
MEMORANDUM

TO: JOHN FRIERSON, CHAIR AND COMMISSIONERS OF THE CALIFORNIA STATE ATHLETIC COMMISSION
FROM: PANKRATION SUBCOMMITTEE
SUBJECT: YOUTH PANKRATION REPORT
DATE: JUNE 23, 2014
CC: ANDY FOSTER, E.O. AND SPENCER WALKER, ESQ.

SUMMARY: This summary or report attempts to describe the efforts made concerning the safety of children with regard to Youth Pankration (YP) activities in California. The California State Athletic Commission (CSAC), in July of 2013, working with the Department of Consumer Affairs and Department of Justice, issued a cease and desist order on all YP activities. The next step involved the formation of a CSAC subcommittee to review the situation and make recommendations in an effort to determine a course of action concerning the future of YP. In October of 2013 the Governor signed AB 1186 into law as urgency legislation. AB 1186 confirmed CSAC's authority to regulate YP. That law also required CSAC to form a Youth Pankration Subcommittee (YPS) comprised of three Commissioners including Shen-Urquidez, Lehman and Carvelli as appointed by Chairman Frierson.

The YPS has, over the course of the last seven months, conducted eight stakeholder hearings in multiple locations. Potential or interested parties were invited and encouraged to participate and to also propose or request that CSAC grant a delegation to regulate YP activities in CA. This deliberative process resulted in a determination that the best way to protect the safety of children would be in fact to allow YP activities under the regulatory umbrella of CSAC and its delegate(s) in order to maintain, as best possible, awareness and control of combat sports involving children; their safety and wellbeing.

The YPS considered and deliberated multiple regulation oversight options including, but not limited to, the ability of CSAC staff to regulate YP activities considering its limited and fully taxed resources. The YPS, working with the CSAC Executive Officer, determined that direct CSAC oversight is not feasible from a resources standpoint at this point in time.

Other oversight options include requesting that the two current delegates for Amateur MMA and Kick Boxing, California Amateur Mixed Martial Arts and International Sport Combat Federation, accept and assume responsibility for YP oversight in addition to their current responsibilities. While both organizations participated and assisted with this process, they have clearly expressed concern over limited resources should they be asked to assume full and direct responsibility for YP. They have and continue to offer their assistance and expertise.

The other option was to entertain requests from other qualified organizations to assume delegated oversight authority over YP. The fact is that only one organization, over the course of a year, has submitted a proposal to oversight YP and that is the United States Fight League (USFL). The USFL, under CA State Marshall Jon Frank's direction, has in fact, demonstrated a determined and full commitment to working with the YPS. USFL has submitted to the Executive Officer a complete regulation package including by-laws, event rules, safety, and insurance policies.

This report will outline in summary form the salient safety issues laid out in the form of questions that served as the YPS agenda items for stakeholder meetings. This report will also conclude with recommendations for the consideration of CSAC.

1. Should there be mixed gender competition and if so, at what age should it end and why;

Yes. We conclude there is no legally justifiable basis for prohibiting mixed gender bouts up to the age of puberty. This is because the physical differences between males and females before puberty are not great enough to provide a justifiable rationale to preclude competing with each other. The average age of the onset of puberty is 12 years old. Accordingly, we conclude that mixed-gender competition can occur before, but not including, the age of 12. People with experience in Pankration, including parents of female competitors, state their observations that young males and females can compete with relative physical parity until the age of 12 or 14. We recognize that not allowing mixed-gender bouts for pre-pubescent youth would have the negative effect of possibly not allowing these youth, especially females, to compete at all because it would limit the pool of possible competitors without a legally or factually rational basis. Statistics confirm the social benefits of athletics are especially important for young girls.

In addition, we recognize generally that female youth should not be precluded from competing with males unless there is a valid reason to preclude such a competition.

2. What is the current state of research and conclusions on sports related head trauma/injuries in relation to children, adolescents and teenagers, in particular as it relates to combative sports;

Participation in sports for children can improve educational, self-discipline, teamwork, coordination and other social values in their development. However, overemphasis on sports and over-training can cause injuries and long term health problems.

