

# **HARD KNOCKS FIGHT NIGHT- RULES**

## **EQUIPMENT**

Mouth guard  
Boxing Gloves (16 ounce)  
Headgear  
Groin protection  
Shin/instep pads  
Breast protection (females)

## **RULES SUMMARY**

Male & Female age 18 through 39  
Novice Division: Fighters with 0 to 5 fights, three 1-minute rounds  
Open Division: Fighters with over 5 fights, three 2-minute rounds  
Rest period, one minute between each round  
No Minimum Kick Requirement  
Three Knockdown Rule is in effect  
Standing Eight Count is in effect  
The bell cannot save a fighter in any round  
Scoring is on the 10 Point Must System. 10 points go to the winner and 9, or less to the runner up of each round  
Judges are instructed to not give 10-10 scores, unless there are point deductions

## **LEGAL TECHNIQUES**

All boxing techniques and spinning back fist  
All kicks to the body and outside legs (above the knee and below the neck)

## **ILLEGAL TECHNIQUES**

Kicking to the head  
Striking the neck or throat  
Striking the groin  
Kicks to inside of legs  
Kicks at knee or below  
Sweeps or boot to boot contact  
Clinching  
Knee strikes  
Elbow strikes  
Striking after break has been called  
Striking an opponent who has fallen  
Holding the ropes either for offense or for defense  
Head butts  
Striking to joints, spine or back of head  
Putting vaseline or grease on body