



**COMBAT HEADQUARTERS (CHQ)**  
**OFFICIAL RULEBOOK**

# **CHQ RULES**

***\*By Professional Combat Sports Official Referee/Judge: Jordan Riley\****

**COMBAT HEADQUARTERS (CHQ)** is an all-ages Combat Sports Promotion that hosts combined rulesets from various Martial Arts with certain rules added for safety of the participants. CHQ provides competitors with an opportunity to apply many of the same techniques associated with the Martial Art they study in a fun and safe learning environment.

## **MISSION**

The mission of **COMBAT HEADQUARTERS (CHQ)** is to provide a training platform for ALL Combat Sports practitioners to instill confidence and prepare them to control, subdue, outlast, and defeat their opponent in hand-to-hand combat. CHQ also looks to connect the Martial Arts community inviting all styles, ages, and gyms to be a part of our events.

Whether you are a Starter learning the basics or an Elite high-level practitioner, CHQ has a home for everybody!

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## **AGE GROUPS**

STRIKING				
AGE GROUPS	ROUNDS	MAX ROUNDS	DURATION	REST PERIOD
Veteran = 40+	3	3	2 or 3 min	1 min
Adult = 18-39	3	5	2 or 3 min	1 min
Teen A = 15-17	3	3	2 min	1 min
Teen B = 12-14	3	3	1.5 or 2 min	45 sec or 1 min
Youth = 8-11	2	3	1.5 min	45 sec
Kids = 4-7	2	2	1 min	30 sec
GRAPPLING				
AGE GROUPS	ROUNDS	MAX ROUNDS	DURATION	REST PERIOD
Veteran = 40+	1	1	4 or 5 min	-
Adult = 18-39	1	1	5 or 7 min	-
Teen A = 15-17	1	1	4 min	-
Teen B = 12-14	1	1	4 min	-
Youth = 8-11	1	1	3 min	-
Kids = 4-7	1	1	3 min	-

## **WEIGHT CLASSES**

<b>MALE WEIGHT CLASSES</b>	<b>FLY</b>	<b>BANTAM</b>	<b>FEATHER</b>	<b>LIGHT</b>	<b>WELTER</b>	<b>MIDDLE</b>	<b>LIGHT HEAVY</b>	<b>HEAVY</b>	<b>CATCH</b>
Adult & Veteran	125	135	145	145	170	185	205	Over 205	(Agreed Matching)
Teen A & B	75 & under	85	100	115	130	145	160	Over 160	(Agreed Matching)
Youth	40 & under	50	60	70	80	90	100	Over 100	(Agreed Matching)
Kids	40 & under	50	60	70	80	90	100	Over 100	(Agreed Matching)
<b>FEMALE WEIGHT CLASSES</b>	<b>ATOM</b>	<b>STRAW</b>	<b>FLY</b>	<b>BANTAM</b>	<b>FEATHER</b>	<b>LIGHT</b>	<b>WELTER</b>	<b>MIDDLE</b>	<b>CATCH</b>
Adult & Veteran	105 & under	115	125	135	145	155	170	Over 170	(Agreed Matching)
Teen A & B	75 & under	85	100	115	130	145	160	Over 160	(Agreed Matching)
Youth	40 & under	50	60	70	80	90	100	Over 100	(Agreed Matching)
Kids	40 & under	50	60	70	80	90	100	Over 100	(Agreed Matching)

## **SKILL LEVELS**

ADULT/VETERAN	EXPERIENCE EXPECTATIONS
Level 1	Starter level for practicing basics through training competition. (Semi-contact for striking, WHITE belts for grappling) 1 or less year training time.
Level 2	Intermediate level for applying learned techniques through competition. (Semi contact for striking, BLUE belts for grappling) 1 - 3 years training time.
Level 3	Advanced level for exchanging techniques with similarly matched competition. (PURPLE Belts for grappling) 3 - 5 years training time or Ammy
Level 4	Elite level for executing a full game plan against other high level competition. (BROWN/BLACK belts for grappling) 5 or more years training time or Pro.
TEEN/YOUTH/KIDS	EXPERIENCE EXPECTATIONS
Level 1	Starter level for practicing basics through training competition. Semi-contact for striking, 1 or less year training time.
Level 2	Intermediate level for applying learned techniques through competition. Semi contact for striking, 1 - 3 years training time.
Level 3	Advanced level for exchanging techniques with similarly matched competition. 3 - 5 years training time.
Level 4	Elite level for executing a full game plan against other high level competition. 5 or more years training time.
*All Levels	*All competitors' matchmaking will be subject to the discretion of CHQ for placement. The determining factors are based on: time in training, martial arts rank, and competition experience.