It should be noted that each year, an average of 3.5 million children nationwide under the age of 14 seek medical treatment for sports injuries. Moreover, in 2012, 1,353,750 children between the ages of 14 and 19 were seen in emergency rooms in the United States for sports related injuries. Of those, 163,670 were concussions; 451,480 were sprains and strains; 249,500 were fractures; 210,640 were contusions and abrasions; with the remainder falling under the categories of lacerations, cuts, dislocations and "other/not stated."

A recent study conducted by Safe Kids Worldwide reported 9 in 10 parents underestimated the length of time kids should take off from playing any one sport during the year, and 4 in 10 underestimate the amount of fluids a typical young athlete needs per hour of play.

Even with all the research and media attention on traumatic brain injuries and concussions, the study found that half of all coaches surveyed believe there is an acceptable amount of head contact (i.e., getting their "bell rung", "seeing stars") young athletes can receive without potentially causing a serious brain injury.

Therefore, adjustments must be made where the sport, such as Youth Pankration includes strikes (that involves more force), grappling and particularly submissions (that involves more twists and cranks). Education for parents and coaches became mandated by legislation in 48 states in the last few years. The legislation mirrors California's safety gear and standards: pre-bout, post bout medical examinations and medical suspension requirements already mandated for professional and amateur adult and youth combative sports.

3. Should there be a minimum age limit to competitors and if so, what is that age limit;

Yes. We conclude there should be a minimum age for competitors and that the minimum age for competitors should be 8-years-old (not under 8 in the calendar year). This conclusion is based, in part, on the consideration that CSAC committee would require rules for young competitors (likely defined as from 8-years-old to 11-years-old) to be much more protective than for older competitors. Specifically, there would be limitations on what techniques are allowed in this younger age group. This 8-year-old minimum age requirement is also consistent with the age allowed in competitive amateur boxing and kick boxing.

4. Should there be a specific headgear requirement and if so, what should it be;

Yes. CA regulation 18766 is clear: Every contestant in an amateur kickboxing or martial arts contest under the age of 18 years shall wear protective headgear approved by the Commission.

Injury prevention begins with proper equipment, although there are no concussion-proof headgear or mouthpieces. We conclude that the following equipment should be required:

- A. Headgear:
Athletes will be required to wear mixed martial arts style headgear with protective padding at the forehead, top of the head, the back of the head and the face, as approved by the delegation and athletic commission. The headgear specifications shall be free from metal or other harmful objects.
- B. Mouthpieces:
Fitted mouthpieces shall be required.
- C. Shin guards:
All contestants shall wear shin guards approved by the Commission.
- D. Gloves:
All contestants shall wear approved gloves authorized by the Commission's delegate.

5. Should there be a hand wrap/glove/glove weight requirement and if so, what should it be;

Yes. Fractures of the hand can occur in either the small bones of the fingers (phalanges) or the long bones (metacarpals). They can result from a twisting injury, a fall, a crush injury, or direct contact in sports. For example, a depressed knuckle is often seen in a "boxer's fracture." This is a fracture of the fifth metacarpal, the long bone below the little finger. A forceful blow can also damage the extensor tendon that straightens the finger. The force of the blow may even pull away a piece of bone along with the tendon. The finger or thumb is then not able to be straightened. This condition is also known as baseball finger.

To protect the hand in sports, athletes will be required to wear hand wraps and gloves authorized by the Commission's delegate.

6. Should there be age/weight class competition requirements and if so, what should they be;

Yes. The CAMO and ISCF (IKF) amateur combat CSAC delegated organizations as well as any organization that would administer Youth Pankration shall be required to publish and enforce age/weight categories for competition. The Youth Pankration Subcommittee reviewed the requirements maintained by CAMO and ISCF and did request the single applicant for Pankration delegation, USFL, to provide age / weight categories. Please see the attached documents and other pertinent information provided by the USFL, CAMO and ISCF:

USFL age and weight classes and age-based technique limitations matrix ATTACHED.

ISCF age / weight regulations ATTACHED.

CAMO age / weigh-in requirements for Pankration attached and CAMO MMA weight classes listed below (This is a weight class example):

§ 622. Weights and Classes.

