



LETHBRIDGE COMBATIVE SPORTS COMMISSION

RULES AND REGULATIONS

Part 1: Administrative

1. Interpretation
2. Permits for Regulated Sports
3. The Event
4. Medical Rules
5. Combatant Suspension
6. Discipline
7. Weigh-in Procedures for the Regulated Sport
8. Standards for Officials
9. Registration of Officials
10. Letters of Consent for Under-aged Combatants

Part 2: Rules

11. Mixed Martial Arts
12. Amateur Wrestling
13. Professional Wrestling
14. Amateur Kickboxing
15. Professional Kickboxing
16. Muay Thai
17. Amateur Boxing
18. Professional Boxing

Part 3: Forms

19. Permits
20. Waivers
21. Medical
22. Suspension

PART 1: ADMINISTRATIVE

1. INTERPRETATION

1.1 In these rules:

- (a) "Commission" means the Lethbridge Combative Sports Commission;
- (b) "Combatant" means fighter, contestant or opponent;
- (c) "Promoter" means a person who organizes, produces or stages a show;
- (d) "Regulated Sport" means the sports of boxing, wrestling, kickboxing, Muay Thai, mixed martial arts and all other sports that hold contests between opponents involving striking with hands, feet, knees or elbows;
- (e) "Event" means an exhibition or show consisting of one or more contests, bouts, matches or fights, and includes the weigh-in procedures;
- (f) "Contest" means a bout, match or fight in one of the regulated sports, and includes an exhibition bout, match or fight where no victor is declared;
- (g) "Physician" means medical doctor, ringside or cage side doctor or Ringside Physician.

2. PERMITS FOR REGULATED SPORTS

2.1 Permit Applications shall contain the following information:

- (a) The Promoter's contact information (and sponsor if applicable);
- (b) Contact information of any co-promoters (if applicable);
- (c) Time, date and location of the Event;
- (d) Time, date and location of weigh-ins;
- (e) Time, date and location of pre-fight medical exams;
- (f) Any other documentation as may be required by the Commission.

2.2 Permit Applications shall be submitted in a form prescribed by the Commission.

2.3 Where a Promoter is a body corporation, the Commission may require its principals to personally guarantee that the Promoter will comply with its obligations.

2.4 Permit Applications shall be submitted to the Commission no less than FORTY-FIVE (45) calendar days prior to the date the Event is to be held.

2.5 A Promoter shall not announce, advertise, offer to sell or sell tickets to a proposed Event until a Conditional Permit has been issued.

2.6 The Commission will not issue a Permit for an Event within THIRTEEN (13) calendar days of another approved Event.

2.7 At the beginning of the Event, the Promoter shall announce that the Event is being sanctioned by the Lethbridge Combative Sports Commission and shall announce the name of the Commission Chairperson.

2.8. The following time guidelines shall be followed concerning the submission of the Permit

Application and the Event:

- (a) Complete the Permit Application package and submit at least FORTY-FIVE (45) calendar days prior to the date of the Event.
- (b) Submit a copy of the insurance policy to the Commission at least FOURTEEN (14) calendar days prior to the date of the Event. The policy must have a minimum liability coverage of TWO MILLION DOLLARS (\$2,000,000.00) and name both the City of Lethbridge and the Lethbridge Combative Sports Commission as additionally insured.
- (c) A proposed line up of Combatants will be submitted to Commission at least FOURTEEN (14) calendar days prior to the date of the Event. The Commission will check for any suspensions through abc.mixedmartialarts.com. The Commission will honor the suspensions initiated by other Commissions and will not allow a Combatant to compete in Lethbridge while suspended. The line-up will note all combatants' amateur or professional status, contracted weight, and will specify any title belts to be competed for. Changes in the line-up will be forwarded to the Commission in a timely manner.
- (d) All medical and blood work documentation required by the Commission will be made available to the Commission at least SEVEN (7) calendar days prior to the date of the Event. It will be the Promoter's responsibility to provide adequate translations of medical documentation which may not be in English.
- (e) A signed Lethbridge Combative Sports Commission **Hold Harmless Liability and Personal Injury Waiver** from each Combatant shall be forwarded to the Commission prior to the date of the Event.

2.9 The Permit Application must be accompanied by a payment of FIVE HUNDRED DOLLARS (\$500.00) and a bond of a minimum of TWO THOUSAND DOLLARS (\$2,000.00).

2.10 If for any reason the Promoter cancels or reschedules an Event which has an approved Permit, the Permit fee is NON-REFUNDABLE.

2.11 The Commission reserves the right to increase or waive Permit fees given the type of Event, outside regulatory body involvement or any other factors presented to the Commission for its consideration.

2.12 The Commission reserves the right to approve special rule sets through the Event approval process. Any proposed special rule sets must be noted by the Promoter on the Permit Application form and submitted with the Permit Application package.

3. THE EVENT

3.1 The Promoter shall be responsible for maintaining good order in and about the premises used for any Event and shall maintain a sufficient staff of properly identified personnel for that purpose.

3.2 The Promoter shall take all reasonable measures to provide for crowd control, safety, medical emergencies and security. Notwithstanding that a permit for an Event has been issued, the Commission may refuse to allow an Event to proceed if it appears to the Commission that the Promoter's provisions are inadequate.

3.3 The Commission shall ensure the presence of a Physician and paramedical staff at all times

during the Event. The Physician and paramedical staff will have unobstructed access at the Event. All costs associated with the Physician and paramedical staff are the sole responsibility of the Promoter.

3.4 The Promoter shall provide facilities in regard to the Event for pre-fight and post-fight medical checks as may be specified and/or required by the Commission. All costs associated with these requirements are the sole responsibility of the Promoter.

