

XTREME KNOCKOUT

AMATEUR SERIES

STANDARD OF CONDUCT / CONTESTANT GUIDELINE
May 2019

[These rules comprise the minimum standards that must be included in the Standards of Conduct of the XKOA for contestants. An XKOA can include additional rules or rules that are more stringent, as determined by TDLR, in addition to these standards .]

INTRODUCTION

The purpose of this document is to provide our Rules, Regulations and By-Laws for

- Mixed Martial Arts (MMA) events, which are combative sports in which two competitors attempt to achieve dominance over one another by utilizing a variety of permitted techniques, including Jiu-Jitsu, Wrestling, Judo, Boxing, Karate, Kickboxing, Kung Fu and Tae Kwon Do.
- Amateur Mixed Martial Arts (MMA) competition is a blend of offensive and defensive skills used in the art of self-defense. In amateur competition, a fighter uses speed, maneuverability and technique to win by knockout, submission, or decision. The inclusion of striking, grappling, and submission wrestling in competition transforms the event into an exciting combination of conditioning, defense, offense and strategy.
- Striking Contests events are considered a sub-set of mixed martial arts (MMA) competitions. For the purpose of this document a Striking contest is a combat sport in which two competitors attempt to achieve dominance over one another by utilizing a wide variety of permitted Martial Arts, Boxing, Kickboxing, and Muay Thai techniques.

All rules stated herein, apply to Mixed Martial Arts (MMA), Muay Thai and Kick Boxing contests approved by XKOA.

XKOA shall not permit its license to be used by another person.

REGISTRATION REQUIREMENTS

Contestants will be required to register with “XTREME KNOCKOUT AMATEUR SERIES” (XKOA) at least 30 days prior to the contestant participating in a “XKOA” event **(with the exception of those amateur fighters who show proof of having participated and are registered under another amateur organization with a minimum of 30 days)** . Each contestant will be required to register and provide any required written documentation to “XKOA” offices no later than 48 hours prior to participating in a “XKOA” sanctioned event.

- Complete and submit the Amateur Combative Sports Contestant Registration form
- Initial affidavit ensuring amateur status (below)

Each contestant will be required to register online (<http://www.XTREMEKNOCKOUT.COM>) via our public organizational website and provide any required written documentation to XKOA offices no later than 72 hours prior to participating in an XKOA sanctioned event.

- Medical results as required by Medical Requirements (below)
 - Signed affidavit stating contestant meets minimum training requirements (below)
 - A valid copy of a Driver’s License or Government issued ID with photo
- PROMOTION competitors must be at least 18 years of age. Competitors age 17 but not yet 18 may be issued a Xtreme membership with a notarized written consent from a parent or guardian.

AMATEUR STATUS

All contestants will be required to initial affidavit on amateur registration form stating that he or she is an amateur and that he/she has not competed as a professional before. The affidavit must be submitted along with the medical requirements to **XKOA** in order to complete membership registration.

MEDICAL REQUIREMENTS

All **XKOA** contestants will be required to be certified as fit by a doctor of medicine (MD) or doctor of osteopathy (DO). To be declared "fit to compete" the following elements must be established prior to competition:

- (1) No high blood pressure or chest pain.
- (2) No history of dizziness or chronic headaches.

A comprehensive medical examination must also include proof that within the last six months all contestants' medical examination results indicate that the contestant is

- Free of the Hepatitis C virus,
- Free of the Human Immunodeficiency Virus (HIV), and
- Not acutely or chronically infected with the Hepatitis B virus by testing the Hepatitis B surface antigen for a non-reactive result, or by other medically acceptable testing procedure that establishes the absence of Hepatitis B infectivity.
- Normal eye examination by an ophthalmologist or optometrist
- Graded exercise EKG and EEG beginning at age 36.

A positive Hepatitis C, or human immunodeficiency virus (HIV) test, or a positive Hepatitis B surface antigen test or other indication of Hepatitis B infectivity will result in disqualification.

The results of the above requirements must be submitted to **XKOA** in order to complete an approved membership registration and to participate in **XKOA** sanctioned events.

