

World Kickboxing Association
World Karate Association



Official Rulebook
Amateur Combat Sports
2019

TABLE OF CONTENTS

SECTION I: ADMINISTRATIVE REGULATIONS AND PROCEDURES

- RULE 1: WKA**
- RULE 2: ADHERING TO NATIONAL AND STATE BYLAWS/REGULATIONS**
- RULE 3: AMATEUR STATUS**
- RULE 4: DOPING**
- RULE 5: REGISTRATION AND LICENSING**
- RULE 6: ENTRIES INTO THE WKA SPORT BOOK**
- RULE 7: BANNING PERIODS AFTER A HEAD KNOCKOUT**
- RULE 8: IDENTIFICATION OF THE COMPETITORS**
- RULE 9: EXCEPTIONS FROM NATIONALITY REQUIREMENTS**
- RULE 10: AGE CATEGORIES**
- RULE 11: WEIGH-IN**
- RULE 12: MEDICAL EXAMINATION**
- RULE 13: FIGHTING AREAS**
- RULE 14: REFEREES**

SECTION II: BOXING, KICKBOXING, LOW KICK, ORIGINAL WKA KICKBOXING RULES (K-1), GLORY RULES, THAIBOXING, AND FULL RULES MUAY THAI

- RULE 1: WEIGHT CLASSES**
- RULE 2: WORLD LEVEL COMPETITIONS**
- RULE 3: THE ATTENDANCE OF A MEDICAL STAFF**
- RULE 4: ROUND NUMBER AND LENGTH**
- RULE 5: ATTIRE**
- RULE 6: RULES OF CONDUCT INSIDE AND OUTSIDE THE RING**
- RULE 7: THE COMPETITOR**
- RULE 8: THE COMPETITOR'S EQUIPMENT**
- RULE 9: SECONDS**
- RULE 10: CLASSIFICATION OF COMPETITORS**
- RULE 11: AMATEUR DIVISION SCORING RULES**
- RULE 12: LEGAL TECHNIQUES**
- RULE 13: ILLEGAL TECHNIQUES**
- RULE 14: SPECIAL PROVISIONS FOR YOUTH**
- RULE 15: WARNINGS AND MINUS POINTS**
- RULE 16: PROTESTS AND ALTERATION OF DECISIONS**

SECTION III: MIXED MARTIAL ARTS (MMA)

- RULE 1: WEIGHT CLASSES**
- RULE 2: WORLD LEVEL COMPETITIONS**
- RULE 3: THE ATTENDANCE OF MEDICAL STAFF**
- RULE 4: FIGHTING AREA**
- RULE 5: ROUND NUMBER AND LENGTH**
- RULE 6: ATTIRE**
- RULE 7: RULES OF CONDUCT INSIDE AND OUTSIDE THE RING**
- RULE 8: THE COMPETITOR**
- RULE 9: THE COMPETITOR'S EQUIPMENT**
- RULE 10: SECONDS**
- RULE 11 CLASSIFICATION OF COMPETITORS**
- RULE 12: AMATEUR DIVISION SCORING RULES**

- RULE 13: LEGAL TECHNIQUES**
- RULE 14: ILLEGAL TECHNIQUES**
- RULE 15: SPECIAL PROVISIONS FOR YOUTH**
- RULE 16: WARNINGS AND MINUS POINTS**
- RULE 17: PROTESTS AND ALTERATION OF DECISIONS**

SECTION IV: SUBMISSION GRAPPLING

- RULE 1: TOURNAMENT ADMISSION**
- RULE 2: FIGHTING AREA**
- RULE 3: WEIGH-IN**
- RULE 4: REFEREES, TIMEKEEPERS, AND SCOREKEEPERS**
- RULE 5: AGE CLASSES**
- RULE 6: ADDITIONAL REGULATIONS OF CLASS AND DIVISION**
- RULE 7: WEIGHT CLASSES**
- RULE 8: APPAREL FOR GI (BJJ) AND NO GI DIVISIONS**
- RULE 9: EXPERIENCE LEVELS AND BELT LEVELS**
- RULE 10: RULES FOR GI AND NO GI DIVISIONS**
- RULE 11: ADDITIONAL RULES FOR NO GI DIVISIONS**
- RULE 12: ADDITIONAL RULES FOR GI DIVISIONS**
- RULE 13: SCORING**
- RULE 14: MATCH LENGTHS**

SECTION I: ADMINISTRATIVE REGULATIONS AND PROCEDURES

01 This rulebook replaces all previously issued rules. It reflects the official WKA Competition Rules of the World Kickboxing and Karate Association.

