



BKB (Bare Knuckle Boxing Rules

Legal and regulatory context

Bare-knuckle shows operate in a legal grey area and are not governed by the British Boxing Board of Control; they must satisfy local council licensing and safety requirements (Licensing Act 2003, medical cover, etc.).

Well-run promotions adopt written rules and medical protocols (doctor at ringside, pre-fight checks) to get local approval and reduce liability.

Core fight rules (modern UK BKB style)

Strikes allowed: Only closed-fist punches to legal target areas (front and sides of head and body); no elbows, kicks, knees, grappling, or throws.

Illegal moves: Headbutts, eye gouging, biting, hitting the back of the head, strikes to the groin, wrestling, or kicking a downed opponent are fouls and can cause warnings, point deductions, or DQ.

Knockdowns: A downed fighter gets a referee count (20 Seconds) multiple knockdowns or inability to defend intelligently usually end the fight by TKO/KO.

Hand wraps and equipment

Fighters are “bare-knuckle”: no gloves; hands may be wrapped but gauze/tape cannot cover or cross onto the knuckles (typically must stop about 1 inch before the knuckles).

Standard gear: mouthguard, groin guard (and chest protection for women if required), shorts; no headgear in pro BKB.

Ring, rounds and scoring

Bouts are in a ring or pit approved by the local authority and promotion; the area is inspected for safety before events.

Rounds are usually 2–3 minutes with a small number of rounds (often 3–7) depending on whether it's a regular or title fight; 1-minute rest between rounds.

Scoring generally uses a 10-point must system similar to boxing (effective punching, knockdowns, defence, aggression), unless a promotion uses finish-only rules.

Safety and matchmaking

Promotions insist on medicals, blood work, and on-site doctors/cutmen; serious cuts can stop a fight on medical grounds.

UK BKB outfits typically keep opponents within roughly a stone (about 6.35 kg) of each other in weight to limit mismatches.