



UNITED STATES ARMY COMBATIVES SCHOOL
ADVANCED RULES

Rules and Regulation Documents

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Advanced rules are used for the finals of a division or higher level tournament, and must be staffed by a group of not less than four United States Army Combatives School, Tactical Combative Instructor Course (Level IV) certified trainers. Advanced rules are a portion of the graduated set of rules that force Soldiers to train for combat instead of focusing on winning a sport.

SECTION I: THE FIGHTING AREA

The fighting area shall be no smaller than 18' by 18'. The fighting area floor shall be padded with a minimum of 1/2", maximum of 1" layer of closed cell foam. A standard boxing type rope ring or cage type ring is allowed. If a standard boxing type roped ring is used, the ring floor shall extend beyond the ropes not less than 18". The gym floor surrounding the ring shall be padded with no less than 1 1/2" of closed cell foam, extending no less than 3' from the perimeter of the ring outward, encompassing the entire perimeter of the ring. The ring side tables may be placed directly on top of said padding. Padding must extend over the edge of the platform. The fighting area must have a canvas covering. No vinyl or other plastic rubberized covering will be permitted on the fighting area flooring. If bouts are conducted in a cage, fencing will be vinyl coated, extending no less than 6' above the fighting floor, and all metal parts must be covered and padded. Ring-side tables and steps must be no higher than ring platform level.

SECTION II: SANITATION

The Tournament Director of the event will be responsible for ensuring acceptable sanitary standards are met, with respect to dressing rooms, showers, water bottles, towels or other equipment. Physicians and Tournament Director are to make a particular examination at every event for violations of these rules. The ring must be swept, dry-mopped, or otherwise adequately cleaned before the event and prior to the fights.

SECTION III: PRE-FIGHT REGULATIONS

1. EXAMINATION OF FIGHTERS

Any fighter applying for eligibility to compete must be examined by a physician to establish both physical and mental fitness for competition. This examination must include a review of their current physical. Fighters who willfully misrepresent physical incapacities pre-known to the fighter are subject to disciplinary action.

2. WEIGHT DISTRIBUTION

Due to the physiological difference between the sexes¹, in order to treat all Soldiers fairly and conduct gender neutral competitions, female competitors will be given a 5% overage at weigh in.

Fighters will compete in six weight classes:

Flyweight (Male 125 lbs and below) (Female 131 lbs and below)

Lightweight (Male 140 lbs and below) (Female 147 lbs and below)

Welterweight (Male 155 lbs and below) (Female 163 lbs and below)

Middleweight (Male 170 lbs and below) (Female 179 lbs and below)

Cruiserweight (Male 185 lbs and below) (Female 194 lbs and below)

Light Heavyweight (Male 205 lbs and below) (Female 215 lbs and below)

Heavyweight (Male 205 lbs and up) (Female 215 lbs and up)

3. WEIGHT TIME

Fighters will be weighed on or before the day of the match, on the same scale by the Tournament Director or his authorized representative. All weights stripped. Fighters who do not make weight are authorized to weigh in ringside, directly prior to the first bout of the competition. Opposing teams are allowed to have a representative at the weigh ins, however, weigh ins will NOT be delayed due to their absence.

4. FIGHTERS MUST REPORT

All fighters and seconds must attend the pre-fight meeting held by the Tournament Director, Head Referee, and unit Representative.

5. FIGHTERS' APPEARANCE

All fighters must be clean and present a tidy appearance. The excessive use of grease or any foreign substance is not permitted. The Referee shall insist upon removal of any such excessive grease or foreign substance. Non compliance by the contestant shall be sufficient cause for disciplinary action, or disqualification.

6. FIGHTERS DISQUALIFIED OR DECLARED INELIGIBLE

Fighters who are declared ineligible for their bouts due to excessive weight, misrepresented age, physical incapacities pre-known to the fighter, or other willful violation of regulations, will be subject to disciplinary action. Fighters who are disqualified during their bout for willful gross rule violations, or unprofessional performance, or who represent themselves improperly following their bout, may be subject to the same penalties.

¹ FM 21-20 PUB 1992, Appendix A "Physiological Differences between the Sexes".

SECTION IV: FIGHTERS; EQUIPMENT AND SECONDS

1. UNIFORM

A uniform approved by the Tournament Director and Unit Representative must be worn by all fighters upon entering the ring. Any fighter presenting themselves in attire deemed inappropriate (clothing with Logos other than ARMY or appropriate service or unit symbols) will not compete in their bout until they present themselves according to regulations. No rings, jewelry, or items other than those authorized may be worn.

