

## SENSHI FULL CONTACT RULES

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## ARTICLE 1. General

1. These rules apply to KWU International Professional League competitions.
2. In these rules, the participants in the tournament are called "fighters".
3. Age of fighters from 18 years old
4. Responsibility for injuries or injuries resulting from the fight, lie on the fighters.
5. Competitions are held in a 7.2 x 7.2 m square ring surrounded by 4 level ropes and set on a raised platform.
6. Each match or tournament Fight consists of three (3) rounds of 3 minutes with a possibility of one (1) extra round.
7. A Title Fight consists of five (5) rounds of three (3) minutes.
8. Interval between the rounds shall be one (1) minute.
9. Must point system.
10. The winner must be decided in the Final round.  
The following rounds shall be considered as the Final round.
  - In a title fight the fifth (5) round.
  - In a fight or tournament fight, the third (3) round.
  - Any Extra round.
11. Any case (situation) that is not considered in present Rules but can possibly happen during the contest shall be examined by the panel of judges and the decision shall be carried out by the Superior judge of the Fight or Tournament.

## ARTICLE 2. Weight class

Gloves sizes for each weight class are as follows:

1. Championship Fights are held in the following weight categories:
  - -70 kg 8 ounces
  - -85 kg 10 ounces
  - -100 kg 10 ounces
  - + 95 kg 10 ounces
2. Fights agreed on catch weight.
  - -70 kg 8 ounces
  - +70kg 10 ounces
3. The fighters weighting procedure is performed in the presence of a fighter representative with the participation of a doctor and judges from the tournament. The weigh-in report is approved by the weight check official.

## ARTICLE 3. Authorized fighting techniques

Punches: Straight punches, hooks, uppercuts and backspin blows

Kicks: Front kicks, low kicks, middle kicks, high kicks, sidekicks, back kicks, spinning back kicks, heel kicks, inner thigh kicks, jumping kicks, knee kicks, calf kicks.

1. The following restrictions apply to the usage of backspin blow. The authorized area of contact for the backspin blow shall be the area of the glove from wrist to the tip of the fingers.
2. In case the referee cannot decide if the backspin blow was made by the authorized area or not, the match shall be stopped. Consult with the judge committee then determine that the attack was made by the unauthorized area or not.
3. In case of a KNOCK DOWN and the referee cannot determine the designated area he will give the 8 count. After the 8 count the referee will consult with the judge committee then determine that the attack was made by the unauthorized area or not.
4. If the judge committee is unable to determine the designated area, the attack will be regarded as an unintentional occurrence.
5. If it is deemed to be outside of the allowed area, the fighter will receive a penalty.
6. If the judge committee verifies that it was within the authorized area, the backspin blow will be scored as a KNOCK DOWN.

## ARTICLE 4. Foul techniques

1. A fighter who executes a foul technique shall be penalized with a “CAUTION”, “WARNING” or “POINT REDUCTION”.
  - The referee announces a “CAUTION” verbally.
  - The referee announces a “WARNING” verbally.
  - The referee announces a “POINT REDUCTION” verbally.
  - Two (2) cautions shall lead to one (1) warning, a warning shall be given for any cautions thereafter.
  - Two (2) warnings shall lead to a point reduction.
  - Three (3) Point reductions in one round shall lead to disqualification.
  - After a foul technique is determined, the fighter has a maximum recovery time of 5 minutes after “TIME STOP”. During the recovery period both fighters will be in the neutral corner.
  - If the physician decides the fighter cannot continue the fight after the recovery period and a foul technique is determined intentional or not the other fighter will be disqualified. If there is no medical reason to assume the Fighter will not continue the fight. He will lose and registered as Tap Out.
2. The following behavior is considered as foul:
  1. Headbutts.
  2. Elbow attacks.
  3. Attacking the opponent in the groin (knee kicking or punching the opponent in the area under the navel shall be considered as low-blows and will be ruled as fouls.
  4. Throwing
  5. Thumbing.
  6. Suffocation or punching the throat.
  7. Biting.
  8. Attacking the opponent while he is down or in the process of getting up.
  9. Attack from lying position
  10. Attacking after the referee calling “STOP”
  11. Holding the ropes

12. Talking to opponent or judge
13. Attacking the back of the head
14. Direct knee joint attacks
15. Make multiple attacks during clinching
16. Clinch more than three (3) seconds
17. Holding the leg without counter attack
18. Avoiding the fight

## ARTICLE 5. Judging criteria

Awarding points shall be based on the following elements

1. Whether an effective and accurate attack is acknowledged, and damage is inflicted on the opponent by authorized techniques.
2. Points will be rewarded in this priority
  1. Number of downs
  2. Extent of damage inflicted on opponent
  3. Number of clean hits
  4. Degree of aggressiveness

The dominant fighter shall be awarded with a score of ten (10) the opponent with the score of (9)

3. The example of scoring points will be the following.
  - When the first two rounds are equal no fighter receives one (1) point reduction. (10-10).
  - In the third and final round the winner has to be decided.
  - When the difference is clear, the inferior fighter receives one (1) point reduction. (10-9)
  - When the fighter is downed, the downed fighter receives a one (2) point reduction (10-8)
  - When a fighter is downed twice (2) the fighter receives a two (1) point reduction (10-7)
  - When the difference is clear. And the inferior fighter scores a down. They both receive one (1) point reduction (9-8)
  - When the difference is clear and a down is scored, the inferior fighter receives two (2) point reduction (10-8)

A fighter shall be penalized with one (1) point reduction by two (2) official warnings. With the second warning.

