# 99-650 COMBAT SPORTS AUTHORITY OF MAINE

**Chapter 2: TECHNICAL REQUIREMENTS FOR K.ICKBOXING CONTESTS**

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**SUMMARY:** This Chapter identifies technical requirements for competitions, including weight classifications; glove weights; fighting area specifications; appropriate equipment; hand bandages; apparel; physical appearance; round duration; and the presence of judges, referees, physicians, emergency medical technicians, inspectors, and ambulances.

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# SECTION 1. Weighing-In

The Authority shall weigh each competitor using scales furnished by the Authority. Scales shall have a maximum deviation of 8 ounces. Both fighters in a scheduled competition must weigh in on the same scale. The Authority may require appropriate testing of the scales prior to the weigh-in, to ensure that the weights of opposing competitors comply with these rules. If the scales are not suitable or a competitor's weights do not comply with these rules, the Authority shall notify the promoter, and the contest shall not take place.

All weigh-ins must occur with an Authority member or agent of the Authority and the promoter or an agent of the promoter present. All weigh-ins must occur at a time and place chosen by the promoter and approved by the Authority. Once a weigh-in begins, the scales shall not be moved until all fighters have been weighed and the weigh-in is otherwise complete.

Competitors shall weigh in wearing clothes like those in which they will be fighting (biking shorts, trunks, for example). Male competitors shall not wear shirts or shoes. Fighters will be allowed to weigh in without clothes, if necessary.

Failure of a competitor to weigh in at the time approved by the Authority will result in disqualification.

# SECTION 2. Kickboxer and Glove Weights

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| **Weight Classes** | **Fighters’ Weights** | **Glove Weights** |
| Atomweight | Up to 105 pounds | All competitors up to and including 154 shall wear 8-ounce gloves. Competitors 155 and above shall wear no less than 10-ounce gloves |
| Strawweight | Over 105 to 115 pounds |
| Flyweight | Over 115 to 125 pounds |
| Bantamweight | Over 125 to 135 pounds |
| Featherweight | Over 135 to 145 pounds |
| Lightweight | Over 145 to 155 pounds |
| Welterweight | Over 155 to 170 pounds |
| Middleweight | Over 170 to 185 pounds |
| Light Heavyweight | Over 185 to 205 pounds |
| Heavyweight | Over 205 pounds |

There will be a one-pound allowance over the weight class permitted for non-title fights. If a competitor does not initially make weight, she/he will be allowed up to one hour from initial weight-in to drop weight and weigh in again. Any fighter not making weight after one hour may be suspended for up to 180 days.

# SECTION 3. Fighting Area

The fighting area for each kickboxing contestt shall be either a cage or a ring. The Authority has the right to inspect all items brought into the fighting area.

1. Cage requirements
	1. The fighting area canvas shall be no smaller than 18 feet by 18 feet and no larger than 32 feet by 32 feet. The fighting area canvas shall be padded in a manner approved by the Authority, with at least a one-inch layer of foam padding. Padding shall extend beyond the fighting area and over the edge of the cage platform. Plastic rubberized coverings shall be permitted.
	2. The fighting area canvas shall not be more than four feet above the floor on which it is placed and shall have suitable steps or a ramp for use by the participants. Posts shall be made of metal not more than six inches in diameter, shall extend from the floor of the building to a minimum height of 58 inches above the fighting area canvas, and shall be padded in a manner approved by the Authority.
	3. The fighting area canvas shall be enclosed by a fence made of material that will not allow a fighter to fall out or break through it onto the floor or spectators. All metal parts shall be covered and padded in a manner approved by the Authority and shall not be abrasive to the competitors.
	4. The fighting area fence shall have two separate outward-opening door entries onto the fighting area canvas with a set of steps or ramp for each entry.
2. Ring requirements
3. The ring may be any one of three sizes; 18 feet x 18 feet, 20 feet x 20 feet, or 24 feet x 24 feet, measured from the inner side of the ropes.
4. The ring floor shall be soundly constructed with no obstructions and extend at least three feet but not more than four feet beyond the ropes.
5. The ring floor shall be based on either felt, rubber, or other flexible materials not less than ¼ inch and not more than ½ inch thick, entirely covered with canvas stretched tightly over the entire ring floor.
6. All four ring corners must be erected with ring posts of five inches in diameter. The erected height must be 60 inches from the ring floor and the inner corners of the ropes must be completely taped to prevent harm to competitors.
7. There shall be a minimum of four ropes at least 1.18 inches and not more than 1.97 inches in diameter, stretched tightly to the four corner posts. Each side of the rope ring shall be held rigid by two pieces of strong cloth equally spaced on each side. The tightening cloths shall not slip when the ropes are moved.
8. There shall be at least two sets of steps or ramps to the ring, one set each of the red and blue corners provided for the competitors and their seconds.

The Authority has the right to inspect any item brought into the fighting area.

**SECTION 4. Stools**

An appropriate number of stools of a type approved by the Authority shall be available outside the ring or cage for each kickboxer and his or her seconds. All stools and chairs used must be thoroughly cleaned or replaced after the conclusion of each contest.

**SECTION 5. Water Bucket/Water Bottle/Towels**

Each kickboxer shall be allowed a clean water bucket, a clean and clear plastic water bottle, and clean towels in his/her corner.