3.5 Duties of the Commission include:

- (a) Attend and regulate weigh-ins;
- (b) Ensure each Combatant has submitted proper blood work, medical records and waivers;
- (c) Attend rules meeting to explain Commission role and rules;
- (d) Safety inspection of the cage/ring;
- (e) Supervise the taping of hands and gloves;
- (f) Ensure presence of Physician and paramedical staff at the Event;
- (g) Oversee medical examinations of Combatants;
- (h) Issue medical suspensions;
- (i) Ensure payment to professional Combatants.

3.6 No Event held in the City of Lethbridge may be broadcast by radio, television or streamed online without the permission of the Commission.

3.7 The Commission reserves the right to charge a fee for any Event broadcast, in whole or in part, by radio, television or streamed online. The Promoter shall pay the fee to the Commission SEVEN (7) calendar days before an Event is broadcast by radio, television or streamed online. The fee will be determined by the Commission and shall not exceed FIVE (5) percent of the selling price of the broadcast rights.

3.8 The Promoter shall ensure all members of the Commission have free and unobstructed access to any Event.

3.9. If, after advertising an Event, the Promoter proposes to use a substitute Combatant, the Promoter must use all means deemed necessary by the Commission to inform the public of the substitution. The Commission reserves the right to order the Promoter to inform those spectators attending the Event of all changes to the advertised Event card and offer to refund the money for tickets purchased if the spectators attend the ticket office within fifteen minutes of the start of the Event.

3.10 The appointment of all officials taking part in an Event shall be subject to the approval of and under the control of the Commission.

3.11 The seating immediately adjacent to the cage/ring shall be subject to the approval or and under the control of the Commission.

3.12 The Commission may stop any Event or bout if:

- (a) Either Combatant is unfit to continue;
- (b) The Combatants are not properly matched;
- (c) The Promoter or a Combatant misconduct themselves;

- (d) Circumstances otherwise warrant a stoppage;
- (e) The health, safety or welfare of the public may be at risk.

3.13 Any Combatant who knowingly participates in an Event with another Combatant who has been suspended by a commission, or who knowingly participates in an Event promoted by a Promoter who has been suspended by a commission, may be suspended by the Commission.

3.14 Events commonly referred to as “So you think you are Tough” or “Tough Guy” Events are prohibited.

3.15 No Event held in the City of Lethbridge shall exceed TWELVE (12) rounds of THREE (3) minutes each with an interval of at least ONE (1) minute between each round.

3.16 Other Promoter responsibilities include:

- (a) Printed line-up sheets on the date of the weigh-ins and on the date of the Event;
- (b) One (1) blue and One (1) red dressing room with adequate lighting;
- (c) Security Personnel;
- (d) Any other requirements the Commission may deem necessary.

4. MEDICAL RULES

4.1 Notwithstanding that a Permit to hold an Event has been issued, no Event may begin unless the Commission’s medical requirements have been satisfied. All amateur and professional Combatants must supply the Commission with a Physician’s Registration Exam Form stating they are medically fit to compete, and blood work documentation showing negative results for Hepatitis B Surface Antigen, Hepatitis C, and negative results for HIV. The blood work documentation must have been signed and dated no more than TWELVE (12) months prior to the Event date. The Physician’s Registration Exam Form is valid only for the Event listed. The Physician’s Registration Exam Form must be dated no more than ONE HUNDRED AND TWENTY (120) days prior to the Event unless otherwise arranged and approved by the Commission. Female Combatants must also provide the Commission with the results of a pregnancy test from a Physician that clearly states the female Combatant is not pregnant. Those results will be dated no more than SEVEN (7) calendar days prior to the Event date.

All medical requirements must be submitted no more than SEVEN (7) calendar days prior to the Event date. Combatants with outstanding medical documentation after the Seven (7) day period risk having their bout cancelled by the Commission.

4.2 Should a Combatant participate in any Event after completing the Physician’s Registration Exam Form but prior to the next Event for which it was completed, it will render the form invalid. A new Physician’s Registration Exam Form dated after their last Event must be completed and submitted.

4.3 Pre-fight medical examinations will be mandatory prior to any Event. These will be held in conjunction with weigh-ins.

4.4 The Commission may appoint one or more Physicians from the Province of Alberta as its Ringside Physician.

4.5 The Commission may direct that a Combatant approved for a regulated sport appear before a Ringside Physician for an examination to determine whether the Combatant is fit to participate in that sport.

4.6 A Ringside Physician may attend any Event.

4.7 A Ringside Physician may, before any Event, inspect all First Aid kits and medical facilities intended to be used at the Event.

4.8 Except in professional boxing, a Ringside Physician may stop any bout to examine a Combatant.

4.9 If a Combatant is injured or knocked out during a bout, a Ringside Physician may examine them.

4.10 Combatants must submit to a post-bout medical examination by the Ringside Physician prior to leaving the venue where the Event was held. As part of the post-bout medical examination, the Ringside Physician may order the Combatant to attend the local Emergency Department for further examination.

4.11 A Ringside Physician may deliver to the Commission their opinions and recommendations regarding the ability of any Combatant to participate in a regulated sport.

4.12 No Event shall take place, amateur or professional, without a team of equipped paramedical staff present at ring side or cage side for each bout.

5. COMBATANT SUSPENSION

5.1 Prior to the Event, the Commission shall impose a mandatory TWELVE (12) calendar day rest period suspension to each Combatant.

5.2 The Commission, in consultation with the attending Ringside Physician, may impose the following suspensions:

- (a) Suspensions for fight stoppages due to cuts, repeated blows to the head or any other reason deemed necessary. These suspensions may be 30, 45, 60 or 90 days in length, and/or;
- (b) Indefinite period of suspension due to specific medical concerns as identified by the Ringside Physician. The indefinite period of suspension will continue until medical information specifically requested by the ringside Physician has been received, reviewed and approved.

