

Intermediate Rules Test

Name _____ **Class #** _____ **Date** _____

1. What type of safety gear is required in a “Intermediate Rules” match?

2. What is worn to distinguish both fighters?

3. What are five (5) illegal techniques?
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____

4. Are heel hooks allowed in an “Intermediate Rules” match?

5. Other than Vaseline, what other substance is a fighter allowed to use on their skin?

6. When is it legal to head kick your opponent?

7. Where are closed fist punches legal?

8. When can you knee your opponent, and where?

9. How long is an “Intermediate Rules” match?

10. What are the seven methods of victory?

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____

11. How is an "Intermediate Rules" match scored?

12. What are the two reasons a fighter can be disqualified?

13. What is the minimum amount of judges required to score an "Intermediate Rules" match?

14. When is an opponent considered "Downed"?

Define Each

15. Stalemate

16. Knockout

17. Tap Out

18. Verbal submission

19. Choke Out

20. Referee Stoppage

21. Judges Decision

22. Standing Superiority

23. Takedown Superiority

24. Ground Superiority

25. Total Superiority

26. Unanimous Decision

27. Split Decision

Situational Questions

28. Fighter 1 is dominating with strikes on the feet. Then Fighter 2 does a double leg takedown and ends up in Fighter 1's guard. The last 5 minutes is spent with Fighter 1 sweeping Fighter 2 into the mount, and then continuing to attempt multiple submissions and dominating in position. What would the score be at the end of the fight, and why?
29. Fighter 1 is dominating with strikes on the feet and then does a single leg takedown into the mount, 2 minutes into the fight. For the next 3 minutes he continues to strike and dominate Fighter 2 in position. At 5 minutes, Fighter 2 arm trap and rolls Fighter 1 and stands up. Fighter 2 then begins to dominate with strikes on the feet. Fighter 1 attempts a few takedowns but was unsuccessful. At 9 minutes, Fighter 2 executes a hook/slap that sends Fighter 1 to the ground. Fighter 2 follows and ends up in top side control where he dominates with strikes and position. What would the score be at the end of the fight, and why?
30. Fighter 1 is dominating with strikes on the feet to the point that Fighter 2 cannot intelligently defend himself. What would you do at this point as a referee?
31. Judge 1 has the score 3-2 for Fighter 1. Judge 2 has the score 3-2 for Fighter 2. Judge 3 has the score 3-2 for Fighter 1. Who wins the fight and by what means did he win it?
32. Fighter 1 has taken Fighter 2 to the ground and has assumed a mount position where he commences to effectively strike Fighter 2. Fighter 2 is taking multiple open hand strikes to the face, but is defending himself. At what point would you consider stopping the fight?
33. Both fighters have become clinched. All they continue to do is throw a few body punches and a few leg kicks. What are your options as a referee to get the fighters to change the pace?

34. Both fighters have become clinched. Fighter 1 throws a knee aimed at Fighter 2's leg but hits him in his groin. What actions would you take as a referee?
35. Both fighters are standing and striking. Fighter 1 throws a slap and hits Fighter 2's eye. What actions would you take as a referee?
36. Both fighters are standing and striking. Fighter 1 has punched Fighter 2 in the face and kneed him in his stomach. After being warned for both infractions, he again punches Fighter 2 in the face. What actions would you take as a referee?
37. Both fighters are standing and striking. Fighter 1 shoots in and does a double leg and lift. He walks Fighter 2 across the ring and slams him on his back. What actions would you take as a referee?