02 These current rules are valid for members from all states, although consideration can be given to local law, in case the law requires such adjustments.

RULE 1 WKA

01 WKA (originally World Karate Association) stands for the World Kickboxing and Karate Association with its seat in New Zealand, which also does business as the World Kickboxing Association. The affiliated National Federations are members of WKA.

02 WKA WORLD HEADQUARTERS (WKA HQ) has its seat in New Zealand at 9c Wainui, Silverdale, Auckland, New Zealand.

03 WKA Executive Board is defined as WKA World Presidents, all Senior Vice Presidents and Vice Presidents.

RULE 2 ADHERING TO NATIONAL AND STATE BYLAWS/REGULATIONS

01 WKA Amateur must be adhered to unless they are in conflict with local, state or national regulations. Where in conflict the local, state or national regulations must take precedence over this ruleset.

02 National WKA organisation bylaws must be approved by the WKA executive.

RULE 3 AMATEUR STATUS

01 The term "Amateur" is used to refer to the Boxing, Kickboxing, Low Kick, Original WKA Kickboxing rules (K-1), GLORY RULES, Thaiboxing, Full Rules Muay Thai, MMA (Mixed Martial Arts), and Submission Grappling style competitors. However, in this rulebook it is used to describe all non-professional competitors.

02 Amateurs are all competitors who do not meet one or more of the following conditions:

(1) Competitor is under a professional contract.

(2) Competitor has participated in a match of more than 5 rounds.

(3) Competitor is listed on a Pro-Rank list of one of the following, or similar organizations:

- a) ISKA**
- b) IKF**
- c) WAKO PRO**
- d) WKA**
- e) WKF**
- f) WTKA**

- g) WMC**
- h) WPKA**
- i) WBO**
- j) WBC**
- k) IBF**

(3a) The above list is not a complete list. It is only a sample. Hence, other organizations which are similar in nature are also to be considered.

(3b) If a competitor thinks he or she might be listed on a Pro-Rank list when he or she should not be, then the competitor must report it to his or her national federation and apply for an amateur status confirmation. It is also the competitor's responsibility to contact the organization that lists him or her. The Association will decide upon the application to remain classified as an amateur. Amateur status will be granted while the application is pending.

(4) Non-Amateurs cannot participate in Amateur events, especially the Amateur World Championships. If the Association should discover a Non-Amateur competitor's participation in such events, one or more of the following consequences might be considered:

(4a) Disqualification of the Non-Amateur

(4b) Participation ban and time to be determined by the Association

(4c) Fine of \$500 USD

(4d) Revocation of the won title, while a revocation of the world title requires the WKA Executive Board approval.

RULE 4 DOPING

01 It is prohibited to use any substance to boost one's performance if such substance is banned by one of the appropriate organizations as a doping substance (IOC, Anti-Doping Agency, National Olympic Committee etc.).

02 WKA supervisor, tournament promoters, and the official Medic can and may perform tests. Other qualified and authorized organizations or persons may also perform such tests where local law dictates.

03 Competitors who intentionally avoid or evade such controls, or try to obstruct or manipulate the testers in any way, can be disqualified and banned for a period of time, to be determined by the Association.

04 Privacy, especially for children and female competitors, must be respected. Doping tests must be made by a qualified person of the same sex. Whenever this is not available, WKA supervisor of the same sex shall supervise the collection of the test samples.