5.3 If the Commission, in consultation with the Ringside Physician, imposes a post-bout medical suspension, the Combatant must abide by the restrictions imposed. Training/sparring or competing in another Regulated Sport during the suspension period would result in further disciplinary action being initiated against the Combatant.

5.4 The Commission will submit all suspensions to stats@mixedmartialarts.com which is the

database for the Association of Boxing Commissions and Combative Sports.

5.5 The Commission will provide each suspended Combatant written notification of their suspension prior to the Combatant leaving the venue after the Event. The Combatant must acknowledge the suspension by signing the Notice of Medical Suspension.

6. DISCIPLINE

6.1 Every person involved in an Event shall conduct themselves in a fair, honest, ethical and sportsmanlike manner in relation to the regulated sports. Verbal and/or physical abuse of any Commission member or official will not be tolerated.

6.2 Promoters, Combatants and all other participants in the regulated sport shall satisfy their contractual obligations arising from fight contracts, management contracts and other contracts pertaining to the regulated sport. The Commission may deem a breach of a contract to be in breach of these Rules.

6.3 Upon learning of allegations that a Promoter, Combatant or other participant in the regulated sport has breached these Rules or has otherwise failed to properly conduct themselves in relation to the regulated sports, the Commission may hold a hearing into the allegations.

6.4 The Chairman of the Commission may suspend the participation privileges of a Promoter, Combatant or other participant in the regulated sport against whom allegations have been made pending a hearing of those allegations.

6.5 If the Promoter, Combatant or other participant in the regulated sport against whom the allegations are made does not attend the hearing, the Commission, upon being satisfied that the Promoter, Combatant or other participant in the regulated sport received notice of the hearing, may proceed with the hearing in their absence.

6.6 If, after holding a hearing, the Commission finds that a Promoter, Combatant or other participant in the regulated sport has breached these Rules, breached a management contract, fight contract or other contract pertaining to the regulated sports, has acted in a manner that could bring the regulated sports into disrepute, or has otherwise failed to properly conduct themselves in relation to the regulated sports, the Commission may do one or more of the following:

- (a) reprimand the Promoter, Combatant or other participant in the regulated sport;
- (b) suspend the participation of the Promoter, Combatant or other participant in the regulated sport in a future Event for a period of time not exceeding one year;
- (c) revoke the right of the Promoter, Combatant or other participant in the regulated sport to participate in a future Event indefinitely;
- (d) fine the Promoter, Combatant or other participant in the regulated sport in an amount not exceeding TWO THOUSAND (\$2,000.00) DOLLARS.

6.7 Any Promoter, Combatant or other participant in the regulated sport who has been fined by the Commission cannot apply to participate in any combative sporting Event regulated by the Commission, or in the case of a Promoter, cannot apply to receive a permit authorizing a future combative sporting Event, until the levied fine has been paid in full.

6.8 Any decision of the Commission is final and binding.

7. WEIGH-IN PROCEDURES FOR REGULATED SPORTS

7.1 The timing and location of weigh-ins shall be subject to the approval of the Commission. Unless otherwise approved by the Commission, weigh-ins shall occur no earlier than THIRTY (30) hours prior to the start of the first bout and no later than TWENTY-FOUR (24) hours prior to the start of the first bout.

7.2 The scale used by the Promoter for the purpose of weighing Combatants is subject to the approval of the Commission prior to weigh-ins beginning. If the scale displays numbers with decimals (e.g. 145.6), then the decimal weight of 0.1 to 0.4 will be rounded down. Decimal weights of 0.5 to 0.9 will be rounded up.

7.3 The scale and venue used for the weigh-ins must be available to the Combatants at least THREE (3) hours prior to the scheduled commencement time.

7.4 Sanctions for Combatants who weigh over the agreed upon or contracted weight shall be regulated by the sanctioning body governing the particular regulated sport.

7.5 Commission members will conduct the weighing in of all Combatants.

7.6 Unless otherwise approved by the Commission, the rules meeting will occur at the same time and location as the weigh-ins.

7.7 Unless otherwise approved by the Commission, pre-fight medical examinations will occur at the same time and location as the weigh-ins.

7.8 The following weight classes shall be used for all Combatants:

<u>Weight Class</u>	<u>Weight</u>	<u>Allowance</u>
(a) Straw weight	up to 115 lbs	3 lbs
(b) Flyweight	116 to 125 lbs	3 lbs
(c) Bantamweight	126 to 135 lbs	3 lbs
(d) Featherweight	136 to 145 lbs	5 lbs
(e) Lightweight	146 to 155 lbs	5 lbs
(f) Super Lightweight	156 to 165 lbs	5 lbs
(g) Welterweight	166 to 170 lbs	5 lbs
(h) Super Welterweight	171 to 175 lbs	7 lbs
(i) Middleweight	176 to 185 lbs	7 lbs
(j) Super Middleweight	186 to 195 lbs	7 lbs
(k) Light Heavyweight	196 to 205 lbs	7 lbs
(l) Cruiserweight	206 to 225 lbs	10 lbs
(m) Heavyweight	226 to 265 lbs	10 lbs
(n) Super Heavyweight	266 and over	10 lbs

7.9 A one (1) lb. tolerance will be given in non-championship matches.

7.10 Zero tolerance will be given to Combatants in championship matches. If one or both Combatants do not make the agreed upon weight, then:

- (a) the match will not be a title fight;
- (b) the match will not be more than the normal number of rounds for a non-title fight;
- (c) a belt or title will not be awarded to the overweight Combatant.

7.11 Upon the discretion of the Commission and in consultation with the Physician at weigh ins, Combatants may be given One (1) hour to make weight should they be over the weight limit.

