



OFFICIAL RULES AND REGULATIONS

SANCTIONED PROFESSIONAL GUIDELINES

Version 2.2 — PTFC Governed

1. DEFINITION AND SCOPE

The Pro Taekwondo Fighting Championship (PTFC) is a unique professional combat sport league and the sole governing body of these rules. Contestants are expected to behave according to the etiquette of traditional Taekwondo and demonstrate fighting spirit throughout the entire bout. The league highlights elite-level Taekwondo striking and takedowns in a continuous, full-contact format.

2. THE FIGHTING AREA

- a) Bouts are contested in a specially designed octagon pit. The octagon pit must meet PTFC safety standards, utilizing boundary walls designed to protect athletes, contain the high-paced action, and establish a premium spectator experience.
- b) Adjacent to the octagon pit shall be a platform/space suitable for licensed seconds and PTFC officials to view and manage the action.

3. EQUIPMENT & HAND WRAPPING

- a) **Corner Supplies:** For each bout, PTFC shall provide a clean water bucket, a clean plastic water bottle, a stool, and any other supplies as directed by PTFC officials, in each corner.
- b) **Wrapping:** All issues pertaining to Hand Wrapping, Ankle/Foot Wrapping, and the use of Supportive Braces shall be determined and approved by PTFC.
- c) **Mouthpieces:** All contestants are required to wear a PTFC-approved mouthpiece. The round cannot begin without it. If involuntarily dislodged, the referee can call time, clean it, and reinsert it at the first opportune moment without interfering with immediate action.
- d) **Protection & Gloves:** Male contestants shall wear a PTFC-approved groin protector. Female contestants may wear a PTFC-approved chest protector. All contestants must wear official open-fingered PTFC combat mitts weighing exactly four (4) ounces.

4. APPAREL AND APPEARANCE

- a) **Apparel:** Contestants must wear official professional PTFC Taekwondo trousers. Trousers must cover at least two-thirds of the shin and not reach below the anklebone. Trouser legs may not be rolled up. Shoes and any footwear are prohibited.
- b) **Appearance:** Combatants must be clean and present a tidy appearance. A small amount of petroleum jelly may be applied to the facial area. No other products may be used on the face, head, or body.
- c) **Prohibitions:** An unarmed combatant may not wear makeup, face/body-paint, jewelry, or other piercing accessories. Fingernails must be short.

5. PTFC WEIGHT DIVISIONS

PTFC events feature single-match contests between well-matched fighters in the same division. Bouts may be contracted at Catchweight only with explicit PTFC permission. Allowable weight spreads for all divisions are determined solely by PTFC.

DIVISION	WEIGHT (LB)	WEIGHT (KG)
WOMEN'S DIVISIONS		
Strawweight	115 LB	52.2 KG
Flyweight	125 LB	56.7 KG
Bantamweight	135 LB	61.2 KG
Lightweight	150 LB	68 KG
MEN'S DIVISIONS		
Bantamweight	135 LB	61 KG
Lightweight	150 LB	68 KG
Welterweight	165 LB	75 KG
Middleweight	185 LB	84 KG
Heavyweight	205 LB	93 KG
Super-Heavyweight	Over 205 LB	Over 93 KG

6. GENERAL BOUT DESCRIPTION & DURATION

- a) Rounds:** Non-title contests shall be 3 rounds of 3 minutes (1-minute rest). Title/Championship fights are 5 rounds.
- b) Bowing:** Preceding the bell, the referee will instruct fighters to bow with commands: *Junbi* (준비 — ready), *Gyeong-rye* (경례 — bow).
- c) Clinching:** When entering a clinch, fighters must immediately execute a legal technique. Inactive clinching will be split by the referee.
- d) Injuries:** If a fighter is injured by a foul, the opponent shall assume the traditional kneeling position (seiza) on the opposite side of the pit until the referee indicates otherwise.

7. LEGAL TECHNIQUES

STAND-UP — KICKING

All kicks delivered to the front/side of the head, and torso above the beltline, are legal. Kicking the legs (thighs, calves, knees) is strictly prohibited.

STAND-UP — PUNCHING

Hand strikes are strictly limited to the body only. Punches to the head/face are prohibited.

TAKEDOWNS & SWEEPS

Sweeps and reaps connecting below the opponent's knee are legal.

GROUNDING OPPONENT & GROUND-AND-POUND

A fighter is grounded when any part of the body other than the soles of their feet touches the floor. The standing/top fighter may attack with kicks restricted to the legs/body, and punches restricted to the body. The "top" fighter may place a single knee on the downed opponent's body. If a second knee goes down (both grounded), the referee will stand the fighters.

10-Count Pacing: Ground-and-pound is permitted if effective and continuous. If action stalls, the referee initiates a 10-count. If no effective action resumes, fighters are stood up.

8. JUDGING AND SCORING

- a) Bouts will be evaluated by 3 PTFC ringside judges using a 10-point must system.
- b) **Criteria:** Effective striking (impactful legal strikes), effective takedowns, control of the pit, and effective aggressiveness (moving forward and landing legal strikes). Productive aggressiveness is favored over passive countering.

9. FOULS

Fouls include but are not limited to:

- × **Leg Kicks & Head Punches:** Kicking any part of the legs, or punching the head/face.
- × Headbutts, groin attacks, biting, spitting, clawing, fish-hooking, gouging, or hair-pulling.
- × Striking the spine, back of the head, or throat.
- × Kicking the head of a grounded opponent; stepping on, stomping, or jumping on them.
- × Single and Double leg takedowns, or Belly-to-back Suplexes.
- × Throwing or spiking an opponent on their head/neck, or out of the fighting area.
- × Holding the mitts, uniform, or head of an opponent (unless immediately executing a legal strike/sweep).
- × Timidity, faking injuries, or intentionally dropping the mouthpiece.
- × Applying foreign substances to the body/hair.

10. CAUTIONS, WARNINGS, AND PENALTIES

Referees may Caution, Warn, Penalize (deduct points), or Disqualify. Intentional execution of forbidden strikes (e.g., head punches, leg kicks) will immediately be penalized with a point deduction. Unintentional executions receive a verbal warning first. Time must be stopped to deduct a point.

11. STOPPING THE CONTEST & TYPES OF RESULTS

Stopping: The referee and/or the designated PTFC ringside physician are the only individuals authorized to stop a contest. A fighter may submit via tapping, placing one knee down with a hand raised, or verbally. A Chief Second may also concede.

Results: Knockout (KO), Technical Knockout (TKO), Decision (Unanimous, Split, Majority), Disqualification, Forfeit, or Draw.

Extra Round (Sudden Victory): If the final score is a Draw or Split Decision, one additional Sudden Victory round occurs. If tied again, it remains a Draw.

12. LICENSED SECONDS & PTFC JURISDICTION

PTFC determines the number of licensed seconds allowed per fighter. The rules and regulations herein are established, interpreted, and enforced exclusively by the Pro Taekwondo Fighting Championship (PTFC) rules director and executive board, subject only to local legal requirements where events are held.