## **STYLES/RULES/ILLEGAL TECHNIQUES**

CHQ BOXING	ILLEGAL TECHNIQUES
<b>Adult &amp; Veteran</b>	NO punches below the belt line, only punches using the padded part of the glove covering the knuckles of the fist allowed (No backfist/spinning backfist. NO other strikes: knees, elbows, kicks, striking a grounded opponent, extended clinch, takedowns or submissions.
<b>Teen A &amp; B</b>	NO punches below the belt line, only punches using the padded part of the glove covering the knuckles of the fist allowed (No backfist/spinning backfist. NO other strikes: knees, elbows, kicks, striking a grounded opponent, extended clinch, takedowns or submissions.
<b>Youth</b>	NO punches below the belt line, only punches using the padded part of the glove covering the knuckles of the fist allowed (No backfist/spinning backfist. NO other strikes: knees, elbows, kicks, striking a grounded opponent, extended clinch, takedowns or submissions.
<b>Kids</b>	NO head strikes or punches below the belt line, only punches using the padded part of the glove covering the knuckles of the fist allowed (No backfist/spinning backfist. NO other strikes: knees, elbows, kicks, striking a grounded opponent, extended clinch, takedowns or submissions.

COMBATIVES	ILLEGAL TECHNIQUES
<b>Adult &amp; Veteran</b>	NO elbows, spinning back fists, knee strikes to the head, oblique kicks directed at or below the knee, striking a grounded opponent. Extended clinch, takedowns, sweeps, reaps, trips, or throws allowed. Submissions ARE legal, NO ground and pound allowed.
<b>Teen A &amp; B</b>	NO elbows, spinning back fists, knee strikes to the head, oblique kicks directed at or below the knee, striking a grounded opponent. Extended clinch, takedowns, sweeps, reaps, trips, or throws allowed. Submissions ARE legal, NO ground and pound allowed.
<b>Youth</b>	NO elbows, spinning back fists, knee strikes, oblique kicks directed at or below the knee, striking a grounded opponent. Extended clinch, takedowns, sweeps, reaps, trips, or throws allowed. Submissions ARE legal, NO ground and pound allowed.
<b>Kids</b>	NO head strikes, elbows, spinning back fists, knee strikes, oblique kicks directed at or below the knee, striking a grounded opponent. Extended clinch, takedowns, sweeps, reaps, trips, or throws allowed. Submissions ARE legal, NO ground and pound allowed.
<b>Veteran Gi</b>	NO head strikes, elbows, spinning back fists, knee strikes to the head, oblique kicks directed at or below the knee, striking a grounded opponent. Extended clinch, takedowns, sweeps, reaps, trips, or throws allowed. Submissions ARE legal, NO ground and pound allowed.
<b>Adult Gi</b>	NO elbows, spinning back fists, knee strikes to the head, oblique kicks directed at or below the knee, striking a grounded opponent. Extended clinch, takedowns, sweeps, reaps, trips, or throws allowed. Submissions ARE legal, NO ground and pound allowed.

COMBAT GRAPPLING	ILLEGAL TECHNIQUES
<b>Adult &amp; Veteran Only</b>	MMA round based grappling rules wearing gloves with ground & pound allowed. NO other strikes: kicks, knees, elbows, or striking a standing opponent.
<b>Veteran Gi</b>	All <b>Gi</b> Combat Grappling matches will follow the traditional Gi BJJ illegal techniques per belt level and age group. MMA round based grappling rules wearing gloves with ground & pound allowed. NO other strikes: to the head, kicks, knees, elbows, or striking a standing opponent. NO reaping/heel hooks.
<b>Adult Gi</b>	All <b>Gi</b> Combat Grappling matches will follow the traditional Gi BJJ illegal techniques per belt level and age group. MMA round based grappling rules wearing gloves with ground & pound allowed. NO other strikes: kicks, knees, elbows, or striking a standing opponent. NO reaping/heel hooks.

