



**BKFC ICE WARS 2025**  
**RULES AND REGULATIONS**

# TABLE OF CONTENTS

Rules & Regulations of BKFC Ice Wars (BKFCIW)	3
Bout Requirements	3
Rounds and Length	3
Pre Bout Physical Requirements	3
Additional Requirements of Female Fighters	3
Medical Tests and Results	3
Matchups	3
Requirements for Fighters	4
Weight Classes	4
Weigh-Ins	4
Bout Attire	4
Fighter's Appearance	4
Mouthpiece Requirements	4
Glove Requirements	4
Hand Wrap Requirements	4
Petroleum Jelly or Other Similar Substances	4
Prohibited Substances	5
Medical Suspensions	5
Referees	5
Number of Referees	5
Sole Arbiter	5
Knockdowns	5
Assessing Fouls	5/6
Penalty for Fouls	6
Tactics Deemed Fouls	6/7
Judges	7
Number of Judges	7
Scoring System	7
Scoring Criteria	7
Timekeeper	7
Types of Decisions	8
Personnel Required During Bouts	8
Fighting Area	8
Corners	8

# RULES & REGULATIONS

## ***BOUT REQUIREMENTS***

**Rounds and Length.** Each bout shall be at least three (3) rounds with a maximum of five (5) rounds. Each round shall be no more than ninety (90) seconds in length, with one (1) minute rest periods between rounds. All amateur bouts will be one (1) minute rounds.

Each matchup must be reviewed and accepted by the sanctioning organization. The number of rounds and round length for all bouts will need to be agreed upon with the sanctioning organization prior to the start of the event. The different number of rounds and round length allows the promotion to build fighters based on experience levels.

**Pre Bout Physical Requirements.** All fighters must receive a physical or a medical examination from a physician who shall certify in writing, over their signature, as to the fighter's physical condition to engage in the bout. Thorough physical examinations will be given to fighters prior to the bout and shall include at a minimum, examinations of the following: temperature, pulse (sitting and standing), lungs, blood pressure, heart, urine analysis (when deemed necessary), evidence of hernia, and general physical condition. Any fighter deemed to be unfit to participate by the physician will not be permitted to compete. Physicians shall be provided with a suitable place in which to conduct the examinations. Additional medical tests may be required prior to the weigh-in and a fighter may be rejected for test results that are incomplete or unsatisfactory or deemed untimely prior to the weigh-in.

**Additional Requirements of Female Fighters.** Female fighters must submit to a field pregnancy test on the day of the event. The pregnancy tests shall be provided by the promotion.

**Medical Tests and Results.** All fighters must provide all medical results prior to the bout. Such medical results include, but are not limited to, having negative test results for the following: HIV; Hepatitis B markers (HbsAB, HbcIgM, HbsAg) (or having the Hepatitis B vaccination); and Hepatitis C antibody. Additional medical tests may be required by the sanctioning organization.

**Matchups.** The sanctioning organization will determine if each bout matchup is fair and appropriate. No fighter is allowed to compete while under suspension from another sanctioning organization in any combat sport. Bouts between professional fighters and amateur fighters are not allowed. Also, no professional fighters in any other combat sport are allowed to compete against amateur fighters in BKFCIW.



## **REQUIREMENTS FOR FIGHTERS**

**Weight Classes.** Bouts will be scheduled for the following weight classes:

- Heavyweight (over 200 lbs)
- Cruiserweight (175 to 200 lbs)
- Middleweight (150 to 175 lbs)
- Lightweight (under 150 lbs)

Catchweights may be approved by sanctioning organization. Alternate weight classes may be required by sanctioning organization.

**Weigh-Ins.** The weigh-in shall be no less than six (6) hours prior and no earlier than thirty (30) hours prior to the scheduled event. The sanctioning organization may require fighters to be weighed more than once at its discretion. Weight allowances shall be determined and approved by the sanctioning organization.

**Bout Attire.** All fighters shall wear appropriate hockey attire which includes helmet (no visor), chin strap, shoulder pads, hockey jersey, hockey pants, shin guards, and skates. The helmets and chin straps will be provided by the promotion.

**Fighter's Appearance.** All fighters shall be clean and present a clean and organized appearance. Earrings, jewelry of any kind, and body piercing adornments are prohibited during the bout. The fighter's hair shall be cut or arranged in such a manner so it does not interfere with the fighter'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 all hair styling agents (i.e. mousse, gel, or spray).

