

**14B NCAC 10 .0605 AMATEURS - KICKBOXING**

(a) In addition to compliance with 14B NCAC 10 .0201, .0301, .0402, .0502, and .0601 through .0604, the following requirements shall apply to amateur kickboxing matches.

- (1) Any contestant competing as an amateur shall not currently be, or have ever been, a professional fighter in any striking sport, including mixed martial arts, boxing, and karate. "Strikes" is defined in Rule .0102 of this Chapter.
- (2) Contestants shall wear footpads and shinguards that comply with the requirements of Rule .0602 of this Chapter.
- (3) Contestants shall wear 10-ounce competition headgear with no jar bar or excessive ear padding. Training headgear is not allowed.
- (4) Foot wrappings: For each foot, contestants shall use gauze bandage not more than two inches wide, held in place by surgical adhesive tape, not more than one and a half inches wide. Foot wrappings shall not exceed four windings of gauze bandages around the sole and instep and no more than four windings around the ankle.
- (5) Kicks below the waist are not permitted.

(b) Matches shall be three, two-minute rounds, with a one-minute rest period between rounds that includes a 10-second warning signal.

(c) Kick counters shall be in neutral corners only. Each contestant shall score at least six hard kicks per round.

(d) The promoter of record must provide to the Division the name, address, date of birth, and social security number of every amateur contestant scheduled to compete in an event. This information shall be submitted no later than seven calendar days prior to the event. The duties and requirements of the promoter of record are in Rules .0402 and .0404 of this Chapter.

(e) A contestant shall have competed in a minimum of five recorded amateur matches prior to being submitted to compete as a professional kickboxing contestant.

(f) Contestants under 18 years of age may compete only in matches supervised by an Amateur Sport Organization that has been recognized by the Division. To obtain recognition, any Amateur Sports Organization shall establish and enact rules for the implementation of health and safety standards and all requirements related to the conduct of matches that are at least as restrictive as the applicable standards and requirements of the Division. Events open to the public where admission is charged for viewing must be conducted by a promoter licensed in accordance with the provisions of Rule .0402 of this Chapter.

*History Note: Authority G.S. 143-652.1;*

*Eff. March 1, 2008;*

*Transferred from 14A NCAC 12. 0605 Eff. June 1, 2013;*

*Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. January 9, 2018;*

*Amended Eff. October 1, 2025.*