The weight classes for amateur MMA shall be as follows:

1. Flyweight over 115 to 125 pounds
2. Bantamweight over 125 to 135 pounds
3. Featherweight over 135 to 145 pounds
4. Lightweight over 145 to 155 pounds
5. Welterweight over 155 to 170 pounds
6. Middleweight over 170 to 185 pounds
7. Light Heavyweight over 185 to 205 pounds
8. Cruiserweight over 206 to 230 pounds
9. Heavyweight over 230 pounds not to exceed 265 pounds
10. Super-Heavyweight over 265 pounds

Summary and Conclusion: USFL's proposed age / weight and weight spread/ prohibited moves by age (ATTACHED) are within the generally accepted / industry standards including consistency with the CAMO and ISCF youth /amateur rules. We conclude that USFL has made the prerequisite analyses and this demonstrates their understanding of age / weight requirements and categories.

7. Should there be weigh-in requirements and hydration testing requirements and if so, what should they be;

Yes. Regarding age and weight class competition requirements, USFL is proposing fixed weight and age groups for competitions and also recommends the option of pooled weight groups also known as the Madison System for tournaments. This type of grouping takes the first set of lightest competitors to bracket and continues to the heaviest groups. This removes all motivation to cut weight and helps suspensions. No athlete is forced or allowed to sweat-off last minute pounds.

Regarding Hydration testing: USFL states that it is very cost prohibitive and probably not possible in a tournament setting. Consequently, our recommendation is that there should be no weight-cutting permitted period. The CSAC intends to promote education and a culture of natural growth development. We will require that additional information be provided to parents regarding the health risks of weight cutting and similar activities.

8. What further regulatory requirements should be imposed upon a delegation, if any, were Pankration to be permitted, such as technique limitations for ages;

As requested by the Pankration Subcommittee, the USFL did submit a technique limitations matrix that is or will be incorporated as part of their rules. We believe their matrix, included in the attachment from USFL, appropriately addresses permitted moves and techniques by age.

9. What organization should receive the delegation and why.

Delegation options:

1. **CAMO or ISCF Oversight:**

The fact is that after approximately one year of public meetings and numerous stakeholder discussions, only one organization applied for a potential Youth Pankration delegation from CSAC. That organization, USFL, while very cooperative and determined, is an untested organization from a regulatory standpoint and also carries the appearance (real or perceived) of a potential promoter/ regulator conflict.

Considering that both CAMO and ISCF, the CSAC's delegated amateur combat organizations, have a great deal of experience with youth / amateur regulation, and considering that ISCF is a recent delegated organization, an option that was considered and discussed at length, was to ask that CAMO or ISCF accept the Youth Pankration delegation. The idea was to have them provide oversight and guidance for the USFL for a set term. The hope was that CAMO or ISCF could provide the experience and oversight that USFL lacks and CSAC staff does not have the resources to commit.

Both organizations expressed reluctance to accept such a delegation and the folks at USFL, while willing, feared that such a move would in fact limit participation which would likely lead to USFL folding.

2. **Delegation to USFL**

With the support and recommendation of Andy Foster, the YPS is prepared to recommend to the Commission that USFL be granted the delegation to administer Youth Pankration activities in CA for a period of one year. We also recommend that the YPS be expanded to add ex-officio members including the CSAC Executive Officer and the executive officers of our other delegates for the purpose of serving as a review body to which the USFL can come and report as well as to seek regulatory assistance and guidance. We make this recommendation because we believe that a properly regulated environment for Youth Pankration activities administered by an organization such as the USFL, will go a long way in reducing the number of unsafe, unregulated youth combat activities in California. Furthermore, we believe that this delegated activity will ratify and enhance the CSAC mission of safety---particularly among children and young adults.

10. Ambulances, Paramedics and Emergency Equipment Requirements;

California law requires the presence of at least one ambulance staffed by a paramedic at every event and after the event, to be release by the physician. The California State Athletic Commission has two ambulances present at every event staffed by at least one paramedic in each ambulance, in the event one ambulance must transport an athlete, there is another ambulance still present at the event should another athlete require transport. The presence of the ambulance and paramedic is mandated by Regulations, sections 294, 502, 702 and Business and Professions code section 18646.