**Mouthpiece Requirements.** All fighters shall wear a dental appliance or mouthpiece that has been individually fitted.

**Glove Requirements.** Gloves must weigh at least four (4) ounces for amateurs. Pro bouts may be gloved or bareknuckle. All gloves shall be examined and approved by the sanctioning organization any time before, during and after a bout.

**Hand Wrap Requirements.** Hand wraps shall consist of surgical gauze and athletic tape. Surgical gauze will be limited to ten (10) yards per hand and athletic tape to ten (10) feet per hand. Tape will not be permitted across the knuckles.

**Petroleum Jelly or Other Similar Substances.** Fighters shall be allowed a thin application of petroleum jelly or other approved substance on the eyebrows, forehead, temples, cheekbones, and nose prior to any bout. Excessive use of petroleum jelly or other substances are prohibited. Reapplication between rounds shall be allowed by an approved cutman or corner. Coagulants may be used by approved cutmen but shall be approved prior to the start of any bout.



**Prohibited Substances.** All fighters are prohibited from using any drugs, alcohol, or stimulants during the event. Any substance other than plain water or a sports drink must be approved prior to the event.

**Medical Suspensions.** All fighters may be subject to a medical suspension directly proceeding any and all bouts at the discretion of the sanctioning organization. Any fighter who loses by knockout (KO) shall be medically suspended for a minimum period of sixty (60) days and any fighter who loses by technical knockout (TKO) shall be suspended for a minimum period of thirty (30) days from participating in any combat sport.

## **REFEREES**

**Number of Referees.** All bouts shall have two (2) referees. One (1) referee will be designated as the lead referee (sole arbiter) and the other referee as the assistant referee. The sanctioning organization will be notified of which referee is the lead referee and which referee is the assistant.

**Sole Arbiter.** The referee is the sole arbiter of a bout and is the only individual authorized to stop a bout. Referees shall stop a bout when they deem the following: the physical condition of a fighter so requires; when a fighter is out-classed; or a fighter is not demonstrating their best efforts. In the event of any injury, the referee may seek a recommendation from the physician whether the bout should be stopped. No referee has the authority to override a physicians' authority to stop the bout. If a helmet comes off either fighter during the bout, the referee will call time and have the helmet replaced at the first opportune moment, without interfering with the immediate action.

**Knockdowns.** A knockdown occurs when a fighter touches the ice with any part of the body other than the feet following a strike. The referee is the only individual to determine if a knockdown occurs. If fighters go to the ground from anything other than a knockdown, the fight will be restarted with both fighters standing. There is no standing eight count or mandatory eight count. There is no three knockdown rule. The referee shall determine if the fight is stopped after a knockdown or should be allowed to continue. As the sole arbiter of the bout, the referee shall determine when to stop the bout instead of relying solely on a count. A fighter cannot be saved by the bell.

## **Assessing Fouls. Intentional / Accidental Fouls**

Intentional Fouls - If an intentional foul causes an injury, and the injury is severe enough to terminate the bout immediately, the fighter causing the injury shall lose by disqualification. If an intentional foul causes a laceration and/or swelling and the bout is allowed to continue, and the injury results in the fight being stopped in any round after half of the scheduled rounds, plus one (1) second of the fight has been completed, by either another legal or illegal strike, the injured fighter will win by TECHNICAL DECISION if they are ahead on the score cards; and the bout will result in a TECHNICAL DRAW if the injured fighter is behind or even on the score cards.



Accidental Fouls - If an accidental foul causes an injury severe enough for the referee to stop the bout, the bout will result in a NO CONTEST if stopped before half of the scheduled rounds, plus one (1) second of the bout has been completed. If an accidental foul causes an injury severe enough for the referee to stop the bout after half of the scheduled rounds, plus one (1) second of the fight has been completed, the bout will result in a TECHNICAL DECISION awarded to the fighter who is ahead on the scorecards at the time the bout is stopped. The judges shall determine the winner based on what occurred prior to the bout being stopped by the accidental foul.

Foul Procedures - If a foul is committed, the referee shall: Call time; Check the fouled fighter's condition and safety; and Assess the foul for time considerations. During all timeout procedures, there shall be no coaching of a fighter permitted.

Time Consideration - Fighters injured severely enough by a foul to require medical consultation may be given up to five (5) minutes, at the referee's discretion, for evaluation by the ringside physician before a decision to continue is rendered. At no time may a referee call a timeout to evaluate the impact of a legal strike, other than when a laceration is present.