7.12 Combatants over their agreed upon weight by more than 2 lbs of their total body weight will not be granted any time to try and make weight.

7.13 The Commission may allow an overweight Combatant to participate in a “catch-weight” match if both Combatants agree to participate, if the difference in weight between the Combatants does not exceed the maximum weight spread allowance shown in the chart in Section 7.8, that the match be safe, be fair and be competitive. Both Combatants will be required to sign a “catch-weight” waiver signifying their agreement to the modified match.

7.14 Should a professional Combatant fail to make weight, they will forfeit the agreed upon purse as stated in their contract with the Promoter. The amount of the agreed upon purse will be given to their opponent provided the opponent made the required weight.

8. STANDARDS FOR OFFICIALS

8.1 Only officials approved by the Commission will be allowed to work as officials for Events held in the City of Lethbridge.

8.2 Licensed and/or registered officials from other commission jurisdictions must be reviewed and approved by the Commission prior to being allowed to work as officials for Events held in the City of Lethbridge.

8.3 The Commission will host and present officials’ clinics to train and develop officials in this sport.

8.4 The Commission will maintain a current list of all trained and approved officials.

8.5 It is the responsibility of the Commission to arrange for officials for the Event from the approved list. Payment of the officials is the responsibility of the Commission through fees charged to the Promoter.

8.6 Prospective judges may be recruited from individuals who have trained in the combative sports but is not a requirement. All individuals must attend a Commission Officials’ Clinic. Upon completion of a Commission Officials’ Clinic, the judge will be assigned to experienced judges to shadow their responsibilities. As the level of commitment, responsibility and sports knowledge increases, new judges will be given opportunities to judge individual contests.

8.7 An individual wishing to become a Referee must show general understanding of combative sports and knowledge of the rules. Volunteering to referee submission grappling and kickboxing

tournaments as well as online training are expected in order to gain experience. The Commission will evaluate all training prior to assigning the individual to referee at Events.

8.8 The Commission will act as an officials' arbitrator at each Event should the need arise. The Commission will also supervise and evaluate the performance of each official working that Event to continue an ongoing development process for officials in the City of Lethbridge.

9. REGISTRATION OF OFFICIALS

9.1 Officials must be registered with the Commission to participate in any Event in the City of Lethbridge. The following requirements must be met to obtain registration:

- (a) Officials must complete the "**Officials Application**";
- (b) Officials must complete the City of Lethbridge/Commission "**Hold Harmless Liability and Personal Injury Waiver**";
- (c) Officials must complete the "**Officials Code of Ethics and Conduct**" form.

9.2 Officials are governed by and must comply with the City of Lethbridge Bylaw 5412, the Commission's Rules and Regulations and the Officials Code of Ethics and Conduct.

9.3 The issuance of registration does not guarantee that individual will be automatically selected to officiate an Event. Selection of Officials for Events remain within the jurisdiction of the Commission.

9.4 If a registration application is refused, the Commission will advise the applicant of its decision in writing.

9.5 Registration for Officials is valid until the end of the calendar year. Each Official must apply annually for registration.

9.6 There are no fees associated with obtaining registration for Officials.

10. LETTERS OF CONSENT FOR UNDER-AGED COMBATANTS

10.1 An under-aged Combatant is defined as any Combatant participating in an Event who is under the age of EIGHTEEN (18) years at the time of the Event.

10.2 A letter stating that the Combatant is under-aged and is being given consent to participate in the Event must be signed by the Combatant's parent or legal guardian. The letter must be dated no more than THIRTY (30) calendar days prior to the Event and must be submitted to the Commission no later than FOURTEEN (14) calendar days prior to the Event.

PART 2: RULES

11. MIXED MARTIAL ARTS

11.1 AMATEUR AND PROFESSIONAL STATUS

An amateur Combatant is an athlete who has not:

- (a) Competed for a money prize, staked bet or declared wager in any combative sport;
- (b) Competed with or against a professional;
- (c) Competed in a combative sport as a means of obtaining a livelihood or for obtaining money;
- (d) Signed any type of professional contract with a professional manager or Promoter for the purpose of becoming a professional athlete in combative sports.

Once an amateur participates in any professional combative sport they cannot revert back to amateur status.

11.2 MEDICAL DOCUMENTATION

Medical documentation required by amateur and professional Combatants to participate in a regulated sport include:

- (a) Laboratory documentation of blood work showing negative results for Hepatitis B Surface Antigen, Hepatitis C and HIV. This documentation must be dated no more than TWELVE (12) calendar months prior to the date of the Event.
- (b) A Physician's Registration Exam dated no more than ONE HUNDRED (120) calendar days prior to the date of the Event stating that the Combatant is medically fit to participate in the regulated sport.
- (c) Female Combatants must supply medical documentation from their Physician dated no longer than SEVEN (7) calendar days prior to the date of the Event stating that they are not pregnant.
- (d) If a Combatant is FORTY (40) years or older, the following medical documentation must also be submitted. The documentation must be dated no longer than ONE (1) calendar year prior to the date of the Event:
 - i. Magnetic Resonance Imaging (MRI) of the Brain without contrast.
 - ii. Electrocardiogram (EKG).
 - iii. Cardiac testing that provides both myocardial perfusion and echocardiographic structure assessment. An exercise stress echocardiogram is the recommended method. However, a combination of an echocardiogram in addition to another form of cardiac stress may be acceptable.
 - iv. Annual formal neurocognitive testing with a notation of any deterioration from baseline(first) assessment.
 - v. Blood work including a complete blood count (CBC) and complete metabolic panel (CMET) which includes hepatic tests, blood urea nitrogen, creatinine and glucose.
 - vi. Ophthalmologic eye exam with pupil dilation and retinal examination.