11. Should there be any regulatory or statutory change for Youth Pankration?

No recommendations at this time.

RECOMMENDATIONS

The Youth Pankration Subcommittee recommends to the full Commission that Youth Pankration be delegated to the United States Fight League under authority granted to it by Business and Professions Code, §18646.

ATTACHMENTS

USFL
CAMO
ISCF

ATTACHMENT 1



United States Fight League Plan to regulate Events

Situation

The United States Fight League is the delegated regulatory organization for Youth Pankration for the state of California. These sports are considered full contact by the California State Athletic Commission (CSAC) and as in other delegated organizations (CAMO, IKF and USA Boxing) safety requirements must meet or exceed those of CSAC. The USFL has worked with the CSAC youth Pankration committee to develop guidelines that fall within the statutory requirements ensuring these standards are met.

Mission

To promote good discipline, citizenship and sportsmanship through youth athletics, the USFL will facilitate safe and affordable Martial Arts competition opportunities and promote a healthy lifestyle for all licensees. Understanding that many of the regulatory requirements pose a financial burden on both promoters and parents, the USFL must keep costs to a minimum to attract willing promoters while retaining athlete participation ensuring strict weight and age parameters can be obtained in pairings. The USFL must also recruit and retain officials of the highest quality to ensure the strict integrity and regulatory requirements are met.

Execution

I. Training and qualifications:

- A. Promoters – All promoters must attend a USFL training session outlining the requirements to promote youth tournaments and shows. Upon completion of training and a criminal background check, the promoter will obtain an annual promoters license.
- B. Officials – All referees, judges and Inspectors must attend a USFL approved training course detailing the unique safety and regulatory requirements to officiate and oversee these sports. The course for referees and judges will also cover the specialized scoring system of Pankration. Promoters or sanctioning organizations of all other approved MMA sports must provide additional training for judges if that scoring system is not covered in the USFL approved class. Referees and Inspectors will be licensed after completion of training and a criminal background check.

- C. Coaches – Coaches will be required to complete a USFL educational/ training outlining rules and regulations as well as general health and safety guidelines to include nutrition, injury prevention and weight management. Upon completion of this training and a criminal background check, coaches will be issued an annual license.
- D. Athletes – Athletes must complete an annual sports physical, sign a code of conduct and apply for an annual license before they can attend competitions.

II. Booking an event:

- A. Promoters – Promoters must request a date for an event a minimum of 10 days in advance. Events are scheduled on a first come basis. At least one week prior to the event, the promoter must present a certificate of insurance to the USFL, the name of the attending certified physician and name of the ambulance company supporting the event. An additional \$10,000 medical insurance policy is provided by the USFL for all licensed athletes at no cost to the promoter. Within 72 hrs of an event, promoters must send the USFL a list of bouts for approval (shows) or identify the approved paring official (tournaments). Payment for USFL officials must be presented to the USFL in advance to ensure funds are available to pay staff. All requests from the media to cover an event must be pre-approved by the USFL.
- B. Officials – A USFL Inspector will be assigned to the promoter once the event is properly secured. The Inspector will liaison with the promoter and USFL ensuring the regulatory and staffing requirements are met.
- C. Athletes – Licensed athletes may self-register for open tournaments or have their coach work with promoter in obtaining a match for a show.

III. Weigh in and Medical Screening:

Weigh in will be conducted 3 hours before the start if a show. Weight cutting is not permitted. Promoters of larger tournaments may request a day prior weigh in to accommodate demands of pairing and medical screenings. A rules briefing will be conducted prior to weigh in. During this period athletes will be medically screened and their safety equipment inspected.

IV. Competition:

Prior to the start of competition, a venue inspection will be conducted by USFL officials to ensure the proper regulatory and safety requirements are in place. Promoters may bracket competitors in fixed age and weight groups or pool athletes in weight / age groups using the Madison system. Promoters may also choose between open or closed scoring configurations. Athletes shall be staged in a central location prior to their bout. Once called to the competition surface a secondary safety equipment inspection is conducted by officials. The medical official will conduct a post bout screening after each match and document injuries on the provided USFL Injury log. In the event of a serious injury, a medical suspension form will follow.

