
Over 24 months but less than 48 months years rank of brown belt = advance division,  
Over 48 months rank of black belt = expert division  
Divisions may be combined if less than four competitors are entered.  
Divisions will be set by Age skill then weight in all youth 17 and under division

#### Uniform requirements:

TKB Kickboxing High kick rules( TKH) Long Pants Mandatory (above waist kicks only)  
Point Muay Thai (TKMT) w/knees to body, Fighting Shorts Mandatory , Rash Guard optional  
Point Kickboxing International rules (TKL) w/leg kicks but (No Joint Kicks). Fighting Shorts Mandatory , Rash Guard optional

#### Equipment Requirements:

Youth 17 and under Full Gear as noted mandatory, Mouth piece, Groin Cup Protector (boys), Headgear with faceguards MANDATORY. TKH, TKMT and TKL divisions must wear shin and foot pads that cover the toes. minimum 12 oz. Boxing gloves  
All Adult divisions wear full gear plus 16 oz. gloves (some available at tournament) .  
18 and Over head gear is MANDATORY face shield is OPTIONAL but highly recommended, additional Waiver needs to be signed for no face shield option

#### Scoring

SMA Tournament Kickboxing is based on points only – NO KNOCKOUTS. Therefore, bruises, blood, etc will have no bearing on the scoring, rather who lands the most effective strikes or techniques in the legal scoring areas of their opponent.

Round Lengths: Elimination matches will be (1) 2 minute round. Matches for first and second will be (2) 2 minute rounds with a 1 minute tie breaker round if needed Kickboxing Director, Center Referee, and/or Executive Producer reserves the right to adjust length of final elimination rounds (1st & 2nd, or Grand Championship rounds) as deemed necessary for the safety of the fighters upon discretion

#### **Contact information**

**SMA Tournament Kickboxing Director Dennis Guila**

**[Dennis@longbeachikc.com](mailto:Dennis@longbeachikc.com) or call 925-755-3434**

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