

Health and Safety Standards for Amateur Events

4 CCR 740-2

1.001 Definitions

In these rules and regulations, the following definitions apply:

“**Bout**” will mean match, exhibition or contest.

“**Club**” and “**Promoter**” are synonymous and used interchangeably, and include any association, corporation, organization or person.

“**Contest**” will mean a bout or exhibition of boxing or kickboxing.

“**Contestant**” will mean a boxer or kickboxer in a non-professional contest.

“**Event**” will mean show or tournament.

“**Exhibition**” will mean an exhibition of boxing or kickboxing without a decision rendered.

“**Kick**” will mean a full contact attempt to a non-foul area of the body.

“**Kickboxing**” means engaging in martial arts fighting techniques using the hands and feet, the object of which is to win by decision, knockout, or technical knockout.

“**Official**” will mean any person who performs an official function during the progress of a contest or exhibition.

“**Promoter**” and “**Club**” are synonymous and used interchangeably, and include any association, corporation, organization or person.

1.005 Security

Promoters are responsible for ensuring that public safety is maintained at all bouts. A minimum of one state P.O.S.T. certified uniformed law enforcement officer furnished by the promoter will be in attendance, with additional P.O.S.T. certified officers as required by local law enforcement, for the assurance of adequate public safety.

1.006 Smoking, Drink Containers, Ashtrays and Plates.

Smoking is not permitted within 12 feet of the ring and all drinks shall be dispensed in paper or soft plastic cups, ashtrays and plates provided for patrons during an event must be made from lightweight, nonflammable and nontoxic materials.

1.009 Dressing Rooms

No one shall be allowed in the contestants' dressing rooms except officials, seconds, contestants, and the promoter. No alcoholic beverages or illegal drugs may be allowed in any dressing room or in the immediate area. There shall be separate dressing rooms for male and female contestants. The promoter shall furnish a doorman at the dressing rooms to enforce this rule. The dressing rooms must provide a degree of privacy for the contestants and shall be kept neat and clean. The promoter shall also furnish a private room for officials officiating the event.

1.010 Physical Examinations

The contestants must be registered and cleared by the examining physician working the event a minimum of 14 days prior to the event to participate. The examining physician must have an active and unrestricted Colorado medical license. The examining physician shall examine the contestants in all events on the day of the weigh-in at a time approved by the promoter. Should any contestant examined prove unfit for competition, the contestant shall be rejected and the promoter representative notified immediately. Contestants failing to appear at the appointed place and at the specified time to be examined and weighed, or who leave the area before weigh-ins or physicals are completed, without permission of the promoter, shall be eliminated from the event. Examining physicians shall be provided with a suitable place in which to conduct the examinations. The examining physician may require additional medical or psychiatric tests and may reject a contestant for test results that are incomplete or unsatisfactory. Physical examinations shall include as a minimum, examination of the following: weight, temperature, pulse (sitting and standing), lungs, blood pressure, heart, venereal disease, urine analysis (when deemed necessary), scrotal evidence of hernia, and general physical condition. In addition to the normal pre fight physical examination, at the time of the physical examination, the examining physician must be given a history of menstruation, pregnancy, breast or any gynecological surgery. Female contestants shall submit a doctor's written verification of a negative pregnancy test dated within 7 days of a scheduled contest. The cost of the test will be the responsibility of the contestant. All female contestants shall be required to furnish at the time of competition a signed explicit disclaimer stating that, "to the best of her knowledge she (contestant) is not pregnant, or have any painful pelvic discomfort such as symptomatic endometriosis or other causes, abnormal vaginal bleeding of undetermined causes (etiology), recent developed breast mass, recent breast dysfunction previously not present or surgical breast implants, and have no known medical condition that would disqualify me". The promoter is required to keep proper documentation of all physical examinations for a minimum of six months.