V. Post competition:

Medical reporting forms and competition results to include completed brackets (for tournaments) will be provided to the USFL for review and publishing.

Administration and Logistics:

Licensing – The USFL will utilize the Sport ID database to provide licensing for athletes. Athletes will receive a “smart card” ID and an online profile where they register for events. The USFL can access athlete profiles and privately review supporting documents such as annual sports physicals and birth certificates to activate or suspend licensees.

Registration and organization of events – Promoters will utilize the Sportdata system to run tournaments and record results. Sportdata is synced to Sport ID for registration of tournaments and automatically pair athletes into brackets. Detailed results of tournaments and shows are retained on each athletes online profile and rankings can be generated by the database. Licensed promoters can utilize the Sportdata bracketing system at no cost for all USFL events.

Fees:

Fees for event and officials are paid directly to the USFL prior to the event.

A. USFL Event Fees:

Show - \$50

Tournament - \$100

B. Fees for officials:

	<u>Show</u>	<u>Tournament</u>
1. Inspector	\$100 Minimum	\$20 per hour
2. Back up Inspector	\$75 Minimum (if required)	\$20 per hour
3. Referee	\$100 Minimum	\$20 per hour
4. Back up referee	\$100 Minimum (if required)	\$20 per hour
5. Judge	\$50 Minimum	N/A
6. Timekeeper	Volunteer	Volunteer
7. Scorekeeper	Volunteer	Volunteer

1. Payment formula for shows:

\$50 event fee to USFL

\$40 total per bout up to 10 bouts = \$400

1 inspector (\$100); 1 head referee (\$100), 1 backup referee/ Judge (\$100) and 2 judges (2 x \$50)

Back up inspector required for shows with 15 bout or more.

Promoters pay an additional \$30 per bout for each bout after 10. Payment is divided between officials in similar fashion.

Mixed shows with fewer than 5 bouts pay a \$200 minimum and officials receive 50% of afore mentioned payments.

2. Payment formula for tournaments:

\$100 event fee to USFL

\$20 x 4 = \$80* per hour

*Based on one mat. Add \$40 per hour for each additional mat. (Ex.- Two mats = \$120 per hour)

1 - inspector; 1- back up inspector plus two referees per mat

C. Licensing:

1. Athlete- \$50 per year (Includes Sport ID license)

2. Coach/ Corner person- \$25 per year

3. Referee/ Judge- \$20 per year

4. Inspector- \$20 per year
 5. Timekeeper- \$0
 6. Pairing Official/ Scorekeeper- \$0
 7. Promoter- *\$300 First year; *\$150 each year after
- *Fee is waived for promoters associated with a gym of 10 licensed athletes.*

D. Medical Support:

Promoters must secure a certified physician and ambulance (with approved first responder) prior to the event and arrange for payment with that contracted provider.

Communications and Command:

Board of Directors - United States Fight League: Cannot be a licensee.

- Jon Frank (President)- 30 year Marine Corps and Law Enforcement professional with over 37 years experience in combative sports as a parent, athlete, coach, promoter and regulator.
- Amanda Brown (Medical advisory Committee)- Registered Dietitian with a MS in nutrition currently enrolled in the public health doctorate program for UCI.
- Sochitl Frank (Treasurer) - Seven years experience as a professional consumer advocate for the Hemophilia and the Bleeding disorder community.
- Tomas Yu - Extensive background in fundraising, banking and economics with ties to the WBC.
- Mario Mendez (Referee advisory committee) - 30 year volunteer for USA Wrestling and former head official for San Diego County.
- Ana Eustace - (Parental Advisory committee) - Mother of five and parent of a long time youth Pankration athlete, holds numerous licenses in health industry.

A Committee of promoters, referees and parents will be established to facilitate transparent communications between the USFL and the Youth Martial Arts community.

The USFL will maintain a website with links to event announcements, rules & regulations, results, approved gear and applications for licensing.

The USFL shall make available statistics as well as all raw data on injuries to the commission and/or any other organization willing to do a scientific safety assessment of the sport as regulated by the USFL.

