ACC Pro Fight Rules

Competition, safety, and officiating rules

Pro Fight supplements the ACC General Rules, which apply in full. The General Rules remain the foundation for fighter conduct, weapons and armour, prohibited target areas and actions, safety, and sanctions. This document sets out the Pro Fight rules for bout formats, techniques, points, ground fighting, and bout results.

In these rules, “List Marshal” and “List Referee” refer to the same official, called the “maréchal de lice” in French. Points Referees judge the fighters’ actions; the Head Points Referee consolidates their scores and reports results to the List Marshal and ACC officials.

1. Eligibility

The common eligibility requirements in the ACC General Rules apply. To compete in Pro Fight, each fighter must also:

- be at least 18 years old and registered for the event with the ACC;
- provide a medical certificate, issued within the past year, confirming fitness for strenuous physical activity;
- attend equipment inspection with their complete kit and use only approved equipment;
- not compete under the influence of alcohol, narcotics, or medication incompatible with sports activity.

A fighter who cannot participate safely will be withdrawn from the competition. Fighters, coaches, and their entourages must behave professionally and respectfully toward opponents, officials, Points Referees, and event staff.

2. Bout formats and weight classes

Format	Rounds	Length	Rest
Regular ACC Pro Fight bout	3	2 minutes each	1 minute between rounds
ACC Pro Fight championship bout	5	2 minutes each	1 minute between rounds

Weigh-ins take place on fight day during the weapons check. For regular and championship bouts, both fighters must make weight and belong to the same weight class. With the agreement of the ACC representatives, both fighters, and both coaches, a fighter may move up to a higher weight class but may not move down to a lower one.

Regular and championship bouts count toward the rankings. A bout is treated as an exhibition only if the ACC representatives, both fighters, and both coaches all agree. A weigh-in is not required for an exhibition if all concerned parties are informed and agree.

Published weight classes

Weight class	Published limit
Strawweight	under 115 lb / 52.2 kg
Flyweight	116–125 lb / 52.5–56.8 kg
Bantamweight	126–135 lb / 57.2–61.3 kg
Featherweight	136–145 lb / 61.8–65.9 kg
Lightweight	146–155 lb / 66.36–70.45 kg
Welterweight	156–165 lb / 70.9–75 kg
Super Welterweight	166–175 lb / 75.45–79.5 kg
Middleweight	176–185 lb / 80–84.01 kg
Light Heavyweight	186–205 lb / 84.5–93.2 kg
Cruiserweight	206–225 lb / 93.6–102.3 kg
Heavyweight	226–265 lb / 102.7–120.5 kg
Super Heavyweight	266–300 lb / 120.9–136.4 kg

Weight class	Published limit
Titanweight	over 301 lb / over 136.8 kg

3. Weapons, armour, and equipment

The ACC General Rules set the historical requirements, weapon and armour limits, safety standards, and inspection and approval procedures. In Pro Fight, fighters may choose from the weapon categories allowed by the General Rules, including one- or two-handed swords, longswords, axes, maces, polearms, shields, and bucklers. Opponents do not have to use the same weapon category.

Thrusting and throwing weapons, and any equipment prohibited by the General Rules, are not allowed. Weapons, armour, and protective equipment must be inspected and approved before use. The List Marshal or ACC staff may refuse equipment judged unsafe or impose additional restrictions.

Striking shields are permitted when historically consistent with the fighter's kit and approved for use. Both the flat and the edge of an approved shield may be used to strike; a valid, effective strike with either surface may score one point.

Fighters may not grip an axe immediately below its head to strike like a brass knuckle, or strike with its hammer side. The weapon and armour limits in the General Rules apply.

4. Fighting area and ring-out

The fighting area must provide at least 36 m² of usable space, with minimum reference dimensions of 6 m × 6 m. It may be open or enclosed by a list, ring, or cage; its boundaries must be clear and unmistakable in every setup. A safety zone must surround the fighting area and is reserved for authorised ACC staff.

In an open area without a list, ring, or cage, a ring-out occurs when both feet of one fighter are simultaneously outside the boundary. If the opponent remains inside, that opponent receives one (1) point. If both fighters go out at the same time, no ring-out point is awarded. This rule does not apply inside a list, ring, or cage.

5. Permitted and prohibited techniques

Permitted actions

- effective strikes outside prohibited target areas using surfaces allowed by the General Rules, including the edge of an approved weapon, fist, elbow, pommel, head, knee, foot, or leg, subject to ground-fighting restrictions;
- strikes with the flat or edge of an approved shield;
- strikes with the haft of an axe or polearm, provided they are not thrusts or thrusting pushes with the point;
- wrestling, throws, clinch work, grabbing an opponent's weapon haft, and strikes during ground fighting, within the limits of these rules and the General Rules.