2. GLOVES AND MOUTHPIECES

All fighters will wear regulation 4 ounce gloves approved by the Tournament Director or Head Referee. If the gloves have been used previously, they must be whole, clean and subject to inspection by the referee or by the Tournament Director Representative as to condition. If found imperfect they shall be changed before the bout starts. No breaking, roughing, or twisting of gloves shall be permitted. All fighters are required to wear an approved groin protector. A plastic cup with an athletic supporter is adequate. All fighters must wear fitted mouthpieces. All fighters should have an extra mouthpiece ringside during their match. Fighters must furnish their own groin protectors and mouthpieces. All Tournament Directors must have several extra sets of gloves of common sizes to be used in case gloves are broken or in any way damaged beyond use during the course of the bouts. Fighters who do not present themselves properly equipped at the start time of their bout may be penalized by the referee, including being counted out of the match, if any equipment problems cannot be solved within 5 minutes of the referee's order to correct such problem.

3. GLOVES - STANDARD SPECIFICATION

All 4 oz gloves must be of a professional quality and must be approved by the Tournament Director or Head Referee. All gloves must be made so as to fit the hands of any fighter whose hands may be unusual in size. The make and type of all gloves must be approved in advance by the Tournament Director. The referee must inspect and approve any tape used on the gloves.

4. HAND AND FOOT/ANKLE WRAPPINGS

The wrapping or taping of hands is mandatory, fighters shall compete using a boxing style hand wrap, with gauze, the soft or soft-stretch type, and shall not exceed 2" in width. Tape shall be of the soft adhesive type and shall not exceed 1.5" in width. Up to 6' of tape may be used to wrap each hand and wrist. NO tape shall be placed over the knuckles of the hand. No types of additional knuckle covering, i.e.; gel wraps, are allowed under the fighters gloves. The use of footgear is prohibited. The wrapping of feet/ankles is not mandatory. Fighters who wish to wrap their feet/ankles shall be responsible for their own gauze and tape. Gauze shall be of the soft or soft-stretch type, and shall not exceed 2" in width. Tape shall be of the soft adhesive type and shall not exceed 1.5" in width. Up to 6' of tape may be used to wrap each foot and ankle. The Head Referee or Tournament Director, or his designee, must inspect all wrappings prior to the conduct of bouts and before placing gloves on their hands. At the conclusion of the inspection, the wrappings will be signed by the approving official, gloves may then be

placed on the competitors hands. However, at least two turns of tape must be placed on the exterior covering of the gloves at the wrist to fully secure the hook pile tape on the glove. The approving official shall then sign the tape. In the event of a disputed wrapping, the protest MUST occur prior to the fighters leaving the ring area.

5. NUMBER OF SECONDS (CORNER PERSONS) AND THEIR APPEARANCE

Each fighter may have up to two seconds of his choice for the match, while assisting the fighter they must wear an approved uniform (clothing with Logos other than ARMY or appropriate service or unit symbols, subject to the approval of the Unit Representative or Tournament Director), must present a neat and tidy appearance, provide a pail, tape, water bottle and other equipment necessary to perform his function. Seconds may not sit, stand on, lean on or touch the ring apron during the course of the bout, nor otherwise interfere physically or verbally with the bout or the duties of the officials. Seconds must remain in designated areas assigned to them by the Tournament Director during the bout. At no time is a second allowed into the ring except with approval by the Head Referee. The Head Referee or Tournament Director may disqualify the fighter for improper and unprofessional conduct by the seconds.

6. THROWING IN THE TOWEL

A manager or chief second may toss a towel into the ring in token of the defeat of his principal.

SECTION V: CONDUCT OF BOUTS

1. DURATION OF BOUTS

- a) Bouts are three (3), five (5) minute rounds.
- b) One (1) minute rest between rounds. The fight continues until one fighter submits, his corner throws in the towel, the referee stops the fight or the doctor stops the contest, or the time limit of the rounds expires. The time runs continuously and may be called or stopped only by the referee in special cases, such as equipment malfunction or commitment of a foul.

2. REFEREE INSTRUCTION

The referee will, before starting a bout, ascertain from each fighter the name of his chief handler and will hold said chief handler responsible for the conduct of his assistant handler(s) during the progress of a bout. Immediately before the bout commences, the referee will call the fighters to the center of the ring and conduct his briefing, at the conclusion of which fighters will shake hands. The fighters, while standing in their starting zones (usually designated red or blue), will face the referee; and will commence on the command fight.

