

Battle Cage Xtreme

Cage Rules & Regulations

These rules & regulations are designed to make the BCXYWL safe and fair for all participants. All rules are subject to change by the BCX administration.

All current folkstyle rules apply with some restrictions concerning the cage.

1. At no time is a wrestler allowed to slam an opponent into the cage. Same as a regular non-cage match. Referee calls a disqualification against the wrestler.
2. Scoring off of the cage is not permitted; push offs, jump offs, climbing & holding on to cage fencing, etc. Referee cautions wrestler first, then points will be awarded to opponent. Caution / 1pt. / 1pt. / 2pts. / Disqualification.
3. Both wrestlers must demonstrate constant hustle back to the center cage starting position when referee whistles to stop action. Wrestlers will be penalized with standard stalling points awarded to their opponent by the referee. Purpose of this rule is to keep action moving with a running clock.
4. Clock stops for all medical reasons by referee signal.
5. Points will not be awarded for tilting an opponent using the cage as leverage and or other move applied using the fence or cage. The BCX emphasizes wrestlers to use the center of the mat to score points. This is a great way to teach your wrestler's to utilize the center of the mat. In addition, this keeps the action moving.
6. Mouth guards are strongly recommended by the BCX. The BCX has the right to make mouth guards mandatory at any time during a match, bout or season. Wrestler's wearing braces must wear mouth guards at all times!
7. Full wrestling attire is mandatory: Head gear, hair bonnets, singlet, wrestling shoes, form fitting clothing such as tight sport tops and shorts are permitted upon approval by BCX administrators. NO BARE FEET & SHIRTS ON!
8. Spotters: A spotter will be optional and or may be mandatory during the matches in the BCX league. A spotter is another adult other than the referee who is placed inside the cage to help spot potential dangerous situations that the referee might not be able to prevent. Spotters will be approved only by the BCX administrators.
9. Coaches being allowed in the cage during NOVICE matches must be approved by BCX administrators and may be used as spotters.
10. No swearing, stealing or fighting between coaches, parents, wrestlers! No throwing of head gear or anything against the cage or out of the cage! You will be asked to leave by us or the police!