Note: These tests refer to the position statement from the 'Association of Ringside Physician's Consensus Statement on Medical Clearance of the Older Fighter in Professional Combat Sports'.

- vii. Any other medical testing required by the Commission.

11.3 COMBATANT'S EQUIPMENT

- (a) Combatants must wear a pair of shorts approved by the Commission. The shorts must not bear any profanity or any image which may be offensive to the public
- (b) Female Combatants must wear a shirt or athletic top suitable for competition. The shirt may not be of a type that would give the Combatant an advantage.
- (c) The wear of Gi's is prohibited.
- (d) Combatants must wear a mouthpiece during competition. The mouthpiece shall, at any time, be subject to examination and approval by the Commission or ringside Physician or the Referee.
- (e) Tape, gauze and gloves supplied by the Promoter must be inspected and approved by the Commission prior to being issued at the Event. Any tape, gauze or gloves supplied by Coaches/Combatants must be inspected and approved by the Commission prior to being used.
- (f) Male Combatants must wear a foul-proof groin protector. A plastic or aluminum cup with an athletic support is adequate.
- (g) Combatants are allowed a light application of petroleum jelly to the eyebrows, nose, cheekbones, forehead and temple areas. This will be supervised by the Referee and/or Commission member. The petroleum jelly can be reapplied between rounds by the Coach/corner under the supervision of a Commission member. Excessive petroleum jelly will be removed by the Referee. No lotions or liniments of any kind are allowed.
- (h) Hands can be wrapped in a combination of gauze and adhesive tape. As much gauze as asked for by the Combatant may be applied over the knuckles provided the gauze fits within the glove. Adhesive tape may be applied to the back of the hand to stabilize the bones in that area. Adhesive tape may be applied to the top of each knuckle but not applied over the top of the knuckles. One thin strand of tape may be used between each finger to hold the gauze in place. Taped hands must be signed by dressing room inspectors prior to gloves being issued to the Combatant.
- (i) Gloves must be taped around the wrist and signed by dressing room inspectors.

11.4 COACHES AND CORNERS

- (a) Each Combatant shall be allowed one coach and up to two corners at the cage or ring.
- (b) Only the coach and one corner will be allowed into the cage or ring between each round.
- (c) Coaches and corners are not allowed to touch the cage or ring and shall remain seated during the bout.
- (d) Coaches and corners are not allowed to move from their designated corner during the bout.
- (e) Coaches and corners are forbidden to use profanity or to taunt the opponent or opponent's coach or corners during the bout.
- (f) Verbal and/or physical abuse of any Commission member or Official will not be tolerated.

Failure to follow these rules may result in the following disciplinary action:

- i. Reprimand;
- ii. Point reduction from the Combatant;
- iii. Removal of the coach and/or corners involved;
- iv. Disqualification of the Combatant;
- v. Suspension of the Coach and/or corners for no longer than ONE (1) year;
- vi. Fine not exceeding TWO THOUSAND (\$2,000.00) DOLLARS.

11.5 BOUTS

Amateur bouts shall consist of either TWO (2) five-minute rounds with a ONE (1)-minute rest period between rounds; or THREE (3) three-minute rounds with a ONE (1)-minute rest period between rounds. The choice of format for amateur bouts shall rest with the Promoter as long as all amateur fights on that card are consistent with being either TWO (2) five-minute rounds or THREE (3) three-minute rounds. There will be no mixing of round lengths for amateur bouts on the same card and all rest periods will be consistent at ONE (1)-minute in length.

Professional bouts shall consist of THREE (3) five-minute rounds with a ONE (1)-minute rest period between rounds.

Championship professional bouts shall consist of FIVE (5) five-minute rounds with a ONE (1)-minute rest period between rounds.

11.6 REGISTRATION OF COMBATIVE SPORTS COMBATANTS

- (a) All amateur and professional Combatants must meet the minimum conditions for registration by the Commission prior to the commencement of the proposed bout.
- (b) The minimum conditions for registration for amateur and professional Combatants are as follows:
 - i. Combatants must have submitted the required medical documentation as stated in “Section 4: MEDICAL RULES” of the Rules and Regulations;
 - ii. Combatant must not be under any period of suspension from any commission;
 - iii. Registration will be valid from ONE (1) day prior to the Event until the end of the TWELVE (12) day rest period suspension each combatant is issued at weigh-ins;
 - iv. There will be no monetary fee required for the issuance of either an amateur or professional registration;
 - v. A record will be kept by the Commission of the registration number for a period of TWO (2) years from the time of issuance.

NOTE: These registration rules may not apply to certain combative sports given their own registration procedures. The Commission reserves the right to mandate these registration rules as need be.

11.7 FOULS

Any Combatant guilty of foul tactics shall be given an immediate warning and points deducted from the Combatant’s total score as determined by the Referee. The use of foul tactics may also result in disqualification of the Combatant, their purse (if any) withheld from payment, and the Combatant automatically suspended. Disposition of the purse and the penalty imposed shall be determined by the Commission.

(a) Professional

- i. **Butting with the head:** The head may not be used as a striking instrument in any fashion. Any use of the head as a striking instrument whether head-to-head, head-to-body or otherwise is illegal.
- ii. **Eye gouging:** Eye gouging by means of fingers, chin or elbow is illegal. Legal strikes or punches that contact the Combatant’s eye socket are not eye gouging and

shall be considered legal.

