

RULES AND REGULATIONS

AMATEUR FIGHT LEAGUE



KICKBOXING

- 3 x 1.5 min rounds; 1 min rest
- All competitors must undergo a full medical examination and serological testing
- All competitors must be registered with the Professional Boxing & Combat Sports Victorian League
- All safety equipment is to be worn: 16 oz gloves, mouthguard, headgear, shin pads, groin guard for men
- No kicks to groin, back, or knee joints
- No knee strikes, no grappling
- All competitors to wear VACL singlet when fighting
- The referee's decision is final

MODIFIED MUAY THAI

- 3 x 1.5 min rounds; 1 min rest
- All competitors must undergo a full medical examination and serological testing
- All competitors must be registered with the Professional Boxing & Combat Sports Victorian League
- All safety equipment is to be worn: 16 oz gloves, mouthguard, headgear, shin pads, groin guard for men, knee pads
- No kicks to groin, back, or knee joints
- No knees to the head
- No elbow strikes, unless negotiated prior to event and if so, elbow pads must be worn
- Grappling only allowed for 5 seconds
- All competitors to wear VACL singlet when fighting

KARATE

- 3 x 1.5 min rounds; 1 min rest
- All competitors must have a current Medical Certificate of Fitness or a full medical examination
- All safety equipment is to be worn: mouthguard, shin pads, headgear, hand mitts, groin guard for men and soft cupped chest guard for women (optional)
- No kicks to groin, back or knee joints
- No punches to back or face
- No elbows strikes to face
- No grabbing, hooking is allowed
- All competitors must wear a gi or appropriate uniform

MIXED MARTIAL ARTS

- 3 x 2 min rounds; 1 min rest
- All competitors must undergo a full medical examination and serological testing
- All competitors must be registered with the Professional Boxing & Combat Sports Victorian League
- All safety equipment is to be worn: 4 oz MMA gloves, mouthguard, shin pads, headgear, groin guard for men
- No head strikes
- No head techniques above the shoulder
- No knees to the head
- No leg submissions

BRAZILIAN JIU JITSU

- 2 x 3 min round; 1 min rest
- All competitors must undergo a full medical examination and serological testing
- All safety equipment is to be worn: mouthguard, groin guard for men
- No leg submissions under Purple Belt
- All competitors must wear gi and rash vest