3. AUTHORIZED OFFENSIVE TECHNIQUES

All striking (punches, kicks, etc.) and grappling (take-downs, throws, submission holds, etc.) techniques are allowed with the exception of those techniques specified as Fouls in Rule 4.

4. FOULS

a) Fouls, at the discretion of the referee, based on the intent of the fighter committing the foul and the result of the foul, may cause time to be stopped in the bout and warnings, recuperation time and/or disqualification being issued.

- (1) Flagrant disregard of the referee's instruction's;
- (2) Biting;
- (3) Eye gouging with any part of the body; i.e.; fingers, chin, forehead, elbow, etc.. ;
- (4) Clawing;
- (5) Groin techniques;
- (6) Striking to the throat;
- (7) Fish hooking of the mouth;
- (8) Striking spine (including the top of the head);
- (9) Elbow or forearm strikes;
- (10) Head butts;
- (11) Kicks to the front and side of Knee;
- (12) Kicks to Head or torso of a Downed fighter;
- (13) Hair pulling;
- (14) Holding on to Fence or a rope;
- (15) Spiking an opponent to the canvas on their head or back of neck;
- (16) Throwing opponent out of fenced area/ring;
- (17) Twisting Knee or Ankle attacks;
- (18) Small Joint manipulation of the fingers, toes, or wrists;
- (19) Knees strikes to the throat or head while standing;
- (20) Knee strikes to the Head or Torso of a downed fighter;
- (21) Pinching;
- (22) Axe kicks to the top of the head;
- (23) Instep stomping with the foot;
- (24) Grabbing or using the opponents clothing or equipment;
- (25) Fleeing the action of the fight.
- (26) Intentionally delaying the contest due to improper equipment, or by intentionally dropping or spitting out the mouthpiece.

- a) Disqualification occurs after any combination of three (3) fouls or after a flagrant foul.
- b) Fouls may result, at the referee's discretions, in a point being deducted by the judges.
- c) If a referee determines it is appropriate to take a point from a contestant for a foul, he will identify the corner of the fighter from which he will take the point and indicate the point deduction to each judge.
- d) Only a referee can assess a foul. If the referee does not call the foul, judges must not make that assessment on their own.
- e) A fouled fighter has a reasonable amount of time (referee's discretions) to recuperate.

- f) If an intentional foul is committed:
- 1) The referee shall call time
 - 2) the referee shall check the fouled contestant's condition and safety
 - 3) the referee may then assess the foul to the offending contestant, deduct points, and notify the corner men, and judges.
 - 4) The referee may, instead of assessing a point deduction, disqualify the offending fighter.
- g) If a bottom contestant commits a foul, unless the top contestant is injured, the fight will continue. If top contestant is injured, he will be give his recovery time and then put back into top position if able to continue.

NOTE: A fighter who executes a fouling technique which is deemed malicious (with the intent of causing injury above and beyond the scope reasonably expected in a bout of this nature), may be referred to his Chain of Command by the Tournament Director.

5. FOULING, STOPPING THE BOUT

If the referee determines that a fighter needs time to recover due to the result of a foul or injury, he may stop the bout (and the time) and give the injured fighter a reasonable amount of time to recover, or when appropriate the doctor to examine him. At the end of this reasonable rest period or examination the referee and the ring physician will determine if the injured fighter can continue the bout, if he can the bout will continue.

- a) In the case of foul, the referee will determine whether it was intentional: If intentional, the referee may disqualify the offending fighter and declare the fouled fighter the winner.
- b) If the referee determines that the injured fighter was responsible for his own injury, the referee will not penalize his opponent in any manner. In this case, if the referee or ring physician determines that the injured fighter is unable to continue, he will lose by "technical knockout".
- c) If the referee determines that there was no fault attributable to either fighter (that the injury was caused by both fighters), the referee will allow the injured fighter time to recover. If, at the end of the recovery period, the referee or the ring physician determines that the fouled fighter cannot continue then:
- 1) During the first round the bout will be scored a "No Contest".
 - 2) During the second or third rounds, the bout winner will be determined by the judge's scorecard from the last completed round(s).

6. THE POWER TO STOP THE CONTEST

The Referee, the fighter's chief handler, the doctor or the fighter may stop contest. The referee or the doctor shall have the power to stop a bout at any stage during the bout, if he considers that either fighter is in such condition that to continue might subject him to serious injury. Should both fighters be in such condition that to continue might subject them to serious injury, the referee will declare the match that is in the first round a "technical draw", and should the bout be in a subsequent round, a decision shall be rendered from the judges' scorecard for completed rounds. A fighter who submits or

"taps out" will lose by submission or a fighter whose chief handler "throws in the towel" loses the bout by "technical Knockout".