- iii. **Biting or spitting at an opponent:** Biting in any form is illegal. A Combatant must recognize that a Referee may not be able to physically observe some actions and must make the Referee aware if they are bit during an exhibition of unarmed combat.
- iv. **Fish hooking:** Any attempt by a Combatant to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area, will be considered "fish hooking". Fish hooking is generally the placing of fingers into the mouth of your opponent and pulling your hands in opposing directions while holding onto the skin of your opponent.
- v. **Hair pulling:** Pulling of hair in any fashion is illegal. A Combatant may not grab hold of his opponent's hair to control their opponent in any way. If a Combatant has long hair, they may not use their hair as a tool for holding or choking in any fashion.
- vi. **Spiking the opponent to the canvas onto the head or neck (pile-driving):** A pile-driver is considered to be any throw where a Combatant controls their opponent's body by placing their opponent's feet toward the sky with their head straight down and then forcibly drive their head into the canvas or flooring material. It should be noted when a Combatant is placed into a submission hold by their opponent, if the Combatant in the submission hold is capable of elevating their opponent, they may bring their opponent down in any fashion they desire because they are not in control of their opponent's body. The Combatant who is attempting the submission can either adjust their position or let go of their hold before being slammed to the canvas or flooring material.
- vii. **Strikes to the spine or the back of the head:** The spine includes the tailbone. The back of the head is defined as the area starting at the crown of the head and running directly down the centre line of the head with a one-inch variance to each side. The entire rear portion of the neck is also illegal to attack starting at the occipital junction and stopping at the top of the trapezius. The trapezius muscle down the spine to the tailbone is protected.
- viii. **Throat strikes of any kind and/or grabbing the trachea:** No directed throat strikes are allowed. A directed attack would include a Combatant pulling their opponent's head in a way to open the neck area for a striking attack. A Combatant may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent. If during stand-up action of a fight a punch is thrown and the punch lands in the throat area of the Combatant, this shall be viewed as a clean and legal blow.
 - i. **Fingers outstretched toward an opponent's face/eyes:** In the standing position, a Combatant that moves their arm(s) toward their opponent with an open hand, finger pointing at the opponent's face/eyes, has committed a foul. Referees are to prevent this dangerous behavior by communicating clearly to Combatants. Combatants are directed to close their fists or point their fingers straight up in the air when reaching toward their opponent.
 - ii. **Downward pointing elbow strike (12 to 6):** The use of a linear "straight up straight down" elbow strike is prohibited. Any variation of this straight up and down linear elbow strike makes the strike legal. Any arc or any angle change from straight up to straight down makes the strike legal. Any variation of position does not alter the legality of the strike.
 - iii. **Groin attacks of any kind:** Any attacks to the groin area including striking, grabbing, pinching or twisting is illegal. Groin attacks are the same for men and women.
 - iv. **Kneeling and/or kicking the head of a grounded opponent:** A grounded

Combatant is defined as: any part of the body, other than a single hand and soles of the feet touching the fighting area floor. To be grounded, both hands, palm/fist down and/or any other body part must be touching the fighting area floor. A single knee, arm, makes the Combatant grounded without having to have any other body part in touch with the fighting area floor. While an opponent is grounded, kicks or knees to the head are not allowed.

- v. **Stomping of a grounded Combatant:** Stomping is considered any type of striking action with the feet where the Combatant lifts up their leg bending their leg at the knee and initiating a striking action with the bottom of their foot or heel. (Note: Axe kicks are not stomps.) Standing foot stops are NOT a foul. As such, this foul does not include stomping the feet of a standing Combatant. A grounded Combatant is defined as: any part of the body, other than a single hand and soles of the feet touching the fighting area floor. To be grounded, both hands, palm/fist down and/or any other body part must be touching the fighting area floor. A single knee, arm, makes the Combatant grounded without having to have any other body part in touch with the fighting area floor. While an opponent is grounded, kicks or knees to the head are not allowed.
- vi. **Holding opponent's gloves or shorts:** A Combatant may not control their opponent's movement by holding onto their opponent's shorts or gloves. A Combatant may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove but by actually gripping the hand of the opponent. It is legal to hold onto your own gloves or shorts.
- vii. **Holding or grabbing the fence or ropes with fingers or toes:** A Combatant may put their hands or feet on the fence and push off it at any time. A Combatant may place their hands or feet onto the cage and have their fingers or toes go through the fencing material at any time. When a Combatant's fingers or toes go through the cage and grab hold of the fence and start to control either their body position or their opponent's body position, it becomes an ILLEGAL action. A Combatant may not grab the ropes or wrap their arms over or under the ring ropes at any time. The Combatant may not purposely step through the ropes. If a Combatant is caught holding the fence, cage or ring rope material, the Referee may issue a one-point deduction from the offending Combatant's scorecard if the foul caused a substantial effect in the fight. If a Combatant grabs hold of the cage and, because of the infraction, the fouling Combatant ends up in a superior position due to the foul, the Combatants should be re-started by the Referee, standing in a neutral position after determining if a point reduction is appropriate.
- viii. **Small joint manipulation:** Combatants must grab the majority of fingers or toes for use as defense or manipulation. Fingers and toes are small joints. Wrists, ankles, knees, shoulders and elbows are large joints.
- ix. **Throwing an opponent out of the ring or caged area:** A Combatant shall not throw their opponent out of the ring or cage.
- x. **Intentionally placing a finger into any orifice or into any cut or laceration of their opponent:** A Combatant may not place their fingers into an open laceration in an attempt to enlarge the cut. A Combatant may not place their fingers into an opponent's nose, ears, mouth or any body cavity.
- xi. **Clawing, pinching, twisting the flesh:** Any attack that targets the Combatant's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal.
- xii. **Timidity (avoiding contact or consistently dropping the mouth piece or faking an injury):** Timidity is defined as any Combatant who purposely avoids contact with

his opponent or runs away from the action of the fight. Timidity can also be called by the Referee for any attempt by a Combatant to receive time by falsely claiming a foul or injury, or purposely dropping or spitting out their mouthpiece, or other action designed to stall or delay the action of the fight.