COMBAT JIU-JITSU (CJJ)	ILLEGAL TECHNIQUES
<b>Adult &amp; Veteran Only</b>	Grappling rules with open hand slap/palm strikes allowed while grounded. NO other strikes: punches, kicks, knees, elbows, or striking a standing opponent.
<b>Gi</b>	All <b>Gi</b> CJJ matches will follow the traditional Gi BJJ illegal techniques per belt level and age group, with open hand slap/palm strikes allowed while grounded. NO other strikes: punches, kicks, knees, elbows, or striking a standing opponent. NO reaping or heel hooks.

GRAPPLING	ILLEGAL TECHNIQUES
<b>Adult &amp; Veteran Level 1</b>	NO leglocks/calf slicers, all other submissions are allowed in <b>Level 1</b> Grappling based rulesets.
<b>Adult &amp; Veteran Level 2</b>	NO twisting leg submissions. Straight leg submissions are legal, all other submissions are allowed in <b>Level 2</b> Grappling based rulesets.
<b>Adult &amp; Veteran Level 3*</b>	*NO heel hooks, virtually all other submissions are allowed in <b>Level 3</b> Grappling based rulesets. (*Participants can both agree to allow heel hooks)
<b>Adult &amp; Veteran Level 4</b>	All submissions are allowed in <b>Level 4</b> Grappling based rulesets.
<b>Teen</b>	NO leglocks or slicers, NO direct neck chokes (ezekiel style chokes without an arm in) except bottom guillotines/rear naked chokes. All other submissions are allowed in <b>Teen</b> Grappling based rulesets.
<b>Youth</b>	NO leglocks or slicers, NO direct neck chokes (ezekiel style chokes without an arm in) except bottom guillotines/rear naked chokes. All other submissions are allowed in <b>Youth</b> Grappling based rulesets.
<b>Kids</b>	NO leglocks or slicers, NO direct neck chokes (Ezekiel style chokes without an arm in) except bottom guillotines/rear naked chokes. All other submissions are allowed in <b>Kids</b> Grappling based rulesets.
<b>Gi</b>	All <b>Gi</b> matches will follow the traditional Gi BJJ illegal techniques per belt level and age group, no reaping or heel hooks.

KARATE	ILLEGAL TECHNIQUES
<b>Adult &amp; Veteran</b>	NO punches/slaps to the head or below the belt line, elbows, knee strikes to the head, kicks directed at or above the knee, striking a grounded opponent. Sweeps, reaps, trips and throws ARE allowed. No takedowns or submissions.
<b>Teen A &amp; B</b>	NO punches/slaps to the head or below the belt line, elbows, knee strikes to the head, kicks directed at or above the knee, striking a grounded opponent. Sweeps, reaps, trips and throws ARE allowed. No takedowns or submissions.
<b>Youth</b>	NO punches/slaps to the head or below the belt line, elbows, knee strikes, kicks directed at or above the knee, striking a grounded opponent. Sweeps, reaps, trips and throws ARE allowed. No takedowns or submissions.
<b>Kids</b>	NO punches/slaps to the head or below the belt line, elbows, knee strikes to the head, kicks directed at or above the knee, striking a grounded opponent. Sweeps, reaps, trips and throws ARE allowed. No takedowns or submissions.
<b>Gi</b>	Punches and Kicks only. NO punches below the belt line, elbows, knee strikes, oblique kicks directed at or below the knee, striking a grounded opponent. NO clinch, takedowns, sweeps, reaps, trips, throws or submissions.

KICKBOXING	ILLEGAL TECHNIQUES
<b>Adult &amp; Veteran</b>	NO punches below the belt line, elbows, back fists or spinning back fists, knee strikes to the head, oblique kicks directed at or above the knee, striking a grounded opponent. NO extended clinch, takedowns, sweeps, reaps, trips, throws or submissions.
<b>Teen A &amp; B</b>	NO punches below the belt line, elbows, back fists or spinning back fists, knee strikes to the head, oblique kicks directed at or above the knee, striking a grounded opponent. NO extended clinch, takedowns, sweeps, reaps, trips, throws or submissions.
<b>Youth</b>	NO punches below the belt line, elbows, back fists or spinning back fists, knee strikes, oblique kicks directed at or above the knee, striking a grounded opponent. NO extended clinch, takedowns, sweeps, reaps, trips, throws or submissions.
<b>Kids</b>	NO head strikes or punches below the belt line, elbows, back fists or spinning back fists, knee strikes, oblique kicks directed at or above the knee, striking a grounded opponent. NO extended clinch, takedowns, sweeps, reaps, trips, throws or submissions.