1.011 Visual Examinations

The examining physician shall deny, suspend, revoke, or place restrictions on the contestant or deny or suspend from competition a contestant if he/she determines that the contestant cannot safely engage in boxing activities because of a visual condition, including but not limited to the following:

- uncorrected visual acuity of less than 20/200 in either eye or 20/60 with both eyes;
- corrected visual acuity of less than 20/60 in either eye, regardless of its cause;
- a visual field of 60 degrees or less extending over one or more quadrants of the visual field;
- presence or history of retinal detachment or retinal tear unless treated by an ophthalmologist and then approved by an ophthalmologist who then assesses that the contestant is at no significant risk of further injury to the retina if boxing is resumed (such assessment shall occur within five days of the scheduled contest). Any ophthalmologist who examines, treats or approves a contestant must have an active and unrestricted Colorado medical license;
- presence of primary or secondary glaucoma, whether or not such condition has been treated;
- presence of aphakia or dislocated lens in either eye;
- any other visual condition which the examining physician determines would prevent the contestants from safely engaging in boxing activities.

1.012 Sanitary Conditions

All promoters are held responsible for, and shall correct any violations of applicable local health department requirements regarding sanitary conditions.

1.013 Improper Conduct, Foul or Abusive Language Ejection-Disciplinary Action

a. The use of foul or abusive language or mannerisms or threats of physical harm by any person associated with any event shall not be tolerated. This includes all press conferences, weigh-ins and any aspect of an event. In addition, prohibited conduct includes unfair dealings, unsportsmanlike conduct, protesting the decisions of the officials, or violating any of the laws of Colorado or these rules and regulations.

b. If such conduct occurs in the presence of the promoter or at an event that is under the premises and forbids such conduct, the promoter may prevent such person from acting in any capacity in connection with that event. Any person at the event who refuses to obey an order by the promoter to leave the premises

because of conduct prohibited in this paragraph, or any person who returns to the premises in violation of the promoter's order, commits a violation of this rule.

4.001 Health Insurance Required

Promoters are required to provide contestants with no less than \$5,000 of insurance for medical, surgical, and hospital care, which may be required as a result of injuries, sustained while engaging in a bout. The insured shall be the beneficiary of such policies.

Promoters are required to provide contestants with no less than \$5,000 of life insurance covering deaths caused by injuries sustained while engaging in a bout.

The promoter is required to keep proper insurance documents for a minimum of six months.

8.005 Protective Equipment

All contestants must wear a properly fitted mouth guard. Male competitors must wear a groin protector, female competitors must wear a breast protector and a properly fitted mouth guard. The breast protector must be well fitted and not interfere with the contestant's ability to compete. In addition promoters must provide headgear that shall be worn in all kickboxing and elimination bouts.

8.006 Hair Restrictions

The contestant's hair will be cut or arranged in such a manner as not to interfere with the contestant's vision. Hair may be secured using rubber bands or other banding devices but not using hairpins or hairnets. The hair must be free of any/all hair styling agents (i.e. mousse, gel, or spray).

9.001 Minimum Age Requirement

No contestant under the age of eighteen years shall be permitted to participate in a bout, unless a signed verification of approval and waiver comes from the parent or legal guardian. All elimination contestants must be at least eighteen (18) years of age. Proper age verification and waiver documentation are required to be kept for a minimum of six months.

9.003 Weigh-Ins and Fight Appearance

Each contestant must be weighed in the presence of the examining physician, on scales approved by the examining physician at a place designated by the examining physician and the promoter. The contestants must have all items of weight stripped from their body before they are weighed in. The owner or operator of the premises in which the weighing in is held shall provide adequate security for the contestants and other persons who are present. All contestants shall appear at the weigh-in and event on time as required by the promoter. All

contestants must report to the examining physician as soon as they arrive to the weigh in and event at a place designated by the examining physician and the promoter. Failure to report to the examining physician on time may disqualify the contestant from competing. The promoter is required to keep proper documentation of all weights for a minimum of six months.

9.008 Number and Duration of Rounds

Three rounds shall be the maximum number of rounds for all bouts. A maximum of three minutes of mixed martial arts will constitute a round, a maximum of two minutes of kickboxing will constitute a round, a maximum of one minute a round for elimination bouts will constitute a round with a rest period of one minute between rounds. Ten seconds before the beginning or the ending of each round, the timekeeper shall give warning to the seconds of the contestants by suitable signal.

