# Corporate kickboxing rules

Corporate promotions are those that generally involve participants who have undertaken a 10-12 week kickboxing program and result in a fight night experience against fellow first timers, under modified rules. Admission fees are charged, and the event is run to mimic a professional promotion. As such the Board’s requirements associated with permits, contestant registrations and the appointment of licensed officials apply, and Board members supervise the weigh in and promotion.

Contestants seeking to compete in a corporate kickboxing contests must not have had any professional experience.

Victorian professional kickboxing rules apply to all contests except for corporate bouts which apply the following modifications:

1. Weigh in and contest attire
	1. Contestants are to weigh in in their contest attire or undergarments
	2. Singlet tops are permitted and optional
2. Gloves
	1. 16-ounce gloves to be used
	2. Cloth hand wraps only, with no tape beyond the wrist allowed
3. Headgear is recommended
	1. If either party requests headgear both contestants must wear during contes
4. Shin guards
	1. Shin guards must be worn by both contestants
5. Rounds
	1. Maximum round limit of 3 rounds x 2 minutes
	2. Minimum 1 minute break between rounds
6. Standing 8 count
	1. Standing 8 counts can be applied, this does not have an automatic point deduction. This will be judged as a scoring punch.
7. Prohibited techniques
	1. No elbows
	2. No knees
	3. No spinning backfists
	4. No clinching longer than 3 seconds
	5. No strikes to the spine, back of the head, or groin
8. Weight limits
	1. Standard weight range variations apply unless Board approval is sought in writing 24 hours before the weigh in.
	2. Agreed weights are not required to be provided on the fight card.

The referee will manage the contest closely and stop the contest should it be necessary.