MUAY THAI	ILLEGAL TECHNIQUES
<b>Adult &amp; Veteran</b>	NO punches below the belt line, elbows, back fists or spinning back fists, knee strikes to the head, oblique kicks directed at or below the knee, striking a grounded opponent. NO takedowns or submissions.
<b>Teen A &amp; B</b>	NO punches below the belt line, elbows, back fists or spinning back fists, knee strikes to the head, oblique kicks directed at or below the knee, striking a grounded opponent. NO takedowns or submissions.
<b>Youth</b>	NO punches below the belt line, elbows, back fists or spinning back fists, knee strikes, oblique kicks directed at or below the knee, striking a grounded opponent. NO takedowns or submissions.
<b>Kids</b>	NO head strikes or punches below the belt line, elbows, back fists or spinning back fists, knee strikes, oblique kicks directed at or below the knee, striking a grounded opponent. NO takedowns or submissions.

RUMBLE	ILLEGAL TECHNIQUES
<b>Adult &amp; Veteran</b>	NO punches below the belt line or spinning backfist. NO other strikes allowed: knees, elbows, kicks, striking a grounded opponent, or submissions. Extended clinch, sweeps, reaps, trips, throws, lifting to takedown ARE allowed. Once an opponent is grounded there will be a standing reset.
<b>Teen A &amp; B</b>	NO punches below the belt line or spinning backfist. NO other strikes allowed: knees, elbows, kicks, striking a grounded opponent, or submissions. Extended clinch, sweeps, reaps, trips, throws, lifting to takedown ARE allowed. Once an opponent is grounded there will be a standing reset.

TAEKWONDO	ILLEGAL TECHNIQUES
<b>Adult &amp; Veteran</b>	Punches and Kicks only. NO punches to the head or kicks below the belt line, elbows, knee strikes, oblique kicks directed at or below the knee, blocking or checking strikes, striking a grounded opponent. NO clinch, takedowns, sweeps, reaps, trips, throws or submissions.
<b>Teen A &amp; B</b>	Punches and Kicks only. NO punches to the head or kicks below the belt line, elbows, knee strikes, oblique kicks directed at or below the knee, blocking or checking strikes, striking a grounded opponent. NO clinch, takedowns, sweeps, reaps, trips, throws or submissions.
<b>Youth</b>	Punches and Kicks only. NO punches to the head or kicks below the belt line, elbows, knee strikes, oblique kicks directed at or below the knee, blocking or checking strikes, striking a grounded opponent. NO clinch, takedowns, sweeps, reaps, trips, throws or submissions.
<b>Kids</b>	Punches and Kicks only. NO head strikes, kicks below the belt line, elbows, knee strikes, oblique kicks directed at or below the knee, blocking or checking strikes, striking a grounded opponent. NO clinch, takedowns, sweeps, reaps, trips, throws or submissions.
<b>Gi</b>	Punches and Kicks only. NO punches to the head or kicks below the belt line, elbows, knee strikes, oblique kicks directed at or below the knee, blocking or checking strikes, striking a grounded opponent. NO clinch, takedowns, sweeps, reaps, trips, throws or submissions.

UNIVERSAL FOULS	ILLEGAL TECHNIQUES
ALL AGES	APPLICABLE TO ALL RULESETS
	•Grabbing the fence or ropes using any extremity (Fingers/Toes)
	•Holding opponent's shorts or gloves
	•Head-butting
	•Biting or spitting at an opponent
	•Hair pulling
	*Fish-hooking
	•Intentionally placing a finger into any orifice, or into any cut or laceration of an opponent
	•Eye gouging of any kind
	•Groin attacks
	• <u>Small joint manipulation</u>
	•Strikes to the spine, back of the head, or anything behind the ears
	•Throat strikes of any kind, including, without limitation, grabbing the trachea
	•Fingers outstretched towards opponent's face/eyes
	•Clawing, pinching, twisting the flesh
	•Kicking and knee-striking the head of a grounded opponent
	•Stomping an opponent on the ground
	•Swearing or offensive language in the cage
	•Any unsportsmanlike conduct that causes an injury to opponent
	•Attacking an opponent during a break
	•Attacking an opponent who is under the care of the referee
	•Timidity (excessively avoiding contact, consistent dropping of mouthpiece, or faking an injury)
	•Throwing opponent out of the ring/fighting area
	•Interference from a competitor's cornerman
	•Flagrant disregard of the referee's instructions
	•Spiking an opponent to the canvas on his or her head or neck
	•Attacking an opponent after the bell has sounded the end of the period of unarmed combat
	•Applying a technique outside of the classified ruleset for the specific bout