Each contestant shall submit on a TDLR approved form signed by an examining physician and an examining ophthalmologist or optometrist proof of having passed a comprehensive medical examination within 6 months of the date the application is signed. Examining physicians, optometrists, and ophthalmologists must be licensed by a state, district or territory of the United States of America.

As a condition of registration, contestants waive right of confidentiality of medical records relating to treatment or diagnosis of any condition that relates to the contestant's ability to participate in a contest. All medical records submitted to TDLR are confidential and shall be used only by TDLR or his/her representative for the purpose of ascertaining the contestant's ability to be registered or participate in a contest.

Medical disqualification of a contestant is for his own safety and may be made at the recommendation of the examining physician. If a contestant disagrees with a medical disqualification, medical suspension or rest period set at the discretion of a ringside physician or a disqualification set by the Department, he may request a hearing to show proof of fitness. The hearing shall be provided at the earliest opportunity after TDLR receives a written request from the contestant.

COMPETITION REQUIREMENTS

Once a contestant has met the registration requirements to the satisfaction of **XKOA**, **XKOA** will submit to TDLR the given name(s), DOB, and all medicals requirements of contestant(s) for official entry into TDLR Amateur database. **XKOA** contestant medicals will be valid for a period of 1-year from the date posted with "TDLR" the Texas Department of Licensing and Regulation.

- Registration does not automatically authorize an individual to participate in an **XKOA** event.

XKOA will require all contestants to complete and resubmit the contestant registration form with all the medical requirements to continue as an active participant.

XKOA members must provide all the documentation required for initial membership, with the exception of:

- Have coach sign affidavit stating contestants meets minimum training requirements
- Pay one-time membership fee [TDLR note: if required for membership]

Only after contestant registration form including medical requirements have been updated and approved, an **XKOA** contestant may continue to compete in an **XKOA** event until his/her membership expiration date.

TRAINING PERIOD

Each **XKOA** contestant will be required to have trained in at least one Mixed Martial Arts discipline for a minimum of 30 cumulative days prior to registering with **XKOA**. Each contestant that participates in an **XKOA** event may be represented by a coach. **XKOA** reserves the right to approve or deny coaches.

Training must include but is not limited to the following:

- All contestants must train at least 2 days a week for one hour for 30 cumulative days
- All contestant must have at least three (3), three (3) minute rounds of sparring
- All contestants must complete at least two (2) sessions of Cardiovascular (cardio) conditioning for at least nine (9) minutes per sessions. Cardio conditioning will improve the efficiency of your heart, lungs, and circulatory system through continuous effort that elevates the heart rate. The sustained movement is also great for increasing endurance. Cardio conditioning can be but is not limited to:
 - Stationary Bike riding
 - Treadmill walking
 - Yoga
 - Pilates

All contestants must have at least four cumulative (4) hours of basic jiu-jitsu and/ or muay thai training.

Basic jiu-jitsu and/or muay thai training must include but is not limited to:

- Guard Passing

- Concepts of basic jiu-jitsu submissions (arm-bars and chokes)
- Basic muay thai stand up and kickboxing

Once **XKOA** has authorized an individual as a coach, he/she will be allowed to sign an affidavit ensuring that his/her fighter meets the above requirements. The coach's signed and dated affidavit must be submitted to **XKOA** in order to complete membership registration.

EVENTS

XKOA will bear all financial responsibility for the event.

XKOA will obtain written approval from TDLR for all proposed event dates, ticket prices, and participants of the main event, at least 21 days before the proposed event date and obtain written approval from TDLR to promote the event prior to advertising or selling tickets.

XKOA will obtain written approval from TDLR for the fight card at least 10 working days before the event date. The request shall contain the full legal name, date-of-birth, weight, previous fight record, and number of rounds to be fought for each contestant. In addition, TDLR may require submission of certified birth certificates or other official evidence of identification.

XKOA will ensure that all advertising concerning an event to be conducted indicates that it is an amateur event, and includes the name of the **XKOA** that will conduct the event.

XKOA will ensure the safety of the contestants, officials, and spectators. A sufficient number of uniformed security personnel shall be retained to maintain order.

XKOA will assure that beverages are only allowed in paper or plastic cups at the event.