9.014 Ring Occupants

No person other than the contestants, the referee, and the examining physician shall enter the ring during a bout. Between rounds, one second may be inside the ring and the other on the ring apron. No contestant shall leave the ring during any one-minute rest period between rounds. The referee may, in his/her discretion, stop a contest or exhibition if an unauthorized person enters the ring during a round. The promoter may also limit unauthorized people from entering the ring at any time during and after an event. A female contestant may not engage in a bout with a male contestant.

9.025 Fouls by List for Boxing

The following tactics will be deemed fouls:

- (1) Hitting below the belt or after the bell has terminated the round;
- (2) Hitting an opponent who is down or who is getting up after being down;
- (3) Holding an opponent or deliberately maintaining a clinch;
- (4) Holding an opponent with one hand and hitting with the other hand;
- (5) Butting with the head or shoulder or using a knee;
- (6) Hitting with the laces of the glove or the heel of the hand, the wrist, or elbow and all back hand blows;
- (7) Hitting or flicking with an open glove, or thumbing;
- (8) Wrestling, hitting on the break or pushing an opponent;
- (9) Spitting out the mouthpiece or going down without being hit;

- (10) Striking deliberately at that part of the body over the kidneys;
- (11) Use of a pivot or rabbit punch;
- (12) Hitting an opponent during intervention by the referee;
- (13) Hitting an opponent who is entangled in the ropes;
- (14) Biting or any unsportsmanlike conduct;
- (15) Abusive or profane language;
- (16) Failure to obey the referee;
- (17) Any physical action which may injure a contestant, except by fair sportsmanlike boxing; and
- (18) Passive defense by means of double cover

10.004 Fouls for Kickboxing

All general foul rules of boxing apply to kickboxing in addition to the following fouls:

The following tactics will be deemed fouls:

- (1) Headbutts;
- (2) Striking the groin, the spine, the throat, collarbone, or that part of the body over the kidneys;
- (3) Kicking into the knee or striking below the belt in any unauthorized manner;
- (4) Anti-joint techniques (striking applying leverage against any joint);
- (5) Grabbing or holding on to an opponent's leg or foot;
- (6) Leg checking the opponent's leg or stepping on the opponent's foot to prevent the opponent from moving or kicking;
- (7) Throwing or taking an opponent to the floor in an unauthorized manner;
- (8) Failure to throw eight kicks in a given round;
- (9) Intentional evasion of contact; and
- (10) Executing any techniques which are deemed malicious and beyond the scope of reasonably excepted techniques in an athletic event.

When the referee determines that a foul has been committed, the judges or scorekeeper shall automatically deduct the appropriate number of points on each judge's scorecard. When both contestants commit fouls, the appropriate points shall be deducted for each contestant. In the event that one contestant commits 2, 3, or 5 point fouls in one round or commits the same fouls two or more times during the course of the bout, that contestant may be automatically disqualified by the referee. No contestant will be scored less than zero in any round.

10.006 Contestants' Equipment for Kickboxing

- (1) All promoters must have an extra set of gloves and footpads to be used in case gloves are broken or in any way damaged beyond use during the course of a bout.
- (2) Gloves and footpads for all main events shall be new, furnished by the promoter and made so as to fit the hands and feet of any contestant whose hands and feet may be unusual in size, as well as bandages for all contestants.
- (3) If found to be imperfect, the gloves shall be changed before the bout starts.
- (4) No breaking, roughing or twisting of gloves or footpads shall be permitted.
- (5) Shin pads of a soft substance shall be mandatory for all contestants.
- (6) No rings, jewelry or other items other than those authorized may be worn.
- (7) Bandages shall not exceed one winding of surgeon's adhesive tape, not over one and one-half inch wide, placed directly on the hand to protect that any part of the hand near the wrist. The tape may cross the back of the hand twice, but shall not cover any part of the knuckles. Contestants shall use soft surgical bandages not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for hands.
- (8) Bandages shall be adjusted in the dressing room in the presence of an official, who must sign across the back of the hand before gloves are secured on each contestant.
- (9) For each foot, contestants shall use soft surgical bandages not over two inches wide, held in place by surgeon's adhesive tape not over one and one-half inch wide.
- (10) Foot wrappings shall not exceed three to four windings of soft surgical bandage around the sole and instep, and no more than four

windings around the ankle. Tape shall cross the foot once before being wrapped one more time around the sole and heel.