*When a foul is charged, the Referee in their discretion may issue a hard warning or a penalty of 1 point. If a competitor commits the same foul after receiving a penalty, that penalized fighter may lose additional points or may be disqualified.
*If a competitor commits multiple fouls of different infractions, the Referee may choose to take points for each foul committed or disqualify the competitor if lack of technique and control of the bout may occur.
*If a foul incapacitates a fighter, then the match may end in a disqualification if the foul was intentional. If unintentional, the Referee may choose a winner based on points within the rounds.
*2 or more rounds need to be complete to go to the scorecards. 3 or more rounds in the case of an opted 5 round Co-Main/Main Event bout. One or Both competitors can be disqualified for not obeying the Referee commands.
The Referee may start or stop a contest for any reason at any time and deem any match a No Contest or Draw.

## **EQUIPMENT**

CHQ BOXING	MOUTH GUARD	GROIN PROTECTOR (M)	HEADGEAR	GLOVES	SHIN GUARDS
<b>Veteran</b>	Yes	Optional	Yes	10 - 16 oz	N/A
<b>Adult</b>	Yes	Optional	Optional	10 - 16 oz	N/A
<b>Teen A &amp; B</b>	Yes	Optional	Yes	10 - 16 oz	N/A
<b>Youth</b>	Yes	Optional	Yes	10 oz or Kid size	N/A
<b>Kids</b>	Optional	Optional	Optional	10 oz or Kid size	N/A

COMBATIVES	MOUTH GUARD	GROIN PROTECTOR (M)	HEADGEAR	GLOVES	SHIN GUARDS
<b>Adult &amp; Veteran</b>	Yes	Yes	N/A	6 oz	Yes
<b>Teen A &amp; B</b>	Yes	Yes	N/A	6 oz	Yes
<b>Youth</b>	Yes	Yes	N/A	6 oz or Kid size	Yes
<b>Kids</b>	Optional	Yes	N/A	6 oz or Kid size	Yes
<b>Gi</b>	Yes	Yes	N/A	6 oz	Yes

COMBAT GRAPPLING	MOUTH GUARD	GROIN PROTECTOR (M)	HEADGEAR	GLOVES	SHIN GUARDS
<b>Adult &amp; Veteran Only</b>	Yes	Optional	N/A	6 oz	N/A
<b>Veteran Gi</b>	Optional	Optional	N/A	6 oz	N/A
<b>Adult Gi</b>	Yes	Optional	N/A	6 oz	N/A

COMBAT JIUJITSU (CJJ)	MOUTH GUARD	GROIN PROTECTOR (M)	HEADGEAR	GLOVES	SHIN GUARDS
<b>Adult &amp; Veteran Only</b>	Yes	Optional	N/A	N/A	N/A
<b>Gi</b>	Yes	Optional	N/A	N/A	N/A

GRAPPLING	MOUTH GUARD	GROIN PROTECTOR (M)	HEADGEAR	GLOVES	SHIN GUARDS
<b>Adult &amp; Veteran Level 1</b>	Optional	Optional	N/A	N/A	N/A
<b>Adult &amp; Veteran Level 2</b>	Optional	Optional	N/A	N/A	N/A
<b>Adult &amp; Veteran Level 3*</b>	Optional	Optional	N/A	N/A	N/A
<b>Adult &amp; Veteran Level 4</b>	Optional	Optional	N/A	N/A	N/A
<b>Teen</b>	Optional	Optional	N/A	N/A	N/A
<b>Youth</b>	Optional	Optional	N/A	N/A	N/A
<b>Kids</b>	Optional	Optional	N/A	N/A	N/A
<b>Gi</b>	Optional	Optional	N/A	N/A	N/A

KARATE	MOUTH GUARD	GROIN PROTECTOR (M)	HEADGEAR	GLOVES	SHIN GUARDS
<b>Adult &amp; Veteran</b>	Yes	Yes	Optional	6 oz	Yes
<b>Teen A &amp; B</b>	Yes	Yes	Yes	6 oz	Yes
<b>Youth</b>	Yes	Yes	Yes	6 oz	Yes
<b>Kids</b>	Yes	Yes	Optional	6 oz	Yes
<b>Gi</b>	Yes	Yes	Yes	6 oz	No