XKOA will provide no less than two private dressing rooms of adequate size for the contestants and their licensed seconds, and separate dressing rooms for male and female contestants. Only working TDLR employees, contract inspectors, physicians, licensed seconds will be allowed in the dressing rooms.

XKOA will assure that no alcoholic beverages or illegal drugs are in the dressing room.

XKOA shall set up the Technical Zone according to TDLR instructions. There shall be a pre-fight plan and route to remove an injured contestant from the ring and arena. **XKOA** shall inform TDLR of these plans. The plan shall include the name and location of a local hospital emergency room.

XKOA at mixed martial arts events shall hang at least 2 video screens that meet the approval of TDLR and which allow the patrons to view the action inside the enclosed fighting area or ring.

TICKETS

XKOA shall submit a sworn inventory to TDLR of tickets delivered to any outlet or event sponsor. The inventory shall account for any known overprints, changes, or extras.

XKOA shall submit to TDLR no later than the official weigh in a certified ticket print invoice of tickets printed per ticket face value.

Tickets shall not be sold for more than the actual capacity of the location where the event is held.

All tickets shall be torn in half and one half returned to the ticket holder at the entrance gate. The other half shall be immediately deposited in a sealed container, where it is to remain until TDLR's representative witnesses the opening of the container. No one shall pass through the gate without having their ticket torn or shall occupy a seat unless holding a ticket half or have a working pass or credential with a specific seat assignment indicated on them. Passes and or credentials may not be sold or bartered.

If a main event or special added attraction is postponed or cancelled for any reason, **XKOA** shall promptly refund ticket sales. A special added attraction is the appearance of any person or persons at any combative sports event whose reputation or ability is calculated to increase attendance. Tickets in the hands of ticket services shall be returned to **XKOA** not later than when the box office at the combative sports event site has closed.

XKOA shall hold tickets of every description used for any event for at least 30 days after the event. The tickets shall be kept in separate packages for each event for audit purposes.

XKOA shall be responsible to pay the gross receipts tax for complimentary tickets issued in excess of 25%.

Gross receipts shall be calculated as 3% of the face value of all tickets sold plus 3% of the face value of all complimentary tickets issued in excess of 25%.

Tickets shall be accounted for for after the event and TDLR's representative may review the process, and may check the number of gate ticket containers and their seals or padlocks.

XKOA shall submit to TDLR a tax report and a 3% gross receipts tax payment within three business days after an event.

In the event of a TDLR audit of a tax report authorized by §2052.152, of the Texas Occupations Code, a person subject to the financial audit shall make available used tickets, deadwood and additional exhibits to TDLR in the form and at a time established by the executive director, or his designee.

WEIGHT DIVISIONS

XKOA will have the following weight divisions:

| Division | Minimum | Maximum |
|-------------------|---------------|---------|
| Flyweight | Up to 125 lbs | |
| Bantamweight | 126 lbs | 135 lbs |
| Featherweight | 136 lbs | 145 lbs |
| Lightweight | 146 lbs | 155 lbs |
| Welterweight | 156 lbs | 170 lbs |
| Middleweight | 171 lbs | 185lbs |
| Light Heavyweight | 186 lbs | 205 lbs |
| Heavyweight | 206 lbs | 245 lbs |
| Super Heavyweight | 246 lbs | & Over |

WEIGH-IN

XKOA shall assure that the weigh-in takes place at a specific time and location set by **XKOA** and approved by TDLR, generally between the hours of 2 p.m. of the day before the contest and before 12 noon the day of the contest. TDLR must be notified ten days before the event.

XKOA requires all contestants to submit a completed TDLR “Contestant Identification Card application” and required fee prior to the weigh in.

XKOA contestants shall report to the weigh-in at the scheduled time with a National MMA ID card and a valid and approved identification card with photo. There is only one scheduled weigh-in time. Any contestant that fails to show up at the specified weigh-in time may be disqualified from the contest and may face additional penalties.

Every contestant shall undergo a pre-fight physical examination. If a contestant’s physical exam shows him/her unfit for competition, the contestant shall not participate in the contest.

XKOA contestants may not perform under any name that does not appear in TDLR records.

XKOA will provide at least one registered physician and a private area to conduct pre-fight physicals. Only the contestant, his chief second, the ringside physician, and TDLR representatives are allowed in the examination room during the physical.