A fighter shall be penalized with one point reduction.

## ARTICLE 6. Categories of outcome

### Knock out (K.O.)

1. Applicable when a fighter does not stand up before the count of ten (10) or when the referee decides that the fighter is severely damaged and cannot stand up within the count of ten (10).

2. When a fighter is judged to have lost his will to continue the fight even though he has stood up within the count of ten (10), and/or when a fighter is judged incapable of continuing the fight.
3. When a fighter goes down three (3) times in one (1) round or four (4) times in a fight. Except in a tournament fight then when a fighter goes down two (2) times in one (1) round and tree (3) times in a fight.

**Tap out (T.O.)**

1. A fighter raises his hand indicating that he no longer wishes to continue the fight.

**Technical knockout (T.K.O.)**

1. Referee stop. Applicable when the referee judges that it is impossible to continue the fight due an injury.
2. Doctor stop. Applicable when the doctor judges that it is impossible to continue the fight due an injury.
3. Applicable when a cornerman throws a towel in the ring during the fight.
4. Applicable when a fighter tap out (article 13.3)

**Decision**

1. Applicable when there is no knock out, technical knockout or disqualification to determine the winner.
2. Three (3) judges shall award points to each fighter. And the fighter with the higher point total will be declared winner. However when the winner is not declared by the consent of two (2) judges there will be an extra and final round.

**Draw**

1. Applicable when both fighters go down at the same time and neither rises to his feet before the count of ten (9).

**Disqualification (DQ.)**

1. Applicable when physician decides the fighter cannot continue after a foul technique

**No contest (N.C.)**

1. Applicable when both fighters are found to have violated the rule(s), match fixing or collusion.
2. Applicable when both fighters are judged as not being able to continue the fight due an accidental injury of neither fighter's fault.

## **ARTICLE 7. Fighters clothing and individual protective equipment**

1. Each fighter shall wear regulated gloves provided by backstage officials.
2. All fighters must be dressed in clean and proper clothes when they enter the ring for occasions such as opening or closing ceremonies. The backstage official may not approve the attire, when considered inappropriate.

3. Fighters are free to select their fighting costume, provided that the costume is approved by the backstage official. (No pockets)
4. Groin protector is mandatory during the fight has to be under the fighting costume
5. Use of a mouthpiece is mandatory.
6. Contact lenses are prohibited.
7. Shin support bandage is allowed with no doctor recommendation. It is forbidden to bandage the ankle with the use of plastic and rigid shields or any material which can cause injury to the opponent. Shin support and bandage shall be checked and approved by the backstage official
8. Hand wraps and bandages shall be checked and approved by the backstage official
9. All tape and/or bandages without approval of the back stage official must be removed

## ARTICLE 8. Oil and Vaseline

1. Fighters are allowed to use a minimal usage of Vaseline or oil to the facial area and or body.
2. A fighter with an excessive amount of Vaseline or oil to the face and/or to the body shall not be allowed to compete. In such cases, the excessive Vaseline or oil shall be removed
3. Fighters are not allowed to apply Thai-oil and other oils containing any stimulative and irritating substances to any part of the body.
4. Fighters are allowed to apply minimal substances to the sole of their feet in order to prevent slipping on the mat.
5. Usage of Vaseline and oil will be checked by the backstage official and referee.

## ARTICLE 9. Glove check

All fighters must have their gloves checked, sealed and signed off by the backstage official, before they are put on. The gloves may not be taken off until the fight is over. If there is any evidence that the gloves have been removed or tampered with, the fighter must undergo another glove check. Fighters shall not apply any substance to their gloves. Caution, warning or point reduction may be given to a fighter who does not abide by the instructions of the judges.

## ARTICLE 10. Medical check

2. All fighters should bring a Medical test not older than 3 months.
3. All fighters should bring a Negative HIV and Hepatitis B, C test not older than 3 months.
4. All fighters should bring a Head tomography after being Knocked out within 6 months prior to the event.
5. All fighters must submit to a medical check by the official physician before competing. In a tournament, the winner is obligated to go through subsequent medical checks in order to proceed to his next match.

## ARTICLE 11. Doping check

In order to establish the prestige and fairness of SENSHI, all fighters are obligated to submit to a doping check upon the promoter's request on any occasion. Testing positive for doping will result in penalties, including the confiscation of a title, prize money, and full amount (100%) of fight money. Additionally a fighter will also be penalized based on his own contract.