- (11) Prior to the start of a bout, all male contestants will remove their uniform jackets and belts

11.002 Glove Size

At least sixteen-ounce boxing gloves shall be worn by all contestants.

11.005 Format

All events are one (1) day events. A contestant who has lost a bout may not participate in another bout in the same event.

11.006 3 Knockdown Rule

If a contestant is knockdown three (3) times in a round, that contestant shall be declared the loser of the bout.

11.007 Stoppage of a Bout

The referee or the examining physician may stop a bout if, in their judgment, the continuation of the bout may jeopardize the health or the safety of a contestant.

11.010 Proof of Age

Contestants must provide the promoter one form of photo with identification verifying their date of birth.

A contestant may not participate if the contestant has:

- (1) been issued a Boxers Federal Identification Card;
- (2) been a competitor in professional kickboxing; or
- (3) been a winner of more than five (5) of any combination of amateur boxing, kickboxing, or elimination tournament events in the past five (5) years or more than three (3) in the past twelve (12) months, unless the event is restricted to winners of previous events

No contestant shall be allowed to participate if he/she is has consumed any alcohol or drugs 24 hours prior to the event, or during the event. The promoter may require elimination tournament contestants to submit to an alcohol breathalyzer test at any time.

A contestant shall not wear contact lenses, dentures, or removable dental work of any kind. A contestant with dental braces may compete if the contestant wears a fitted mouthpiece covering the entire brace.

11.013 Ringside Equipment

Each promoter shall provide all of the following:

A public address system;

A separate dressing room for both genders, if contestants of both genders are participating;

A separate room for physical examinations; and

A separate dressing room shall be provided for officials.

12.001 Ring Size

The ring shall be not less than sixteen nor more than twenty-five feet square within the ropes and shall be elevated no less than three and one-half feet nor more than four feet from the floor of the building. Three sets of suitable steps, for use by the contestants and officials shall be provided. The ring posts shall be made of metal not less than three inches nor more than four inches in diameter extending from the floor to the height of fifty-eight inches above the ring floor. The ropes shall be connected to the posts with extensions not shorter than eighteen inches. The ring must be up and completely set at least three hours prior to the first bout, this includes ropes properly tightened, all tables surrounding the ring properly set up, with buckets funnels and medical equipment required at ringside.

12.002 Ring Ropes

The ropes will be four in number. The lower rope shall be eighteen inches above the ring floor, the second thirty inches, the third forty-two inches, and the fourth rope fifty-four inches above the ring floor. The ropes shall not be less than one inch in diameter and wrapped in soft material, with the corners padded with protective covers.

12.004 Bells, Buzzers, Whistles, Clappers

The bell shall be of sufficient loudness and clarity to be heard above the noise of the crowd. If a buzzer is used, it shall be of similar distinctive loudness and clarity. The ten-second warning may be by whistle, buzzer, or clapper.

12.005 Safety Zone

The ringside spectator seats or tables shall not be closer than eight feet from the edge of the ring. The ringside area is for the use of the designated working officials, contestants, seconds, judges, referees, physicians, announcer, and media representatives. The promoter is responsible to see that the working area is controlled and free of nonessential individuals. At no time during action of the bout may any items be on the ring apron. Dangerous items such as upright trophies

standing on tables next to the ring must be removed for the safety of the contestants.

