



Rules

Shooto tournaments are held under a strict and comprehensive set of rules. Its objectives are to protect the athlete and to ensure dynamic and fair fights. A distinction is made between amateur (Class C), semi-pro (Class B) and professional (Class A) rules. Depending on the class, certain techniques are prohibited and the fight duration is adapted as well. The different classes in Shooto make it possible for athletes to improve in a controlled and safe environment.

Weight classes

Featherweight – 60kg

Lightweight – 65kg

Welterweight – 70kg

Middleweight – 76kg

Light-Heavyweight – 83kg

Cruiserweight – 91kg

Heavyweight – +91kg

Rules – Brief Version

- A pro fight consists of three 5-minute rounds with one-minute breaks in between. Amateurs fight two 3-minute rounds, semi-pros fight two 5-minute rounds.
- A referee oversees the fight in the ring and controls adherence of the rules.
- Three judges score the fight according to effective strikes, takedowns and aggressivity/activity whilst standing and dominant positions, submission attempts and defense whilst being on the floor.
- A victory can be scored by judges decision, knock-out (KO), technical knock-out (TKO), by submission or by referee- or doctor-stoppage.
- Fighters are divided by weight classes.
- Before the fight, fighters have to attend a medical check and the doctor needs to approve the fight.
- Protective equipment (gloves, cup, mouthguard) are mandatory. Amateurs (C-class) are allowed to fight with headgear and shinguards.
- Illegal fouls are headbutts, elbow-strikes, biting, groin attacks of any kind, attacks on the back or the back of the head, attacks on small joints, attacks on the eyes or ears and further actions which oppose a fair fight.
- Respectful behavior and observation of the rules are basic requirements and enforced by the referee.
- Any strikes on the ground are absolutely prohibited in amateur fights (C-class), only grappling techniques can be applied on the ground.

Amateur-Championship System

The Swiss Amateur-Shooto Championship title is fought by simple point system: At each tournament fighters can earn points. At the end of the season, the two fighters with the most points will fight for the title. Points will only be given at the one weight class; if a competitor changes weight classes, he starts at zero points again. This prevents people from tactically change weight classes over and over.