The USFL will work with and assist organizations interested promoting the social/ academic development of youth athletes as well as those studying the social effects of Youth Martial Arts competition.

The USFL will seek mentoring from other established delegated regulatory organizations such as CAMO, IKF and USA Boxing to ensure the best possible oversight for youth Pankration and MMA.

The USFL will provide the California State Athletic Commission a report detailing events, injuries, payments and results on a monthly basis or as required by the commission.

6/10/2014

ATTACHMENT 2

event occurs.

§ 622. Weights and Classes.

The weight classes for amateur MMA shall be as follows:

1. Flyweight over 115 to 125 pounds
2. Bantamweight over 125 to 135 pounds
3. Featherweight over 135 to 145 pounds
4. Lightweight over 145 to 155 pounds
5. Welterweight over 155 to 170 pounds
6. Middleweight over 170 to 185 pounds
7. Light Heavyweight over 185 to 205 pounds
8. Cruiserweight over 206 to 230 pounds
9. Heavyweight over 230 pounds not to exceed 265 pounds
10. Super-Heavyweight over 265 pounds

Any proposed bout which does not have both contestants in the same weight class, or is a bout above or below the standard weight classes must have prior approval from CAMO and the contestants must be within ten (10) pounds of each other, or if both contestants are 200 pounds or heavier, then they must be within twenty (20) pounds of each other.

§ 623. Use of Prohibited Substances; Detection; Penalties.

(a) The use of any illegal drug, narcotic, stimulant, depressant, or analgesic of any description, or alcohol substance, by a contestant either before or during a match, shall result in the immediate disqualification of the contestant from the match and disciplinary action by CAMO.

(b) In order to detect the presence of any prohibited substance, a contestant shall submit to any pre-contest or post-contest urinalysis or other laboratory procedure that is ordered by the physician appointed by CAMO. Refusal to submit to such testing shall result in the immediate disqualification of the contestant from the match and an indefinite suspension from the amateur sport of mixed martial arts.

(c) CAMO may conduct a urinalysis as follows:

1) All contestants may be ordered to complete a pre-contest urinalysis exam to detect the presence of any drug.

2) In addition to a pre-contest analysis, CAMO may, at its discretion, decide to test for the presence of performance enhancing drugs and thereby require additional urine specimens to be produced at any time after the completion of the contest.

3) Collection of specimens for urinalysis testing shall be conducted or supervised by a CAMO official. Refusal to submit to such testing shall result in the immediate disqualification of the contestant from the match and an indefinite suspension from the sport of mixed martial arts.

(d) Penalties for use of prohibited substances shall be as follows:

1) First Offense: 90 day suspension.

2) Second Offense: 180 day suspension and mandatory completion of a supervisory treatment program approved by CAMO.

3) Third Offense: 2 year suspension and mandatory completion of a supervisory treatment program approved by CAMO.

§ 624. Monsel's Solution.

The use during a MMA match of Monsel's Solution, or any similar drug or compound for the stopping of hemorrhage in the ring or cage, is prohibited. Only preparations approved by the Commission or CAMO may be used to stop hemorrhage in the ring.

ATTACHMENT 3

ISCF WEIGH-INS WEIGHT CLASSES Weigh-In Rules.

PROMOTERS - MATCHMAKERS & ISCF REPRESENTATIVES

Please note the following Rules and Regulations
for your Event WEIGH-INS.



1. The official weigh-ins may take place on two separate days or one. The day before the event and or the day of the event.
2. Participants of a bout must **BOTH** weigh-in on the same day and during the scheduled weigh-in time.
 - If weigh-ins are scheduled for 2 separate days, one fighter cannot weigh-in on the first day and his/her opponent weigh-in on the following day. **BOTH** must weigh-in on the **SAME DAY!**
3. **EVERY** Fighter and Trainer has the right to witness their opponents weigh-in, **ALWAYS!**
4. Weigh-in time windows are to be no more then 2 hours in length.
 - Fighters who miss this weigh-in "Time Window" will be scratched from the event unless a valid explanation/reason is given to you: **ISCF** Event Representative as to why they cannot make the weigh-in window.
5. The weigh-ins must be conducted by the **ISCF** Event Representative **ONLY** at a place and time agreed upon by the **ISCF** Event Representative & the Event Promoter.
6. Prior to the event weigh-in, the scales weight must be confirmed by the **ISCF** Event Representative with the placement of a 10 lb fixed weight (*Provided by the event Promoter*) to assure its accuracy.
7. All Fighters must weigh-in.
8. Fighters cannot wear more than, Shorts, Shirt and Socks. (*No pants, jackets, shoes*)
9. Fighter must weigh-in at the weight agreed upon in matchmaking.

