

## **14B NCAC 10 .0602      EQUIPMENT - KICKBOXING**

(a) Each kickboxing contestant shall wear the following:

- (1) Kickboxing type trunks or karate style long pants, the belt of which does not extend above the waistline;
- (2) A protective groin cup, which shall be firmly adjusted before entering the ring;
- (3) An individually fitted mouthpiece which shall be in the contestant's mouth at all times during the fight period of each round;
- (4) Breast protectors for female contestants; and
- (5) An abdominal guard which provides sufficient protection to withstand any low blow.

Female contestants may wear a protective pelvic girdle to cover the pubic area, ovaries, coccyx and sides of the hips.

(b) All contestants shall be clean and present a neat appearance. This also applies to the contestants' ring apparel. If the Division representative determines the hair on the contestant's head or face presents any potential hazard to the safety of the contestant, his opponent or will interfere with the supervision of the match, he shall notify the contestant of such determination at the time of the weigh-in. If, at the time the inspector makes the final inspection of the contestant before the match begins, the contestant has not made the necessary corrections, he shall not be permitted to fight and shall be disqualified.

(c) Any contestant who fails to comply with the requirements in this Rule shall not be allowed to participate in a match and such failure to comply with the requirements in this Rule shall be grounds for suspension of the contestant's license.

(d) All contestants shall wear thumb attached kickboxing gloves, and footpads. Kickboxing gloves weighing a minimum of eight ounces shall be worn by contestants weighing 147 lbs. or less. Kickboxing gloves weighing a minimum of 10 ounces shall be worn by contestants weighing more than 147 lbs. A supply of kickboxing gloves and footpads in good condition, shall be kept on hand by the promoter. All gloves and footpads must pass the inspection of the referee or the Division representative, and the Division may require a new set of gloves or footpads for any event. Laces of gloves shall be knotted on the back of the wrist with tape applied over the laces so as to prevent injury to the opponent.

(e) Wrapping of hands is required, and shall conform to the standards as described in Rule .0502(b) of this Section. Footpads are required and shall be of a soft material of a type and construction normally used for kickboxing.

(f) Shinguards are required and shall be of a soft material of a type and construction normally used for kickboxing. Shinguards shall be held in place at two locations using no more than two windings of one 2 inch surgical tape.

(g) The ring shall meet the requirements in Rule .0502(d) of this Section.

(h) The length of each round of a match shall be two minutes with one minute rest intervals between rounds with a 10 second warning signal.

(i) A match shall be scheduled for four, six, eight, or 10 rounds.

*History Note:      Authority G.S. 143-652.1;  
Temporary Adoption Eff. January 1, 1996;  
Recodified from 18 NCAC 09 .0108(c)-(k) Eff. April 1, 1996;  
Eff. April 1, 1996;  
Transferred and recodified from 18 NCAC 09 Eff. November 8, 2002;  
Amended Eff. October 1, 2004;  
Amended Eff. March 1, 2008 (recodified from 14A NCAC 12 .0114);  
Transferred from 14A NCAC 12 .0602 Eff. June 1, 2013;  
Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. January 9, 2018.*