7. PROCEDURE FOR FAILURE TO COMPETE

In any case where the referee decides that the fighters are not honestly competing, that a knockout is a "dive", or a foul is actually a prearranged termination of the bout, he will not disqualify a fighter for fouling, nor render a decision. He shall stop the bout and declare it ended, both fighters shall be disqualified from the tournament, and order the team points of both fighters deleted. The announcer shall inform the audience that a "no contest" was rendered.

8. STALEMATE

If both fighters have gone to the ground and neither is actively working to improve his position within, in the referee's judgment, a reasonable time he shall separate and stand them up. The referee shall immediately restart the bout from the standing position.

9. MOUTHPIECES

No fighter will be allowed to begin any bout without a mouthpiece. Whenever the mouthpiece is knocked out by a fair blow or a foul tactic, or however the mouthpiece is dropped or spit out by the fighter, the referee shall wait for a lull in the activity of both fighters, call time out, stop the bout in place, and replace the mouthpiece. Willful dropping, or spitting out of the mouthpiece by a fighter, shall also be deemed as a "delay of bout" foul, and the fighter shall be penalized accordingly by the referee. The mouthpiece is replaced whenever it is lost for any reason. All fighters must bring two mouthpieces to the ringside for use during their match.

SECTION VI: PHYSICAL EXAMINATION AND SAFETY REGULATIONS

1. PHYSICAL EXAMINATION

The attending physician will have a suitable place or room in which to make his examinations.

2. TIME AND EXAMINATION

A thorough physical and eye examination will be given to each fighter by the attending physician at the time of weigh-in. Immediately prior to the Advanced Rules bouts the attending physician will clear or reject each fighter.

3. REJECTIONS AND REPORTS

Should any fighter examined prove unfit for competition, the fighter must be rejected, and an immediate report of the fact made to the Tournament Director whose responsibility it is to notify the Soldiers Chain of Command.

4. CONTINUOUS PRESENCE OF PHYSICIAN AND EMERGENCY MOBILE UNIT

At least one licensed physician, and one standby emergency mobile unit, must be in attendance at all events. The mobile unit must include a full range of resuscitative equipment and be parked inside or adjacent to an entrance of the building hosting the

event. The physician(s) must sit at immediate ringside throughout the duration of the bouts. A stretcher and oxygen tank, and containers of "instant ice", must be readily available at ringside. No bout will be allowed to proceed unless the physician is in his seat. The physician shall not leave until after the decision in the final bout. He shall be prepared to assist if any serious emergency arises, and will render temporary or emergency treatments for cuts or minor injuries sustained by the fighters. Under no circumstances are the fighters seconds permitted to enter the ring, or to attend to a fighter in any manner whatsoever, during the course of a bout. The ringside physician cannot attend to an injured fighter during the course of a fight. Because a physician must be watching the bout, the use of two physicians to cover the event is strongly recommended, in order to allow the event to continue while a contestant is being treated.

5. REPORT OF INJURY

All attending physicians must report all cases in which the fighters have been injured during a bout, or have applied for medical aid after an event. If a fighter has suffered a knockout, or any other severe injuries whether in or out of the ring, and whether or not connected with Tournament, and has on such account been treated by his personal physician or has been hospitalized, he and his coach must promptly submit to the Tournament Director a full report from such physician or hospital.

6. FIGHTERS KNOCKED OUT

Fighters who have been knocked out will be kept lying down until they have recovered. When a fighter is knocked out, no one will touch him until the ringside physician enters the ring and personally attends the fallen fighter and issues such instructions as he sees fit to the fighter's handlers. If a fighter suffers an injury, has been knocked out, or has participated in an unusually punishing bout, or if a technical knockout decision has been rendered against him by the referee, such fighter will be placed on the ill and unavailable list for such period of time as may be recommended by any physician who may examine him. A fighter, who loses a bout by knockout, or technical knockout, will be suspended from competition for a minimum of 60 or 30 days respectively. The Tournament Director and attending physician shall report the term of suspension to the Soldiers Chain of Command.

7. SUSPENSION FOR DISABILITY

Any fighter rejected by an examining physician will be suspended until it is shown that he is fit for further competition. Any fighter suspended for 30 or 60 days for his medical protection will take the same examination as required for the eligibility physical. The physician may require any other procedure, including an electroencephalogram, if indicated.