XKOA female contestants shall submit to a pregnancy test at weigh-in and will be disqualified by a positive pregnancy test.

XKOA will ensure that a physician’s scales or TDLR approved digital scale must be used for weighing-in contestants. TDLR may require that the scales be certified.

If in an attempt to make weight, a contestant shows evidence of dehydration, having taken diuretics, or other drugs, or having used any other harsh modality, TDLR shall disqualify the contestant on the advice of the examining physician.

In the event that a contestant fails to make the required agreed weight the contestant will have two hours to meet the allowances and be reweighed. **XKOA** will allow all contestants the following weight allowances:

| Weight (lbs) | Allowance (lbs) |
|---------------------|------------------------|
| Up to 112 lbs | 3 lbs |
| 113 – 118 lbs | 4 lbs |
| 119 – 126 lbs | 5 lbs |
| 127 – 135 lbs | 6 lbs |
| 136 - 147 lbs | 8 lbs |
| 148 – 160 lbs | 10 lbs |
| 161 – 175 lbs | 12 lbs |
| 176 – 200 lbs | 15 lbs |
| Over 201 lbs | No limit |

No contestant may engage in a contest where the weigh-in weight difference between contestants exceeds the allowance shown in the “WEIGHT ALLOWANCE” schedule:

CLASS OF COMPETITION

XKOA will promote competition for both male and female competitors. At no time will **XKOA** allow a contest between a male and a female.

CONTEST REQUIREMENTS

XKOA shall schedule no less than 6 or more than 15 bouts for each MMA event.

MMA events will consist of a maximum of three (3) three minute (3) rounds with a one (1) minute rest between rounds. Championship contests may consist of five (5), (3) minutes rounds with a one minute rest between rounds.

Muay Thai event contests will be scheduled for no more than five (3) three-minute rounds with two-minute rest periods.

Kickboxing matches shall not exceed nine (2) two-minute rounds with a one-minute rest period between rounds. TDLR may however permit an additional two rounds for championship events.

| Event Type | Rounds | Rest Period |
|----------------------------|--------------|--------------------------|
| Non-Title AmateurMMA | (3) 3-minute | 1-minutebetweeneachround |
| Title Amateur MMA | (5) 3-minute | 1-minutebetweeneachround |
| Non-Title MuayThai Amateur | (3) 3-minute | 2-minutebetweeneachround |
| TitleMuay ThaiAmateur | (5) 3-minute | 2-minutebetweeneachround |

Each **XKOA** event will consist of two opposing contestants, referees(2), judges(3), timekeepers(2) and physicians(2). Officials assigned to work **XKOA** events will be licensed with TDLR. In addition, each fighter may bring two “licensed seconds”(a coach, trainer, contestant and/or cut-man) to ringside. Only one second is permitted in the cage area.

XKOA will ensure that the judges' chairs shall be high enough that their shoulders shall be no lower than the ring floor. Physician ringside seats shall be in the neutral corner(s).

XKOA requires all contestants and licensed seconds to attend a rules meeting to be conducted by the referees before the first bout of the event.

SCORING

A majority vote of the judging officials decides the outcome of the contest.

Scoring shall be recorded only on TDLR-approved form. Once the form is completed, checked and signed by the official it must be given directly to the TDLR supervisor for the event. Scoring forms are the property of TDLR and will be maintained in the official records of the event.

All rounds will be scored using a 10-point must system. Judges are required to determine a winner for each round. 10 points will be awarded to the winner, 9 points or less to the loser.

Judges will evaluate a contestant’s performance based upon the use of legal MMA techniques; including effective striking, effective grappling, successful takedowns, submission attempts and fighting area control.

The following are techniques are considered fouls and restricted in all XKOA MMA events:

- (a) Heel hooks and toe holds are not allowed
 - (b) No reinforced knees to head of an opponent
- (1) Head butts.
 - (2) Kicks, punches or any strikes to the groin.
 - (3) Spitting or biting.