RULE 5 REGISTRATION AND LICENSING

01 Competitors who wish to be registered and licensed by the Association should fulfill the following conditions:

- (1) Complete WKA Registration/Licensing form.**
- (2) Complete Association Liability Waiver.**
- (3) Show proof of identity (i.e., valid driver's license, state identification, or passport).**
- (4) All competitors must be licensed by their national WKA association or representative.**
- (5) In order to be licensed, all competitors must present a medical examination (on approved Association form) no older than 12 months from the date of the bout, undersigned by a doctor. Competitors in Full Contact divisions must also furnish negative HIV, Hepatitis B Surface Antigen, and Hepatitis C Antibody blood test results no older than 6 months from the date of the bout. Additional medical testing may be required according to state or local jurisdiction. Competitors are also required to pass a pre-fight physical prior to each event conducted by an approved and licensed doctor (other exams may also be required, particularly for those competitors over the age of 35, at Association's discretion).**
- (6) Have no medical or any other reasons preventing them from participating in the event. In addition, a competitor must have no current medical suspension issued by any state athletic commission or recognized sanctioning body. The competitor may provide documentation directly to the WKA Headquarters necessary to lift such a suspension with the WKA.**
- (7) Female participants must not be pregnant.**
- (8) In the case of a competitor under the age of 18, a Youth Waiver must be signed by the parents of the competitor.**
- (9) Competitors who wish to be admitted to international competitions or tournaments will be required to purchase a WKA Sport Book and have a valid license stamp for the current license year.**

RULE 6 ENTRIES INTO THE WKA SPORT BOOK

01 Competitors who wish to be admitted to international competitions or tournaments will be required to purchase a WKA Sport Book and have a valid license stamp for the current license year. Officials of international competitions or tournaments are responsible for making the following entries into the WKA sport book.

- (1) Place, date and name of the event**
- (2) Fact that competitor took part in the event**
- (3) Discipline and place (1st, 2nd, 3rd) of the competitor**
- (4) The fact (information) of any head knockout.**

RULE 7 BANNING PERIODS AFTER A HEAD KNOCKOUT

01 30 days after any Technical Knockout (TKO)

02 60 days after the first head knockout within 12 months

02a If loss of consciousness occurs resulting from the head knockout, clearance by a doctor is required for Association to allow further competition

03 Clearance by a doctor is required for Association to allow further competition after the second head knockout within twelve months

RULE 8 IDENTIFICATION OF THE COMPETITORS

01 In international tournaments or competitions, the competitors must prove their identity and nationality by showing a government-issued ID.

02 Competitors who show an ID card issued by WKA HQ displaying the 5-digit MAP number, and who have already had their passport or ID scanned need not show further identification.

RULE 9 EXCEPTIONS FROM NATIONALITY REQUIREMENTS

01 A competitor can prove his or her special relations to a country other than the one of his or her nationality (the "chosen" country) by submitting to the Association one of the following documents:

(1) Birth certificate of the country of choice

(2) Marriage certificate with citizenship in the country of choice

(3) Proof of permanent residence of the country of choice

02 Competitors must submit a written application to start the "country of choice" process through the national federation, which then shall forward the application to the Association.

03 Competitors who have chosen a country of choice can only change the country after obtaining a new citizenship, or after moving to another country for permanent residency.

04 The WKA Executive Board has the right to decide upon such applications, which must be submitted at least one month prior to the competition in which the competitor intends to participate.

RULE 10 AGE CATEGORIES

01 The cut off date is always one day after the last day of the competition.

02 A youth, defined as any competitor under the age of 18, can compete in the divisions approved by the Association for youth competitors.

03 An adult, who is 18 years or older, (for Boxing, Kickboxing, Low Kick, Original WKA Kickboxing (K-1), GLORY RULES, Thaiboxing, Full Rules Muay Thai, and MMA (Mixed Martial Arts)) can start on the cut off day.

04 A veteran, who is 35 years or older, can start on the cut off day. There is no veteran category in Boxing, Kickboxing, Low Kick, Original WKA Kickboxing (K-1), GLORY RULES, Thaiboxing, Full Rules Muay Thai, and MMA (Mixed Martial Arts). Exceptions may be made after a comprehensive professional physical examination report is completed and submitted to the WKA HQ for all veterans wishing to compete in an adult category.

05 Submission grappling includes the following age classes: Children, Teens, Adults, Executives, and Masters. For specifics, refer to Section V, Rules 5-7.

RULE 11 WEIGH-IN

01 The weigh-in must be completed at least two hours prior to the first competition.

02 Weigh-ins should be conducted by WKA officials and performed the same day as the event, unless otherwise agreed upon. At international competitions, officials should be from different countries, and the weigh-in should take place the day before the competitions.

03 Generally, there shall be no tolerance. An adult competitor wearing light shorts or undergarments will be given a one pound/450g allowance. An adult competitor wearing no clothing will be given no allowance. Males may only wear light fight shorts to weigh in. Females may wear only light fight shorts and a lightweight top or sports bra.