## ARTICLE 12. Treatment of injured fighters

The Official cutman may apply minimal treatment (stop bleeding) during the fight.

No other person besides the cutman is permitted to apply treatment to an injured area during the match, including the interval. The Physician has a maximum treatment time of 5 minutes after the start of the treatment. During this period both fighters will be in the neutral corner.

## ARTICLE 13. Fighters Duties and Rights

1. Be aware of and strictly follow present Rules. Be respectful and tactful towards all the participants, judges and Tournament organizers.
2. The final weigh check of the fighters is held the day before the fights.
3. In order to establish the prestige and fairness of SENSHI, all fighters are obligated to submit to a doping check upon the promoter's request on any occasion. Testing positive for doping will result in penalties, including the confiscation of a title, prize money, and full amount (100%) of fight money. Additionally, a fighter will also be penalized based on his own contract
4. The Fighter, Coach, Cornerman or Manager has no right to: Appeal to the referee or the panel of judges before the event finishes. However, official written protest to the rules committee is accepted within two weeks from the date of the match. The rules committee shall reply in a written form within two weeks from the date of receiving the protest.

## ARTICLE 14. Cornerman conduct

1. A fighter is allowed to have a total of three (3) cornermen standing at ringside. The cornerman shall be registered prior to the event.
2. All cornermen should be the designated seats during the fight.
3. Cornermen may not place their hands on the ropes or any part of the ring during the round.
4. Only one (1) person is allowed to enter the ring during the intervals.
5. No cornerman is allowed to touch the fighters during the rounds. In case any cornerman violates the regulations, the fighter shall be disqualified.
6. Cornermen may not place any item in the area around the corner post of the ring.
7. When the Time keeper calls "SECONDS OUT", the cornerman must immediately leave the ring.
8. The three cornermen are obligated to wear a unified team wear with the fighter combination of clothes such as "jeans and t-shirts" shall not be allowed. T-shirts, however, may be worn as "team T-shirts". Wearing sunglasses and suites is strictly prohibited.
9. The cornerman cannot talk or try to influence the judges.

The referee and judges shall give a caution when the above regulations are violated. Two cautions is one warning. If the cornerman violates four times the fighter gets one point reduction and the cornerman will be removed from the venue.

## ARTICLE 15. Commands

Commands, gestures and terms used by the judges and their performance by the fighters, timekeepers and bell officials.

1. Before the start of the fight, the Referee indicates with the command "Blue corner Step forward, Red corner step forward" an outstretched hand gesture to the line for the starting position. The fighter stands in the stand of "Fudodachi" facing the supervisory staff.
2. At the command of the Referee, at this moment the Referee pulls out his right arm with outstretched fingers in the direction of the supervisory staff, and gives the command "Shoman Ni Rei". The Fighters bow.
3. At the command of the Referee , at this moment the Referee pulls out his hands, clenched into fists, in the position with his palms up, in the direction of the Fighters and brings the fists with palms up to the chin, and give the command "Soshin Ni Rei" the fighters turn to the Referee and bow. After the bow they will face each other.
4. At this moment the referee stretches his arm, clenched into fists, with his palms up in the direction of the Fighters and bends his fists at chest level. And give the command Otoga Ni Rei the fighters turn to each other and bow.
5. The Referee sends the fighters back to their corner and gives the command "Kamaite", at this moment the Referee imitates the fighting stance, the Fighters make combat positions showing readiness for the start of the fight.
6. The referee makes eye contact with the judges, physician and time keeper. After that gives the command "Fight" the Bell official rings the bell, and Time Keeper say "Round one"
7. 10 seconds before the end of the round the Bell official knocks on wood.
8. At the end of the fight the Bell official rings the bell and the referee gives the command "Stop" and Time Keeper say "Time" the fighters will return to their corner.
9. Only one cornerman is allowed in the ring during the interval.
10. When the interval is over the Timekeeper commands "Seconds Out" the Referee steps to the middle of the ring. The Cornerman needs to go back to their designated seats.
11. The referee calls the fighters from the corner, gives the command "Kamaite" to make eye contact with the judges, physician and time keeper. After that gives the command "Fight" and the Bell official rings the bell, the Time Keeper will say "Round two, Final round or Extra Round"
12. Referee has the right to announce other commands, accompanied by hand signals which shall be clear and understandable and meet present Rules.

## ARTICLE 16. Protest

1. The Fighter, Coach, Cornerman or Manager are not allowed to raise an objection or protest to the outcome of the fight before the event finishes.
2. However, official written protest to the rules committee is accepted within two weeks from the date of the match. The rules committee shall reply in a written form within two weeks from the date of receiving the protest.
3. A protest can be send to: [adimitrov.senshi@gmail.com](mailto:adimitrov.senshi@gmail.com)

## ARTICLE 17. Others

1. Any case (situation) that is not considered in present Rules but can possibly happen during the contest shall be examined by the panel of judges and the decision shall be carried out by the Superior judge of the Fight or Tournament.