- There is NO 1-2 lb. allowance **unless agreed upon prior to the weigh-in date by the event matchmaker and BOTH fighters and trainers.** Promoter/Matchmaker must inform the **ISCF** Event representative so that he/she is prepared that such an allowance will be allowed.
10. Fighters in all title bouts must weigh-in within the noted weight limits of the title. There is **ABSOLUTELY NO WEIGHT ALLOWANCE** for Title Bouts.
11. **WEIGHT SEPARATIONS**
- Whether in the agreed upon weightclass or in a "*Catch weight*" bout the fighters must be within the allowed spread as noted below on the **ISCF** weight chart.
12. **ALLOWANCES**
- If a fighter needs to lose weight to make his/her weight, the most they can lose in a 2 hour period is "*2 LBS.*"
13. **CATCH WEIGHTS**
- **This is when say a Lightweight fighter at 150 lbs and a Welterweight at 160 lbs fight.**
 - What you need to look at in this case is the most narrow weight spread, which is always in the lower weight class of the two. For Lightweight, the weight spread is 10 lbs where is as in the Welterweight class, it goes to a 15 lb spread. A fight can only happen inside the limits of the weightclass of the lightest fighter. So for this example, (*Lightweight at 150 lbs and a Welterweight at 160*) this would be OK as a catch weight. However if the Lightweight fighter was 149 and the Welterweight at 160, that's 11 lbs, and it would NOT be allowed. The same if it were a pound the other way, where the Welterweight would weigh 161, again, out of the limits of the lower spread so no fight.

ISCF PRO AND AMATEUR WEIGHTCLASSES

	WEIGHTCLASS	SPREAD	*ALLOWANCES	LBS.	KILOS
1	STRAW-WEIGHT	10 Lbs	2 Lbs	Up to 115 Lbs.	52.27 kg & Below
2	FLYWEIGHT	10 Lbs	2 Lbs	115.1 to 125 lbs.	52.3 kg - 56.8
3	BANTAMWEIGHT	10 Lbs	2 Lbs	125.1 to 135 lbs.	56.82 kg - 61.36 kg

4	FEATHERWEIGHT	10 Lbs	2 Lbs	135.1 to 145 lbs.	61.37 kg - 65.90 kg
5	LIGHTWEIGHT	10 Lbs	2 Lbs	145.1 to 155 lbs.	65.91 kg - 70.45 kg
6	WELTERWEIGHT	15 Lbs	2 Lbs	155.1 to 170 lbs.	70.45.1 kg - 77.27 kg
7	MIDDLEWEIGHT	15 Lbs	2 Lbs	170.1 to 185 lbs.	77.28 kg - 84.09 kg
8	LIGHT HEAVYWEIGHT	20 Lbs	2 Lbs	185.1 to 205 lbs.	84.10 kg - 93.18 kg
9	CRUISERWEIGHT	30 Lbs	2 Lbs	205.1 lbs. to 235 lbs.	93.22 kg - 106.81 kg
10	HEAVYWEIGHT	30 Lbs	2 Lbs	235.1 to 265 lbs.	106.86 kg - 120.45 kg
11	SUPER HEAVYWEIGHT	Unlimited	2 Lbs	265.1 lbs. & Above	120.46 kg & Above

(*) ALLOWANCES: Weight allowed to lose in a 2 hour period

CONVERTING LBS. TO KG. AND BACK

For those looking to convert lbs to kg. If you have a 65 kg fighter and want to know how many lbs. that is, multiply it by 2.2. So, 65 kg X 2.2 = 143 lbs. If you have a 145 lb fighter and want to know the weight in kg, divide it by 2.2. So 145 / 2.2 = 65.90 kg.

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