04 Competitors who do not make weight will be given one hour within the allotted weigh in session and may not cut more than two percent of their body weight in this hour time frame.

05 In international tournaments, apart from two exceptions listed below, only 3 participants from each country and for each weight-division are permitted.

(5a) During the time of national selection tournaments and world championships, the weight of juniors can change significantly. A weight division/age class therefore can be overbooked, as long as the overbooking results from a change of weight or change of age of the junior that took place after the national eliminations. Per country, a maximum of ten in total overbooking for juniors divisions (male and female) is permitted, as long as there are never more than five competitors of the same country in any weight division or age class.

RULE 12 MEDICAL EXAMINATION

01 In order to be licensed, all competitors must present a medical examination no older than 12 months on an official WKA amateur physical form, undersigned by a doctor. A new exam will be required every 12 months. Competitors are also required to pass a pre-fight physical prior to each event conducted by an approved and licensed doctor.

02 In addition, competitors may be required to furnish negative HIV, Hepatitis B Surface Antigen, and/or Hepatitis C Antibody blood test results according to State and local jurisdiction as well as Association policy.

03 Competitors are also required to pass a pre-fight physical prior to each event conducted by an approved medic.

04 Other exams may also be required, particularly for those competitors over the age of 35, at Association's discretion.

05 Competitors must have no medical or any other reasons preventing them from participating in the event. In addition, a competitor must have no current medical suspension issued by any state athletic commission or recognized sanctioning body. The competitor may provide documentation directly to the WKA Headquarters necessary to lift such a suspension with the WKA.

06 Competitors must show a clearance from a doctor, reviewed by the Association, after having lost consciousness due to a head knockout, or after the second head knockout within twelve months.

07 Female participants must not be pregnant.

08 If a domestic competitor is not licensed by the Association for the current year at the time of the physical examination and the weigh-in, he or she shall not be permitted to compete.

09 If a competitor is not in possession of his or her Fight-Book with the annual WKA license stamp at an international tournament at the time of the physical examination and the weigh-in, he or she shall not be permitted to compete.

RULE 13 FIGHTING AREAS

01 Box Rings:

(1) Boxing and Kickboxing competitions shall be held inside a ring. The box ring must meet AIBA (Association International de Box Amateur) norms.

(2) The box ring's components, including all side protections and ropes, must be inspected for suitability and safety prior to the first competition.

(3) Each side of the squared box ring (the length of the rope on one side) should be a minimum of 4.5 meters and a maximum of 6.00 meters. It shall consist of four ropes.

(4) The minimum diameter of each of the four ropes shall be 2.5cm (1").

(5) The lowest rope must be placed 33cm (13") above the platform, while the top rope must be placed no more than 1.30m above the platform.

(6) All ropes must be covered with soft tightly fitted materials.

(7) The four corners must be made of metal. The diagonal distance between opposite corners must not exceed 10.6 meters (outside measurement).

(8) The height of the corners must not be more than 1.30 meter (52") above the platform of the ring.

(9) All corners must be covered with commonly used cushions in order to avoid possible injuries.

(10) The platform itself may not be placed higher than 1.20m above the ground level. It must be covered with a shock absorbent material below the ring floor layer.

(11) Stairs shall be placed in the red and the blue corners and in one white corner.

(12) Sufficient chairs must be provided for coaches.

(13) The referee-tables must be equipped with the following items:

- Pool lists
- Score cards or clickers
- Table stop watch and hand stop watch as a reserve
- Acoustic signal (bell, whistle or horn)
- Spare papers and pencils
- PC and printer (optional)

(14) Judges' tables and chairs shall be located along the other three sides of the ring box.

(15) If there is only one ring in use, sufficient space for medics and/or emergency personnel shall be provided at the referee-table.

(16) To avoid possible injuries, photography and video crew are required to be credentialed and given specific instructions by the Association and promotion.

02 MMA competitions may use caged fighting areas pre-approved by the Association. For specific requirements, refer to Section IV, Rule 4.

03 Submission Grappling: for appropriate competition areas for Submission Grappling, refer to Section V, Rule 2.

RULE 14 REFEREES

01 All provisions in this article set forth the basic duties of referees. Referees must also fulfill other conditions, requirements, and duties set forth in other WKA official documents related to referees, which are published on the WKA web page.