**SECTION 6. Hand Bandages**

All hand bandages shall comply with the following specifications:

1. In all weight classes, the bandages on each competitor's hand shall be restricted to soft gauze cloth not more than 15 yards inlength and two inches in width, held in place by not more than ten feet of surgeon's tape, two inches in width, for each hand. Surgeon's adhesive tape may be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand twice and extend to within one inch of the knuckles when the hand is clenched to make a fist. Tape may be placed between the knuckles to secure the wrap but must not cover the striking surface. The bandages shall be evenly distributed across the hand. The bandages may be secured by one winding of Lightplast® or Flex Tape® bandage with the same restriction of a one-inch gap from the knuckles of a clenched fist.
2. Bandages and tape for competitors shall be placed on the contestant's hands

in the dressing room in the presence of a representative of the Authority. At the completion of the hand wrap, each shall be marked by an inspector indicating that it has been performed in accordance with these rules.

1. Each competitor shall be required to wrap their hands in accordance with these rules.
2. Under no circumstances are gloves to be placed on the hands of a competitor until the approval of the Authority or its representative is received.

#  SECTION 7. Mouthpieces

1. All kickboxers are required to wear a custom-made and individually fitted mouthpiece during competition. The mouthpiece shall be subject to examination and approval by an attending physician.
2. A round cannot begin without kickboxers' mouthpieces in place.
3. If a mouthpiece is accidentally dislodged during competition, without interfering with the immediate action, the referee shall call time, and the kickboxer or a cornerperson may clean and re-insert the mouthpiece.

# SECTION 8. Protective Equipment

* 1. Male kickboxing competitors shall wear a groin protector of their own selection.
	2. Female competitors must wear approved, anatomically correct groin protectors, rash guards for shirts, and approved breast protection.
	3. Shin guards are optional for amateurs and must be approved by the Authority. If one competitor wears shin guards, his/her opponent must also wear shin guards. Shin guards shall not be worn by professionals.
	4. The promoter shall provide the shin guards.
	5. All protective equipment is subject to inspection and approval by the Authority or its representative.

# SECTION 9. Gloves

1. The gloves for all contests shall be in good condition, or they must be replaced. Gloves must be used only once during an event.
2. Promoters shall provide gloves, which must be examined for suitability by an inspector. No competitor shall supply gloves for any contest.

# SECTION 10. Physical Appearance

1. An inspector or Authority representative shall determine whether head or facial hair presents any hazard to the safety of a fighter or her/his opponent or will interfere with the supervision and conduct of the event
2. Jewelry or piercing accessories are prohibited during competition.
3. Toenails must be trimmed.
4. No body grease, gels, balms or lotions may be applied to a competitor, except that petroleum jelly may be applied lightly to the facial area at ringside/cageside in the presence of an inspector, referee, or other person designated by the Authority. Any competitor applying any other substance(s) or applying petroleum jelly under different circumstances may be penalized a point, disqualified, and/or disciplined.

# SECTION 11. Apparel During Competition

* 1. All competitors shall wear kickboxing style shorts without pockets, mixed martial arts shorts without pockets, or unpadded spandex shorts without pockets. Shorts cannot extend lower than three inches from the top of the knee.
	2. Contestants may wear traditional armbands secured around the biceps. No metal or abrasive material may be contained within or on them.
	3. Gis or shirts are prohibited during competition for males. Females may wear an armless shirt. The shirt shall be tucked into the shorts and may not be loose or in any way impede the competitor.

D. Shoes are prohibited during competition. Competitors shall compete barefoot.

1. Elastic support anklets may be worn.
2. Elastic or neoprene style knee supports may be worn with approval of the Authority, but they may not contain any hard or solid material.

# SECTION 12. Round and Rest Durations

In all kickboxing contests the number and duration of rounds must conform to the following criteria unless granted a waiver or dispensation by the Authority:

1. Amateur. Rounds shall be two minutes in duration. Amateur bouts shall consist of three rounds with a one-minute rest period between rounds. Amateur title bouts shall

consist of five rounds of two minutes in duration with a one-minute rest period between rounds.

1. Professional. Bouts may consist of a maximum of ten (10) rounds of three (3) minutes each in duration, with a minimum of one (1) minute rest period between each round.
2. Considerations. The three knockdowns rule will be in effect for knockdowns caused by strikes to the head. A competitor cannot be saved by the bell in any round, including the final round. The standing eight-count shall be utilized.
3. For events televised live, the Authority may extend the duration of rest periods beyond one minute.

# SECTION 13. Judges Required

Each kickboxing contest shall be evaluated and scored according to rules adopted by the Authority.

# SECTION 14. Referee Required

Each kickboxing contest shall be refereed according to rules adopted by the Authority.

# SECTION 15. Physicians Required

Each kickboxing contest shall have at least two attending physicians present performing duties according to rules adopted by the Authority.

# SECTION 16. Medical Technicians Required

Each kickboxing contest shall always have at least two emergency medical technicians present performing duties according to rules adopted by the Authority.

# SECTION 17. Ambulance Required

There shall be an ambulance present at each kickboxing event.

# SECTION 18. Inspectors

Kickboxing contests shall have inspectors approved by the Authority present and performing duties according to rules adopted by the Authority.

STATUTORY AUTHORITY: 8 M.R.S. §523 EFFECTIVE DATE (NEW): March 26, 2025 – filing 2025-065