- (4) Striking or grabbing the throat area.
- (5) Grabbing the trachea.
- (6) Kneeing to the head of a grounded opponent.
- (7) Kicking to the head of a grounded opponent.
- (8) Hair pulling.
- (9) Engaging in any un-sportsman like conduct that causes an injury to an opponent.
- (10) Attacking on the break.
- (11) Attacking after the bell has sounded.
- (12) Intentionally pushing, shoving, wrestling, or throwing an opponent out of the fight area.
- (13) Holding the fence or the ropes.
- (14) Using abusive language in the fighting area.
- (15) The use of any foreign substances on any contestant's hair, body or equipment
- (16) Eye gouging of any kind.
- (17) Fish hooking.
- (18) Putting a finger into any orifice or into any cut or laceration on an opponent.
- (19) Small joint manipulation.
- (20) Striking to the spine or the back of the head.
- (21) Striking downward using the point of the elbow.
- (22) Clawing, pinching, or twisting the flesh.
- (23) Grabbing the clavicle.
- (24) Stomping a grounded opponent.
- (25) Kicking to the kidney with the heel.
- (26) Spiking an opponent to the canvas on his head or neck.
- (27) Holding the shorts or gloves of an opponent.
- (28) Flagrantly disregarding the instructions of the referee.
- (29) Attacking an opponent who is under the care of the referee.
- (30) Timidity, including without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury.
- (31) Throwing in the towel during competition.
- (32) Interference by the corner.
- (33) Use of elbows to the head of a grounded opponent.

Muay Thai is competition in which a person utilizes punches, elbows, and knees. It is permissible to strike an opponent's legs, arms, body, face, and head using the shin, knee, gloved fist or elbow. Spinning back fist blows are allowed, so long as contact is made only with the padded part of the glove.

Each Kickboxing contestant must execute a minimum of six kicks during each round. If either fighter does not do so, he will automatically lose the round. If both contestants fail to execute the minimum number of kicks by the end of a round, the round is declared a draw. In any match of nine or more rounds, if either fighter fails to execute the minimum number of kicks in any three rounds, he automatically loses the fight. In a non-title fight, if either fighter fails to execute the minimum number of kicks in any two rounds, he loses the fight.

CONTESTANT ATTIRE

Each contestant will be required to wear shorts, board shorts or any fighting trunks of their choice. Trunks may have drawstring and no zippers.

Each contestant must be clean and present a tidy appearance. The use of grease or any other foreign substance, including, without limitation, grooming creams, lotions or sprays, may not be used on the face, hair or body of a contestant. The referee shall cause any foreign substance to be removed.

Only females' contestants are allowed to wear shirts.

All contestants must wear mouthpiece.

Male contestants must wear groin protector.

Females' contestants must wear an approved pelvic guard and may wear a breast protector.

CONTESTANT GLOVES /WRAPS

XKOA requires each contestant to wear **XKOA** authorized gloves. All contestants will be provided with **XKOA** approved gloves.

New gloves must be used for all main events. If gloves used in preliminary contests have been used before, they shall be whole, clean, in sanitary condition, and subject to inspection by the referee and TDLR representatives. Any gloves found unfit shall not be used and must be replaced with acceptable gloves. There shall be extra sets of gloves on hand to be used in case gloves are broken or in any way damaged during a contest.

XKOA authorized gloves will be dual function all leather gloves

MMA contestants will be provided with **XKOA** approved gloves •

Open palm for maximum grip

- Quad-layer foam system for the highest level of safety
- Gloves weighing not less than 4 oz.

Contestants who wear gloves may wrap hands in a manner approved by TDLR and XKOA.

Hand wraps shall be restricted to no more than twenty yards of soft gauze, not more than two inches wide. The gauze shall be held in place by no more than eight feet of adhesive tape, no more than one and one-half inches wide. The adhesive tape shall not cover any part of the knuckles when the hand is

clenched to make a fist. The use of water, or any other liquid or material, on the tape is strictly prohibited. Hand wraps shall be applied in the dressing room in the presence of a TDLR inspector. All Muay Thai contestants will be provided with **XKOA** approved gloves

Contestants must wear gloves weighing not less than 8 oz.

XKOA will ensure that new gloves will be used for all main events. If gloves used in preliminary contests have been used before, they shall be whole, clean, in sanitary condition, and subject to inspection by the referee and TDLR representatives. Any gloves found unfit shall not be used and must be replaced with acceptable gloves. There shall be extra sets of gloves on hand to be used in case gloves are broken or in any way damaged during a contest.