(1) All referees are required to be trained and certified by the Association.

(2) All referees must meet continuing education standards to keep certification.

02 International Referee Categories

(1) Referees of the categories "A", "B" and "C" shall be identified by different color ID-cards marked "REFEREE."

(2) An A class referee is required to take part at WKA World Championships as a B class referee for 3 years (3 times) and also to pass the A class referee test. An A class referee must also have sufficient knowledge of English.

(3) A B class referee is required to take part at WKA World Championships as a C class referee for 3 years (3 times) and also to pass the B class referee test. A B class referee must also have sufficient knowledge of English.

(4) A C class referee is required to have 3 years of practice in refereeing as a first class national referee and also to pass the C class referee test. A C class referee must also have sufficient knowledge of English.

(5) WKA HQ organizes referee super seminars once each year before the WKA World Championships for the purpose of training and licensing A, B and C class referees. Attending these seminars and successfully passing a test, as well as sufficient knowledge of English (the official language of the WKA), are the conditions to become an "A", "B" or "C" class referee.

(6) Each country is responsible for its own graded referees' training and licensing according to the WKA teaching and lecturing program for national class referees. However, WKA may also offer seminars.

(7) Licensed referees are registered in a central database. Their names, categories, nationalities and will be published in the official WKA members website (www.wkaassociation.org).

03 The Power of A, B, and C Class Referees

(1) An A class referee is entitled to be head referee and ring inspector in WKA World Championships and to act as a supervisor in international title competitions. WKA A class referee can not have any other leading position in the WKA.

(2) A B class referee is entitled to be a referee in WKA World Championships finals and to act as a referee or judge in international title competitions. A B class referee is entitled to be a ring inspector in WKA World Championships if there is no A class referee available.

(3) A C class referee is entitled to be a referee in the elimination competitions in WKA World Championships and to act as a judge in national title competitions.

04 Conflict of Interest

(1) In continental and world championship competitions, the referee team has two composition options:

(a) One referee from the nationality of the red corner competitor, one referee from the nationality of the blue corner competitor, and one or more referees from the nationality of neither red nor blue corner competitors.

(b) All referees of different nationalities, excluding the nationalities of red and blue corner competitors.

(2) If a referee has several nationalities, or if he or she, based on the exception of the nationality principle, has chosen a country, such a referee must step down whenever a competitor is either from one of the referees' nationalities or from his or her country of choice.

(2a) The rule about the nationality of referees can be broken only by decision of Supervisor and only in the case when there are not enough referees of different nationalities at the tournament.

(3) It is the referee's responsibility to report any possible conflict of interest. In case of an omission, the present WKA members, after consulting the Head Referee, may impose one or more of the following measures:

(a) Warning

(b) Exclusion from further participation as a referee in the event

(c) Reduction of the referee's compensation

(d) Withdrawal of the referee's license for a period of time determined by the WKA HQ

05 The Head Referee

(1) A head referee must be designated for every competition.

(2) In a competition with several competition areas or rings, the Head Referee shall appoint Ring Inspectors, who shall supervise application of WKA rules at one fighting area or ring.

(3) The Head referee can replace referees who have been obviously not neutral or who have violated the official WKA competition rules. In such cases, the Head Referee can overrule their decisions.

06 Ring Inspectors

(1) At each fighting area the head of the referees shall be the Ring Inspector. He or she shall be responsible for the correct application of all WKA rules in his or her fighting area. It is the responsibility of the Ring Inspector to place referees at his or her competition area or ring according to their nationalities or affiliations with schools, clubs, or particular competitors.

(2) The Ring Inspector shall report the results according to the instructions of the Head Referee.

(3) At events with only one competition area or ring, the Supervisor acts as Ring Inspector.

07 The Supervisor or Chief Official

(1) The Supervisor shall be responsible for managing all referees and supervising the work in all competition areas and/or rings. He or she shall ensure that the

time schedule will work. The Supervisor shall also ensure the safety of the fighter by making certain that the mandatory medical team are present.

(2) The Supervisor is part of the WKA Event Organization Team for World Championships. For international events or gala, he or she shall be appointed by WKA HQ and shall send a report about the event to WKA HQ.

08 Protests

(1) Decisions of the official medic can be protested to the second medic that is present at the event. The second medic will make the decision about the protest.