Pro Fight specific prohibitions

- any thrust or strike with a weapon point, including a thrust with the rear end of an axe or polearm haft;
- throws intended to make an opponent land on their head, any throw that results in a head landing, and jumping onto a grounded fighter or creating an equivalent standing-to-ground impact;
- vertical axe kicks against a grounded fighter; soccer-style kicks to the head, upkicks from the ground, and leg strikes prohibited by the General Rules;
- striking with the hammer side of an axe, grabbing an opponent's blade with bare hands, deliberately trapping their blade under the armpit ("chicken wing"), or grabbing their armour to damage it or cause a failure;
- taking a mounted position at or above the shoulder line of a grounded opponent;
- striking the edge of a helmet in a way that could lift it, or adopting a stance or guard that points the weapon tip toward the opponent;
- deliberately presenting a prohibited or non-target area to block a strike, provoke a foul, or exploit protective equipment.

All prohibited target areas and actions, safety rules, and sanctions in the ACC General Rules remain in force. The List Marshal will assess any action not explicitly described here and may stop or sanction it if it creates a safety risk or compromises the bout.

6. Clinch, takedowns, and ground fighting

Clinch

Clinch work and wrestling are permitted. If both fighters remain inactive for five (5) seconds, with no strikes or positional grappling, the List Marshal separates them, returns them to the centre of the fighting area, and commands them to resume.

Takedowns

A takedown is scored when its initiator is clearly identifiable and remains standing during the action. It awards one (1) point. If both fighters fall together, no takedown point is awarded, but ground fighting may continue under the rules below.

Ground fighting

A fighter is considered grounded when three points of support touch the ground at the same time, or when their back or stomach is fully in contact with the ground. Points of support are body parts touching the ground; a shield or weapon haft does not count as a support point. A knee placed on an opponent’s stomach is not a point of support on the ground.

Ground fighting is allowed for a maximum of twenty (20) seconds. It ends as soon as any of the following occurs: a fighter scores seven (7) points during the ground phase; twenty seconds elapse; both fighters are inactive for five (5) seconds; or the List Marshal stops the action because of a KO, TKO, injury, or safety risk. The List Marshal then separates and stands the fighters and commands them to resume if the round has not ended.

Ground strikes remain permitted when they comply with the General Rules. To score, a fighter must be in a dominant position and land a valid, effective strike. A dominant position means the fighter has no more than two points of support on the ground. Each valid strike from this position scores one (1) point. A strike delivered from a non-dominant position does not score. The General Rules’ restrictions on striking grounded fighters continue to apply.

7. Scoring, rounds, and bout result

Valid action	Points awarded
Valid, effective weapon or body strike	1 point
Valid strike from a dominant ground position	1 point per strike
Clearly identifiable takedown, initiator remains standing	1 point
Valid ring-out in an open area	1 point to the opponent
Disarm	3 points to the opponent

Points Referees tally the valid strikes they observe and score each round. A takedown, ground strike, or ring-out scores only when its specific conditions are met. The Head Points Referee consolidates the scores and reports the results to the List Marshal and ACC officials.

The fighter who wins the most rounds wins the bout. If both fighters win the same number of rounds, they fight an additional one hundred and twenty (120)-second round, called a “Rappel,” after one minute of rest. If the result is still tied, further Rappel rounds of the same length are held after one minute of rest until a winner is determined.

8. Disarms, stoppages, and enforcement

Disarms and equipment failure

A weapon dropped, whether deliberately or unintentionally, or broken during the bout counts as a disarm and awards three (3) points to the opponent. The List Marshal clearly stops the bout, notifies the Points Referees, allows the fighter to retrieve the weapon, re-centres both fighters, and commands them to resume when ready. Neither fighter may restart before that command.

A broken or damaged weapon must be repaired or replaced within sixty (60) seconds and may not be used again until inspected and approved. If the failure cannot be corrected in time, the List Marshal may end the bout. A broken shield is equipment failure, not a disarm: the fighter receives the full sixty seconds to repair or replace it, with inspection before the bout resumes.

Stoppage and sanctions

The List Marshal may interrupt or stop the bout if a fighter is injured, cannot continue, can no longer defend themselves intelligently, concedes, or if a rule violation, equipment failure, or safety risk requires it. Fighters must obey the List Marshal’s orders immediately and may not start or resume before the signal. Refusal to obey, an illegal action, or disruptive conduct may result in a sanction under the General Rules.

Review and appeal

A fighter or their corner may request a review at the scoring table and notify the organisers within ten (10) minutes after the bout. Officials will review available video and issue a decision as soon as possible. A previously appointed assistant official may help with the review. If the disagreement remains, an appeal may be submitted to the event organisers within forty-eight (48) hours after the tournament. A review or appeal does not interrupt or change safety commands during a bout.