KICKBOXING	MOUTH GUARD	GROIN PROTECTOR (M)	HEADGEAR	GLOVES	SHIN GUARDS
<b>Veteran</b>	Yes	Yes	Yes	10 - 16 oz	Yes
<b>Adult</b>	Yes	Yes	Optional	10 - 16 oz	Yes
<b>Teen A &amp; B</b>	Yes	Yes	Yes	10 - 16 oz	Yes
<b>Youth</b>	Yes	Yes	Yes	10 oz or Kid size	Yes
<b>Kids</b>	Optional	Yes	Optional	10 oz or Kid size	Yes

MUAY THAI	MOUTH GUARD	GROIN PROTECTOR (M)	HEADGEAR	GLOVES	SHIN GUARDS	ELBOW PADS
<b>Veteran</b>	Yes	Yes	Yes	10 -16 oz	Yes	Optional
<b>Adult</b>	Yes	Yes	Optional	10 - 16 oz	Yes	Optional
<b>Teen A &amp; B</b>	Yes	Yes	Yes	10 - 16 oz	Yes	N/A
<b>Youth</b>	Yes	Yes	Yes	10 oz or Kid size	Yes	N/A
<b>Kids</b>	Optional	Yes	Optional	10 oz or Kid size	Yes	N/A

RUMBLE	MOUTH GUARD	GROIN PROTECTOR (M)	HEADGEAR	GLOVES	SHIN GUARDS
<b>Veteran</b>	Yes	Optional	Yes	10 - 16 oz	N/A
<b>Adult</b>	Yes	Optional	Optional	10 - 16 oz	N/A
<b>Teen A &amp; B</b>	Yes	Optional	Yes	10 - 16 oz	N/A

TAEKWONDO	MOUTH GUARD	GROIN PROTECTOR (M)	HEADGEAR	GLOVES	SHIN GUARDS
<b>Adult &amp; Veteran</b>	Yes	Yes	Optional	6 oz	Yes
<b>Teen A &amp; B</b>	Yes	Yes	Yes	6 oz	Yes
<b>Youth</b>	Yes	Yes	Yes	6 oz or Kid size	Yes
<b>Kids</b>	Optional	Yes	Optional	6 oz or Kid size	Yes
<b>Gi</b>	Yes	Yes	Yes	6 oz	No

## TOURNAMENT BRACKETS

3 PERSON				
SEMI FINALS		FINALS		WINNER
Fighter A				
Fighter B				
		Winner AB/C		WINNER
Fighter C				

4 PERSON				
SEMI FINALS		FINALS		WINNER
Fighter A		Winner A/B		
Fighter B				
				WINNER
Fighter C		Winner C/D		
Fighter D				

6 PERSON						
QUARTER FINALS		SEMI FINALS		FINALS		WINNER
Fighter A		Winner A/B		Winner A/B		
Fighter B						
Fighter C		Winner C/D		C/D BYE		WINNER
Fighter D						
Fighter E		Winner E/F		Winner E/F		
Fighter F						



8 PERSON												
QUARTER FINALS		SEMI FINALS		FINALS	SIDE 1	WINNER	SIDE 2	FINALS		SEMI FINALS		QUARTER FINALS
Fighter A		Winner A/B								Winner A/B		Fighter A
Fighter B				Winner AB/CD				Winner AB/CD				Fighter B
Fighter C		Winner C/D								Winner C/D		Fighter C
Fighter D						WINNER						Fighter D
Fighter E		Winner E/F								Winner E/F		Fighter E
Fighter F				Winner EF/GH				Winner EF/GH				Fighter F
Fighter G		Winner G/H								Winner G/H		Fighter G
Fighter H												Fighter H

## **CHQ FOLLOWS THE UNIFIED RULES OF AMATEUR MMA**

<https://www.abcboxing.com/ABC%20Amateur%20MMA%20Unified%20Rules>.

### **EVENT COVERAGE**

All our CHQ or sponsored events utilize photo, video, and in some cases live streaming. We exercise the right to use your image and likeness before, during, and after any of our events for any promotional purposes should you choose to participate.

### **CONTACT**

We strive to be able to host ALL styles of Martial Arts in order to deliver a consistent source of Combat Sports for participants, coaches, and fans alike. We look forward to hearing from you for any questions, inquiries, and feedback. If you or someone you know is interested in being in one of our events please contact us:

#### **COMBAT HEADQUARTERS (CHQ)**

[info@chqmma.com](mailto:info@chqmma.com)

[www.chqmma.com](http://www.chqmma.com)

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