(2) Protests are only possible in the following situations, and will be considered after the remission of a fee of 100 USD in cash to the Ring-Inspector or the Head Referee:

(a) There exists a proven agreement between the referees and/or judges.

(b) The mathematical addition of the scores is incorrect.

(c) An obvious confusion between the red and blue corner has occurred.

(d) The official WKA Rules were violated.

(3) Video recordings cannot be used to justify a protest.

(4) A protest shall not hold back the competition. However, the Head Referee can interrupt the continuation of the fights for a short period of time if the result of the protest has a significant influence on the proceeding of the competition.

(5) After hearing the protest from both coaches as well as the referee's comments, the Head Referee shall then make the final decision.

(6) The protest fees shall go into the general account of the WKA HQ fund for future referee trainings and development.

(7) If a protest is submitted after the competition, the WKA HQ shall make the decision after hearing the protest from both coaches as well as the referee's comments. The national federation has a limit of 30 days to make a statement about a protest.

(8) If the decision of a protest leads to a loss of a European or World title, the final decision can only be made by the Executive Board of the WKA.

09 Attire

(1) Referees shall wear an Association shirt appropriate to the level of formality called for by the individual event (polo shirt or button-up shirt), black trousers, and black athletic shoes.

(2) To minimize injuries, it is forbidden for referees to wear any jewelry, watches, pens, large belt buckles, hard soled shoes, etc. Judges are exempted from this rule since no body contact with competitors is possible.

(3) The use of medical gloves is required.

(4) For international competitions or tournaments:

(a) During the pre-elimination competitions up to the semi finals, T-shirts or Polo-shirts with the print "OFFICIAL" or "REFEREE" are permissible. All referees must wear black trousers.

(b) For finals or title competitions all referees must wear black trousers and white dress shirts. When necessary, a black blazer may also be required.

10 Registration of referees per country for world championships

(1) For every country the following number of referees must be present:

- 0-4 competitors: no referee**
- 5-25 competitors: 1 referee (A or B class)**
- 26-50 competitors: 2 referees (both A or B)**
- 51-75 competitors: 3 referees (at minimum one A and one B)**
- 76-100 competitors: 4 referees (at minimum one A and one B)**
- 101-125 competitors: 5 referees (at minimum one A and two B)**
- 126+ competitors: 6 referees (at minimum one A and two B)**

(2) Each country that does not fulfill its referee requirement will be fined 250 € per each missing referee. The money shall go into the WKA HQ general account.

(3) Countries that pre-register their referees for championships and receive confirmation from WKA will receive priority.

(4) The referee's payment shall be predetermined prior to the event and should be contingent upon each referee's class.

(5) Payment is due the morning of the final competition's rounds before these rounds begin.

(6) The organizer/host shall be responsible for taking care of the referees. He or she must provide separate rooms for referees containing food and beverages. In addition, mineral water must be provided on the referees' tables.

SECTION III: BOXING, KICKBOXING, LOW KICK, ORIGINAL WKA KICKBOXING RULES (K-1), GLORY RULES, THAIBOXING, AND FULL RULES MUAY THAI

RULE 1 WEIGHT CLASSES

01 The following weight divisions shall be used for children (6-11 years and under):

| | |
|------------------|------------------|
| 6-7 YEARS | 8-9 YEARS |
|------------------|------------------|

| BOYS | | GIRLS | | BOYS | | GIRLS | |
|--------|----------|--------|----------|--------|----------|--------|----------|
| -22 kg | -48.4 lb | -22 kg | -48.4 lb | -22 kg | -48.4 lb | -22 kg | -48.4 lb |
| -25 kg | -55.0 lb | -25 kg | -55.0 lb | -25 kg | -55.0 lb | -25 kg | -55.0 lb |
| -28 kg | -61.6 lb | -28 kg | -61.6 lb | -28 kg | -61.6 lb | -28 kg | -61.6 lb |
| -31 kg | -68.2 lb | -31 kg | -68.2 lb | -31 kg | -68.2 lb | -31 kg | -68.2 lb |
| -34 kg | -74.8 lb | -31 kg | +68.2 lb | -34 kg | -74.8 lb | -31 kg | +68.2 lb |
| -37 kg | -81.4 lb | | | -37 kg | -81.4 lb | | |
| +37 kg | +81.4 lb | | | +37 kg | +81.4 lb | | |