SECTION VII: RINGSIDE OFFICIALS, PERSONNEL AND DUTIES

1. RINGSIDE OFFICIALS

A United States Army Combatives School certified Tactical Combatives Instructor Course (Level IV) referee, one timekeeper, Tournament Director, a physician, and three

USACS Tactical Combatives Instructor Course (Level IV) certified judges will be present ringside for each Advanced Rules bout.

2. TIMEKEEPER'S EQUIPMENT

All necessary equipment will be provided to the timekeeper by the Tournament Director.

3. TIMEKEEPER'S DUTIES

The timekeeper will keep the time during each bout, starting and stopping the official clock, for time-outs designated to him by the referee. In the event that a Soldier is rendered unresponsive a second time piece will be utilized to record the amount of time that a competitor is unresponsive. This time will be reported to the medical authority.

4. TYPES OF BOUT RESULTS:

- a) Submission by
 - 1) Tap Out
 - 2) Verbal tap out
- b) TKO by:
 - 1) Referee stops bout
 - 2) Ringside Physician stops bout
 - 3) Corner stops bout
- c) KO by:
 - 1) Failure to rise from the canvas
- d) Decision via score cards:
 - 1) Unanimous - When all three judges score the bout for the same contestant.
 - 2) Split Decision - When two judges score the bout for one contestant and one judge scores for the opponent.
 - 3) Majority - When two judges score the bout for the same contestant and one judge scores a draw.
 - 4) Draw -
 - a. Unanimous - When all three judges score the bout a draw
 - b. Majority - When two judges score the bout a draw
 - c. Split - When all three judges score differently
- e) Disqualification
- f) Forfeit
- g) No Contest

5. SCORING TECHNIQUES

Using the 10-Point Must Scoring System; Judges are required to determine a winner of a bout that ends after the initial scheduled number of rounds have been completed. 10 points must be awarded to the winner of the round and nine points or less must be awarded to the loser, except for a rare even round, which is scored (10-10). Judges must evaluate mixed martial arts techniques, such as:

- a) Effective Striking: The total number of legal heavy strikes landed whether standing or on the ground.
- b) Effective Takedowns: Taking an opponent to an offensive, top position

- c) Controlling ground position: Gaining and maintaining offensive ground position
- d) Ring Control: Dictating the pace, location and position of the bout
- e) Effective Aggressiveness/Defense

Evaluations shall be made in the order in which the techniques appear above, giving the most weight in scoring to effective striking, takedowns, Ground position, ring control and aggressiveness/defense.

6. OBJECTIVE SCORING CRITERIA:

10-10 Round

- a) When both contestants appear to be fighting evenly and neither contestant shows clear dominance.
- b) When both contestants suffer equal numbers of legal knockdowns, takedowns, and strikes, and neither shows clear dominance in a round.

10-9 Round

- a) When a contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers;
- b) When a contestant remains in the guard position with no fighter having an edge in striking or grappling, the fighter who scored the legal takedown wins the round.

10-8 Round

- a) When a contestant overwhelmingly dominates by striking or grappling in a round.
- b) When a contestant adversely affects his opponent by knocking him down from legal strikes, throwing, legal striking while standing or grounded.

7. ANNOUNCING THE RESULTS

After the Tournament Director has completed verifying the master results card, the Representative will give the ring announcer the results on "Announcer's Final Result Sheet". The announcer shall then, inform the audience of the decision over the public address system. The referee will indicate the winner as the announcer gives the winner's name. In the event of a knockout, a technical knockout, disqualification or forfeit, the announcer and referee will officially designate the winner and give the time at which the bout was stopped.

8. TEAM POINTS

In a Division or higher level Tournament that includes Advanced rules, the team points will be scored as follows:

- a) Standard rules Preliminary rounds:
 - 1) One point awarded for a victory.
 - 2) Two additional points awarded for a submission.
- b) Intermediate rules Semi-finals:
 - 1) Two points awarded for a victory.
 - 2) Two additional points awarded for a submission or knock out.

c) Advanced rules Finals:

- 1) Two points awarded for a victory.
- 2) Two additional points awarded for a submission, knock out, or technical knock out.
- 3) The third place contestant's team will receive five additional points.
- 4) The second place contestant's team will receive ten additional points.
- 5) The weight class victor's team will receive fifteen additional points.

9. PROTESTS

All protests over the decision of a match shall be verbally registered only by the protesting fighter and/or his chief handler to the Tournament Director prior to the end of the event, who will note the nature of the protest in his Representative's report. All decisions by the Tournament Director are final.