XKOA will ensure that that in each contestants corner an appropriate receptacle for spitting, a clean water bucket for the contestant's use, and at least two chairs or stools to be used by the contestant's official seconds.

CONTESTANT/SECONDS CONDUCT

XKOA requires that all contestants conduct themselves in a professional manner at all times. **XKOA** contestants recognize and adhere to all instructions, laws and rules as stated by **XKOA**, TDLR and Referees.

XKOA requires all contestants be respectful of **XKOA**, TDLR and referees should a dispute arise concerning the application of any law, rule, or instruction.

The administration or use of any drugs, alcohol, stimulants, or injections in any part of the body, either before or during a bout to or by a contestant is prohibited unless a drug is prescribed, administered or authorized by a licensed physician and TDLR authorizes the contestant to use the drug. If a contestant is taking prescribed or over the counter medication, he/she must inform TDLR of such usage at least 24 hours prior to the bout.

All **XKOA** contestants are prohibited from using any performance and enhancing drugs. **XKOA** may require upon request random drug testing ensuring compliance. **XKOA** contestants will respect others, including coaches, teammates, competitors, officials and spectators. **XKOA** contestants will ensure that they are in optimal shape and fitness to ensure athletic performance.

XKOA contestants shall be in the dressing room at least 60 minutes before the event is scheduled to begin. The contestants shall be ready to enter the ring/cage immediately after the preceding contest is finished.

XKOA requires that all seconds/ corner-men submit a completed TDLR application and required fee prior to the weigh in, in order to work any contestant's corner.

XKOA requires that all seconds/corner-men abide by all the rules and regulations set forth by the Texas Department of Licensing and Regulation, Combative Sports Division Administrative Code 61.43.

MEDICALS/ CLAIMS

XKOA shall provide insurance and pay all deductibles for contestants, to cover medical, surgical and hospital care with a minimum limit of \$50,000 for injuries sustained while participating in a contest and

\$100,000 to a contestant's estate if he dies of injuries suffered while participating in a contest. At least ten calendar days before an event **XKOA** shall provide to TDLR for each event to be conducted, a certificate of insurance showing proper coverage. **XKOA** shall supply to those participating in the event the proper information for filing a medical claim.

XKOA will provide / supply to all contestants in the event the proper information for filing medical claims. All medical claims forms will be made available by **XKOA**. Any injuries sustained during an **XKOA** event must be claimed by submitting a medical claim within 14 calendar days of the event.

XKOA will provide two ringside physicians registered by the department.

All contestants who participate in an **XKOA** event shall be required to receive a post exam after a match and automatically receive medical suspensions/rest period as recommended by the ringside physicians.

XKOA will ensure all emergency medical personnel and portable equipment shall be located within the TECHNICAL ZONE during the event. There must be a resuscitator, oxygen, stretcher, a certified ambulance, and an emergency medical technician on site for all contests. TDLR may require additional medical personnel and equipment depending on the number of matches scheduled.

EXPENSE ALLOWANCES

XKOA may provide hotel, accommodations and meals for fighters that are not local to the area. The following are the expense allowances **XKOA** may provide for out-of-town amateur contestants:

| | |
|--------------------|----------------------------------|
| Hotel | Arranged by XKOA |
| Meals | \$30 per day for contestant only |
| Fuel Reimbursement | With original receipts only |

RULE ADOPTION

XKOA has adopted and its Directors and members will at all times adhere to all rules and regulations promulgated by the Texas Department of Licensing and Regulation ("TDLR") in sections 61.106,61.107, 61.108, 61.111 and 61. 112 of the Administrative Rules related to Mixed Martial Arts. **XKOA** agrees to amend these rules whenever necessary to reflect the most current rules as adopted by the Texas Department of Licensing and Regulation and to notify its members of any rule changes.

REFERENCES

Laws: Combative Sports Occupational Code

<http://www.license.state.tx.us/sports/sportslaw090107.pdf>

Rules: Combative Sports Administrative Rules

<http://www.license.state.tx.us/sports/sportsrules.htm>