- xiii. **Use of abusive language in the fighting area:** The use of abusive language is not allowed. It is the sole responsibility of the Referee to determine when language crosses over the line to abusive. It should be clear that Combatants may talk during a match. The mere use of auditory language is not a violation of this rule. Examples of abusive language would be racially motivated or derogatory language.
- xiv. **Flagrant disregard of the Referee's instructions:** A Combatant MUST follow the instructions of the Referee at all times. Any deviation or non-compliance may result in points being deducted from the Combatant's scorecard or the Combatant being disqualified from the match.
- xv. **Unsportsmanlike conduct that causes an injury to opponent:** Every athlete competing is expected to represent the sport in a positive light emphasizing sportsmanship and humility. Any athlete who disrespects the rules of the sport or attempts to inflict unnecessary harm to a competitor who has either been taken out of the competition by the Referee or who has tapped out of the competition shall be viewed as being unsportsmanlike.
- xvi. **Attacking an opponent after the bell has sounded the end of the period of unarmed combat:** The end of a round is signified by the sound of the bell and the call of time by the Referee. Once the Referee has made the call of time, any offensive actions initiated by a Combatant shall be considered after the bell and illegal.
- xvii. **Attacking an opponent on or during the break:** A Combatant shall not engage their opponent in any fashion during a time-out or break of action in competition.
- xviii. **Attacking an opponent who is under the care of the Referee:** Once the Referee has called for a stop of the action to protect a fighter who has been incapacitated or is unable to continue to compete in the fight, Combatants shall cease all offensive actions against their opponent.
- xix. **Interference from a Combatant's corner or seconds:** Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to one Combatant. Coaches/Corners are not allowed to distract the Referee or influence the actions of the Referee in any fashion.

The use of body grease, gels, balms, lotions, oil or other substances is a violation and is prohibited from being applied to the hair, face or body. This includes excessive amounts of water being discarded in a manner at the designated time and the Combatant could be penalized or subject to disqualification.

Note: These are known as the Unified Rules of Mixed Martial Arts.

(b) Amateur

In addition to the professional Unified Rules of Mixed Martial Arts, the following rules will apply to amateur bouts:

- i. **No Elbow strikes of any kind to the head.**
- ii. **No Linear kicks to the knee joint.**
- iii. **No Twisting leg submissions:** Heel hooks and toe holds are prohibited.

11.8 ACCIDENTAL FOULS

- (a) If a bout is stopped because of an accidental foul, the Referee shall determine whether or not the Combatant who has been fouled can continue. The Referee may consult with the attending Physician. If the Combatant's chances have not been seriously jeopardized as a result of the foul, the Referee may order the bout continued after a reasonable interval (five minutes).
- (b) If by reason of accidental foul a Combatant is rendered unfit to continue the bout, the bout shall be terminated. The Scorekeeper shall tally all scores subtracting all penalties. The points shall be tallied as if the bout had continued to the expiration of the scheduled number of rounds and a decision rendered based on accumulated points.
- (c) Should an accidental foul terminate a bout prior to the half-way point of the first round, the Referee shall declare the bout to be a technical draw.

11.9 CONSULTING THE PHYSICIAN

- (a) The Referee may, at his or her discretion, request the attending Physician to examine a Combatant during the bout. Should the examination occur during the course of a round, the clock shall be stopped until the examination is complete.
- (b) The Physician shall have the power to order the Referee to stop the bout at any time due to the incapacitation of one or both Combatants. The Referee will then render the appropriate decision.

11.10 SUSPENSIONS

- (a) The Commission will issue each Combatant participating in a combative sports Event an automatic Mandatory TWELVE (12)-day Rest Period Suspension.
- (b) The Mandatory TWELVE (12)-day Rest Period Suspension will be issued at weigh-ins. The Combatant will sign and receive a copy and a copy will be retained by the Commission.
- (c) The Commission, in consultation with the attending Physician, may issue a Notice of Medical Suspension to any Combatant due to an injury received during the bout. The suspension ranges from "30 days" to "indefinite".
- (d) The Notice of Medical Suspension will state the reason for the suspension, the time period of the suspension and any medical requirements that must be met before the suspension is lifted.
- (e) The Notice of Medical Suspension will be signed by the Combatant, the Combatant's coach, and the attending Physician. The Combatant will receive a copy of the Notice of Medical Suspension and a copy will be retained by the Commission.

11.11 APPEAL OF A DECISION

Should a Coach and/or Combatant wish to appeal a decision, the following process will be followed:

- (a) Advise a Commission member of the wish to appeal decision.
- (b) Obtain and fill out the 'Official Decision Appeal Application' form.
- (c) Return the form along with a \$150.00 appeal fee to the Commission.

The Official Decision Appeal Application form must be received by the Commission within FOURTEEN (14) days of the Event.

Once the Official Decision Appeal Application form and fee are received by the Commission, the Chairman and/or their designate will investigate the appeal and the matter brought before the Commission. The Coach and/or Combatant will be advised of the outcome of the appeal as soon as possible.

The appeal fee is non-refundable, and the Commission's decision is final.

12. AMATEUR WRESTLING

12.1 Unless otherwise directed by the Commission, all amateur wrestling contests shall be governed by the rules and safety codes of the Canadian Amateur Wrestling Association.

12.2 A Combatant, Referee, timekeeper, judge or other official authorized by the Alberta Amateur Wrestling Association to participate in an amateur wrestling contest supervised by the Alberta Amateur Wrestling Association is deemed to have been issued a license to do so by the Commission.

12.3 A duly qualified Physician for the province of Alberta appointed by the Alberta Amateur Wrestling Association to examine wrestlers or to supervise an amateur wrestling contest shall be deemed to be a qualified Physician appointed by the Commission for that purpose.