**Penalty for Fouls.** The referee may disqualify a fighter after any foul or a flagrant foul. As previously mentioned, the referee is the sole arbiter of the bout.

#### **TACTICS DEEMED FOULS**

- Attacking an opponent during a break which includes attacking after the bell has sounded at the end of a round
- Attacking an opponent under a referee's care
- Attacking an opponent who is down or is getting up after being down
- Any effort to down a fighter by a method other than a legal strike or strikes, which includes, but is not limited to, joint locks, submission attempts, wrestling takedowns, and throws
- Butting with the head
- Eye gouging of any kind
- Biting or spitting at an opponent
- Hair pulling
- Fish hooking
- Groin attacks of any kind
- Elbow strikes of any kind to any area
- Forearm strikes of any kind to any area
- Knee strikes of any kind at any time
- Kicking of any kind at any time
- Using the skate(s) to strike or as a weapon
- Small joint manipulation
- Strikes to spine or back of the head



- Throat strikes of any kind (includes grabbing trachea)
- Clawing, pinching, or twisting the flesh
- The use of abusive language
- Any unsportsmanlike conduct that causes an injury to a fighter
- Intentionally removing opponent's helmet
- Intentionally removing opponent's jersey
- Timidity (avoiding contact, intentional and/or consistent dropping of mouthpiece or faking an injury)
- Corner interference
- Intentionally throwing opponent out of the fighting area
- Flagrant disregard of the referee's instructions
- Applying any foreign substance to the hair or body to gain an advantage
- Fingers outstretched toward an opponent's face or eyes
- Deliberately maintaining a clinch or hold without other action

## ***JUDGES***

**Number of Judges.** All bouts will be evaluated and scored by three (3) judges.

**Scoring System.** In the event that a bout goes the distance {all three (3) rounds in a scheduled three (3) round bout or all five (5) rounds in a scheduled five (5) round bout}, the three (3) judges will score the bout in its entirety and not round-by-round. The scorecards shall be collected from each judge after the completion of the final scheduled round. Each judge shall score the bout as a win for Fighter "X" or Fighter "Z".

**Scoring Criteria.** Judges shall evaluate the bout based on effective striking (Plan A), effective aggressiveness (Plan B), and control of the fighting area (Plan C). Plans B and C are only taken into consideration if Plan A is weighed as being even. Effective striking is judged by determining the impact/effect of legal strikes landed by a fighter solely based on the results of such legal strikes. Effective aggressiveness means aggressively making attempts to finish the fight. Fighting area control is assessed by determining who is dictating the pace, place and position of the bout.

## ***TIMEKEEPER***

The timekeeper is responsible for keeping accurate time of all bouts. The timekeeper shall keep an exact record of the time taken out at the request of the referee for the examination of a fighter by the physician. The timekeeper shall stop the time when the referee requests for the following reasons: examination of a fighter by the physician, replacing or fixing a helmet and/or chinstrap, fighters going to the ground by knockdown or not by knockdown, or adjusting equipment during a round. The timekeeper shall use an audible device to indicate the conclusion of every round. The timekeeper shall not sound the bell during an active assessment by the referee for a downed fighter.



## ***TYPES OF DECISIONS***

The types of decisions shall include the following: technical knockout (TKO), knockout (KO), disqualification, no contest, technical draw, decision (unanimous decision, split decision, technical decision). There will be no draws as a result from the judges' scorecards.

## ***PERSONNEL REQUIRED DURING BOUTS***

All bouts shall have a minimum of one (1) physician and a minimum of two (2) emergency medical technicians (EMTs) onsite during the event. A bout shall not start or continue unless the physician is seated at the fighting area and shall not leave until after the decision in the final bout. The promoter shall arrange for an ambulance to be onsite throughout the entire event and shall arrange for and give advance notice to the nearest hospital and persons in charge of its emergency room of such event. Security is required to ensure public safety is maintained at the event.

## ***FIGHTING AREA***

All bouts will take place on either ice or synthetic ice. The size of the fighting area may vary but must be approved prior to the event by the sanctioning organization. The fighting area shall promote fighter, official, and spectator safety.

## ***CORNERS***

Corners are required to provide all materials and equipment necessary to conduct themselves as a corner. Such equipment includes clear water bottles, water buckets, gauze and tape for hand wraps, spit buckets, scissors, towels, petroleum jelly or other similar substances, enswell, q-tips, mouthpieces, and cut solutions. The number of corners shall not exceed three (3). The number of corners may be reduced at the discretion of the sanctioning organization.