12.009 Medical Equipment Required

All emergency medical personnel and portable medical equipment shall be located within twelve feet of the ring during a bout. There must be a resuscitator, oxygen tank properly charged with suitable masks, stretcher, an airway and an emergency medical technician on site for all contests. The examining physician in his/her discretion may require additional medical equipment and/or personnel for any reason the examining physician may feel appropriate. The promoter must arrange for an ambulance to be on site before a contest may start or continue. The promoter must give advance notice to the nearest hospital and persons in charge of its emergency room of such event.

13.001 Notification of Event

Promoters shall notify local law enforcement 30 days prior to the event and, if alcohol is being sold, served or dispensed, the promoter must notify the Director of Liquor Enforcement, or his/her designee of the state of Colorado Liquor Enforcement Division, Investigations, in writing. This written notification must be received by the Liquor Enforcement Division 30 days prior to the event.

The promoter shall provide the date, time, name of establishment, location of each event, a contact person or the liquor license holder and telephone number.

13.004 Required Equipment

Promoters are required to provide all materials necessary to conduct the bouts, such as the ring, steps, stools, water buckets, bell, buzzer or whistle, timer, gloves, gauze and tape for hand wraps, scale which will be examined and approved by the examining physician.

13.011 Promoter Responsibility

Promoters, contestants and all officials associated with the bouts shall acquaint themselves with the laws, rules and regulations of the Department, and adhere to all local laws and fire codes. Any question of interpretation should be referred to the respective enforcement body.

14.001 Seconds Requirements and Restrictions

Seconds are required to provide all materials and equipment necessary to conduct themselves as a second, such as water buckets,

gauze and tape for hand wraps spit buckets, scissors, towels, vaseline, enswell, q-tips, mouthpieces and cut solutions.

14.002 Number of Seconds

Seconds shall not be more than three in number, one of whom will announce to the referee at the start of the bout that he/she is the chief second. The promoter may reduce the number of seconds to two.

If at any time during a bout there are more seconds in a corner than allowed, the bout may be stopped until corrected and/or the chief second may be disqualified or subject to ejection from the facility.

14.003 Entering Ring

Only one second shall be inside the ring between rounds, the other(s) may be on the ring platform outside the ropes. Seconds shall not enter the ring until the timekeeper indicates the termination of the round and they shall leave when the timekeeper gives the ten second warning before the beginning of each round. If the chief second or anyone for whom he/she is responsible enters the ring before the bell ending the round has sounded, the contestant may be disqualified and the violator subject to ejection from the facility.

14.004 Chief Second

The chief second of a contestant may stand on the ring apron and attract the attention of the referee indicating the retirement of his/her contestant. He/she shall not enter the ring unless the referee stops the bout and shall not interfere with a count that is in progress.

15.001 Post-Bout Physician Examinations and Assistance in Emergencies

No bout shall start unless the examining physician is seated at ringside. The examining physician shall not leave until after he or she has conducted a post-bout physical examination for each contestant. Bouts being televised may require two physicians so that the bouts may continue as one physician may attend a contestant in the dressing rooms or in the near proximity. Physicians shall be prepared to assist if any serious emergency arises, and shall render temporary or emergency treatments for cuts and minor injuries sustained by the contestants.

16.001 Referee Responsibility

The referee is charged with the enforcement of all rules of the particular bout that apply to the execution of performance, and the conduct of contestants' seconds while he/she is in the ring. Prior to

being approved, a referee must be have an active certification or license with a recognized amateur or professional organization, and he/she must satisfy the promoter that he/she has read and understands the rules covering boxing, kickboxing and mixed martial arts in Colorado. The promoter is required to keep proper documentation of all certifications or licenses for a minimum of six months.

16.008 Conflict of Interest

All officials may not act in any other capacity in any bout. Officials may not be interested in the management of any contestant, and shall be excluded from refereeing in any bout involving contestants with whom he/she has worked as manager, trainer, etc. The promoter is required to keep proper documentation of all officials participating for a minimum of six months.

16.010 Bout Completion

The referee shall ensure that a bout moves to its proper completion. It should be stopped or completed and not delayed, except in the cases of damaging fouls. Delaying and avoiding tactics should be avoided, and the contestants who employ such tactics will be penalized in the scoring by point deduction or disqualification.