

# Professional Shooto Rules

"Shooto Commission (SC)" is the organization that supervises Shooto Wrestling. SC proposes an idea of "No-Holds-Barred as Sport."

## Article 1 Official match

Official match means the match, which is approved and authorized by Shooto Commission Holland (hereafter called SC). SC shall have the right to cancel the official match after the date of approval.

## Article 2 Rounds

Each round lasts 5 minutes. The match of class A competitors is 3 rounds, and the match of class B competitors 2 rounds. The interval between rounds is 1 minute.

## Article 3 Judgment

The matches shall be judged by 1 referee and 2 sub-referees who are approved by either SC. The sub-referees shall be out of the ring, and watch for fouls which the referee can not detect.

## Article 4 Dress code for participants

Participants may wear tights or above knee-length trunks that do not protect himself from the opponents offense. Gowns may be allowed to wear when they enter the ring. Participants shall fight barefoot and shall not wear any clothes that do not meet the dress code. A male fighter has to be naked to the waist.

## Article 5 Protection

Mouthpieces and protection cups are compulsory. Kneepads may be worn. Feet must be bare. Pants and tights suitable for fighting must be worn. The use of vaseline, oil or similar substances on the body or hair is forbidden. A fighter may use small amount of vaseline on his face. The nails must be cut short.

## Article 6 Fighting area

Shooto matches are being held in a ring (boxing ring)

## Article 7 There are weight restrictions as follows:

|                   |                     |
|-------------------|---------------------|
| Minimumweight :   | - 48 kg             |
| Flyweight:        | - 52 kg             |
| Bantamweight:     | - 56 kg             |
| Feather weight:   | - 60 kg             |
| Lightweight:      | - 65 kg             |
| Welterweight:     | - 70 kg             |
| Middleweight:     | - 76 kg             |
| Lightheavyweight: | - 83 kg             |
| Cruiser weight:   | - 91 kg             |
| Heavy weight:     | - 100 kg            |
| Superheavyweight: | + 100 kg (no limit) |

## Article 8 Bandages

Cloth bandages may be used only for the purpose of protection of the knuckle part of the hand and the competitors may not put anything between the cloth and the knuckle part. Tape may also be used instead of cloth bandage. After the cloth bandage or tape is applied, it must be checked by the SC. Shooto gloves (open fingers and palm style) authorized by SC must be worn. Any alteration to the shape of the gloves is prohibited.

## Article 9 The determination of the winner of any match shall be made according to the following

**Knockout (KO):** A competitor goes down or is attacked during the ground fight and is not able, or does not show the will, to continue the fight.

### Technical Knockout (TKO):

- The referee can stop the fight for a competitor's damage, injury or loss of will to continue the fight.
- The fight may be stopped by a competitors corner by 'throwing in the towel'.

**IPPON or Submission (S):** Submission by a competitor shall be expressed either verbally or by tapping twice or more on the mat or on the opponent's body with a hand or a foot.

**Technical IPPON or Technical Submission (TS):** When the submission is made, the referee shall call 'catch' and ask the competitor whether he will give up or not. If the competitor does not disagree with the submission hold, does not respond to the question, or scream in pain, the referee may judge the submission hold complete, and may stop the fight.

**Disqualification:** When a competitor uses a foul technique regardless whether it is accidental or deliberate, the referee shall give him a caution and 1 or 3 points reduction depending on the severity of the foul play. If the competitor repeatedly uses foul techniques in spite of being given repeated cautions by the referee shall be disqualified. A competitor shall be disqualified without a single caution when the foul play is malicious.

**Decision:** When all rounds are over, the referee and the two sub-referees decide the winner. The winner must have acquired two votes.

10:10 No difference

10:9 a little difference (catch > clean effective offense > aggressiveness > defence, positions)

10:8 clear difference (almost knock down or catches, positions)

10:7 some overwhelming differences (several almost knockdowns, catches, positions)

10:6 overwhelming difference

## Article 10 Foul play

### Prohibited attacks:

1. Using ones head to deliver a blow,
2. Attacking with ones elbow or lower arm,
3. Attacking with any part of one's hand besides the knuckles,
4. Attacking one's spiral cord,
5. Attacking one's knee right from the front,
6. Any attacks one one's fingers,
7. Any attacks on one's groin,
8. Attacking with a knee to the opponents head while one he is in a ground position,
9. Holding one's head from behind and weighing on is head,
10. Holding one's head and hitting the back of his head against the ground,
11. Punches to the back of the head.

### Prohibited behaviors:

1. Biting or pushing one's teeth against the opponent,
2. Scratching with one's nails,
3. Putting one's fingers into the eyes, the nostrills, the ears, the mouth or the anus of the opponent,
4. Pressing one's elbow or chin against the eyes of the opponent,
5. Pinching the skin of the opponent,
6. Grabbing the hair, the throat, the nose or the ears of the opponent,
7. Pushing the throat of the opponent with fingers or palms,
8. Grasping less than 3 fingers or toes of the opponent,
9. Pushing or hitting the face or the throat of the opponent against the ropes or the corner-matt,
10. Grabbing the clothes or protectors of the opponent,
11. Using the ropes or the corner-matt as a fulcrum of lever for submission techniques,
12. Attacking the opponent while he is knocked down,
13. Resuming fighting before the referee tells so after a "don't move" or a "break" call has been announced,
14. Attacking the opponent during intervals,
15. Causing the opponent being out of the ring on purpose,
16. Not following the referee's instructions,
17. Being offensive or any insulting behavior to the opponent, referee or judges,
18. Uttering a startling or a loud sound,
19. Spitting one's mouthpiece out intentionally
20. Fake match
21. Not showing the will to fight (passive behavior)

## Article 11 Breaking a fight

When the fight becomes deadlocked, the referee calles 'break' and the competitors must seperate each other and continue the fight in standing position.

## Artikel 12 Stop don't move

When both competitors are about to fall out of the ring, the referee calls 'Don't Move'. When this occurs the competitors must stop their motion, and the referee, aided by the 2 sub-refs, shall move the competitors to the center of the ring, where they may continue the fight.