12.4 A Promoter must apply for and receive a permit prior to holding an amateur wrestling card.



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13. PROFESSIONAL WRESTLING

13.1 No professional wrestler shall make contact with any spectator during a contest.

13.2 The Promoter of a professional wrestling show shall ensure that wrestlers do not make contact with spectators during a contest.

13.3 The Promoter of a professional wrestling show shall ensure that the show is conducted safely and decently. The Promoter shall ensure the wrestling participants do not perform stunts which would present a risk of death or permanent physical injury to the wrestling participants or spectators.

13.4 The Promoter of a professional wrestling show shall ensure the wrestling participants refrain from the use of profanity, disparaging remarks, or any form of verbal or non-verbal communication which would deviate from the norms of moral acceptability appropriate for a family-oriented entertainment Event.

13.5 The Commission has a THREE (3)-tiered fee and medical requirement system based upon the level of risk to the individual wrestlers. The determination of which level will apply to any particular professional wrestling Event is the sole discretion of the Commission:

Level One: The Promoter hosts a performance which is geared to family values, prohibits the use of profanity, shows respect to the audience members, rarely uses props during the performance, and minimizes the risk of injury to the wrestlers by performing only low impact stunts during the performance. The minimum Event application fee for a three-month Permit will apply. There is no requirement to have medical personnel, including paramedics, ringside Physicians or an ambulance, on site.

Level Two: The Promoter hosts a performance where an increased risk to the physical safety of the wrestler results. Props and stunts are used in such a manner as to potentially cut skin or cause damage to tissue, cartilage or bones. A significant portion of the show occurs outside the ring and inside of the area separating the wrestlers from the audience. The wrestlers engage in activities in which blood results. The Promoter will have to apply for a Permit for each Event. The cost of that Permit will be equivalent to the three-month cost for a Level One Permit. The Promoter will have at least ONE (1) paramedic in attendance for the duration of the Event and will be responsible for that cost.

Level Three: The Promoter hosts a performance where the risk to the physical safety of the wrestler is high. Props are used in a high-risk manner. Bleeding is a regular part of the performance. Extreme story lines are used on a regular basis. Weapons such as bats, etc. are used on a regular basis. Audiences under the age of eighteen would be discouraged from attending. The Promoter is required to pay the combative sport Event Permit fee required by other combative sports for each Event. The Promoter and the wrestlers would be required to be registered. The Promoter will have a ringside Physician, TWO (2) paramedics and an advanced life support-equipped ambulance in attendance for the duration of the Event and be responsible for that cost.

13.6 In the case of a professional wrestling Event where the Promoter, having paid a Permit fee for a specific level of show but is considered to have exceeded the limits outlined in the level for which the permit has been issued, will be fined costs inherent in the increased level.

13.7 Additional fees and possible Promoter suspensions may be considered by the Commission during a formal disciplinary hearing.

14. AMATEUR KICKBOXING

14.1 Unless otherwise directed by the Commission, Amateur Kickboxing will be governed by the Rules and Regulations of the World Kickboxing Association.



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_regulations.pdf

14.2 The Commission reserves the right to require permitting, medical documentation, registration, or other standards set out in their Rules and Regulations.

15. PROFESSIONAL KICKBOXING

15.1 Unless otherwise directed by the Commission, Professional Kickboxing will be governed by the Rules and Regulations of the Association of Boxing Commissions.



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15.2 The Commission reserves the right to require permitting, medical documentation, registration, or other standards set out in their Rules and Regulations.

16. MUAY THAI

16.1 Unless otherwise directed by the Commission, Muay Thai contests will be governed by the Rules and Regulations of Muay Thai Canada.

16.2 The Commission reserves the right to require permitting, medical documentation, registration, or other standards set out in their Rules and Regulations.



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17. AMATEUR BOXING

17.1 Unless otherwise directed by the Commission, all amateur boxing contests shall be governed by the rules and safety codes of the Canadian Amateur Boxing Association. The Canadian Amateur Boxing Association has aligned with the International Boxing Association (AIBA) to standardize rules internationally.

17.2 Before the amateur boxing contest, the Combatants must be examined by a duly qualified Physician from the province of Alberta and pronounced fit to box.

17.3 No amateur boxing contest shall proceed or continue unless a duly qualified Physician from the province of Alberta is present.

17.4 Any Combatant, referee, timekeeper, judge or other official authorized and supervised by Boxing Alberta to participate in an amateur boxing contest is deemed to be authorized by the Commission.

17.5 A duly qualified Physician from the Province of Alberta appointed by Boxing Alberta to examine boxers or to supervise an amateur boxing contest shall be deemed to be appointed by the Commission for that purpose.

17.6 A Promoter must apply for and receive a permit prior to holding an amateur boxing card.

17.7 The Commission reserves the right to require permitting, medical documentation, registration or other standards set out in their Rules and Regulations.



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18. PROFESSIONAL BOXING

18.1 Unless otherwise directed by the Commission, professional boxing will be governed by the Rules and Regulations of the Association of Boxing Commissions and Combative Sports.

18.2 The Commission reserves the right to require permitting, medical documentation, registration or other standards set out in their Rules and Regulations.



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PART 3: FORMS

19. PERMITS



LCSC Permit
Application.docx



LCSC Permit
Application Wrestlin

20. WAIVERS



Combatant Waiver
2018.docx



Officials Waiver
2018.docx



Volunteers Waiver
2018.docx



Catchweight
Waiver.docx



Wrestler's
Waiver.docx

21. MEDICAL



Combatant
Pkg.docx



MedicalForm-
lcsc.doc



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22. SUSPENSION



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Suspension.docx



LCSC 12 day

Suspension.docx



LCSC Indef

Suspension Com-



LCSC Indef

AcSuspension Other- /