| 10-11 YEARS | | | |
|-------------|----------|--------|----------|
| BOYS | | GIRLS | |
| -26 kg | -57.2 lb | -26 kg | -57.2 lb |
| -28 kg | -61.6 lb | -28 kg | -61.6 lb |
| -30 kg | -66.0 lb | -30 kg | -66.0 lb |
| -32 kg | -70.4 lb | -32 kg | -70.4 lb |
| -34 kg | -74.8 lb | -34 kg | -74.8 lb |
| -36 kg | -79.2 lb | -36 kg | -79.2 lb |
| -38 kg | -83.6 lb | -38 kg | -83.6 lb |
| -40 kg | -88.0 lb | -40 kg | -88.0 lb |
| -42 kg | -92.4 lb | +40 kg | +88.0 lb |
| +42 kg | +92.4 lb | | |

02 The following weight divisions shall be used for juniors (12 to 17 years):

| 12-13 YEARS | | | | 14-15 YEARS | | | |
|-------------|-----------|--------|-----------|-------------|-----------|--------|-----------|
| BOYS | | GIRLS | | BOYS | | GIRLS | |
| -34 kg | -74.8 lb | -34 kg | -74.8 lb | -40 kg | -88.0 lb | -40 kg | -88.0 lb |
| -37 kg | -81.4 lb | -37 kg | -81.4 lb | -43 kg | -94.6 lb | -43 kg | -94.6 lb |
| -40 kg | -88.0 lb | -40 kg | -88.0 lb | -46 kg | -101.2 lb | -46 kg | -101.2 lb |
| -43 kg | -94.6 lb | -43 kg | -94.6 lb | -49 kg | -107.8 lb | -49 kg | -107.8 lb |
| -46 kg | -101.2 lb | -46 kg | -101.2 lb | -52 kg | -114.4 lb | -52 kg | -114.4 lb |
| -49 kg | -107.8 lb | -49 kg | -107.8 lb | -55 kg | -121.0 lb | -55 kg | -121.0 lb |
| -52 kg | -114.4 lb | -52 kg | -114.4 lb | -58 kg | -127.6 lb | -58 kg | -127.6 lb |
| -55 kg | -121.0 lb | -55 kg | -121.0 lb | -61 kg | -134.2 lb | -61 kg | -134.2 lb |
| -58 kg | -127.6 lb | +55 kg | +121.0 lb | -64 kg | -140.8 lb | -64 kg | -140.8 lb |
| +58 kg | +127.6 lb | | | -67 kg | -147.4 lb | -67 kg | -147.4 lb |
| | | | | +67 kg | +147.4 lb | +67 kg | +147.4 lb |

| 16-17 YEARS | | | |
|-------------|-----------|----------|-----------|
| BOYS | | GIRLS | |
| -54 kg | -118.8 lb | -46 kg | -101.2 lb |
| -57 kg | -125.4 lb | -48 kg | -105.6 lb |
| -60 kg | -132.0 lb | -50 kg | -110.0 lb |
| -63.5 kg | -139.7 lb | -54 kg | -118.8 lb |
| -67 kg | -147.7 lb | -57 kg | -125.4 lb |
| -70 kg | -154.0 lb | -60 kg | -132.0 lb |
| -72.5 kg | -159.5 lb | -63.5 kg | -139.7 lb |
| -76 kg | -167.2 lb | -67 kg | -147.7 lb |
| -79 kg | -173.8 lb | -70 kg | -154.0 lb |
| -83 kg | -182.6 lb | -72.5 kg | -159.5 lb |
| -86 kg | -189.2 lb | -76 kg | -167.2 lb |

| | | | |
|--------|-----------|--------|-----------|
| -90 kg | -198.0 lb | +76 kg | +167.2 lb |
| -95 kg | -209.0 lb | | |
| +95 kg | +209.0 lb | | |

03 The following weight divisions shall be used for adults (18-35 years):

| 18-35 YEARS | | | |
|--------------------|-----------|--------------|-----------|
| MEN | | WOMEN | |
| -54 kg | -118.8 lb | -46 kg | -101.2 lb |
| -57 kg | -125.4 lb | -48 kg | -105.6 lb |
| -60 kg | -132.0 lb | -50 kg | -110.0 lb |
| -63.5 kg | -139.7 lb | -54 kg | -118.8 lb |
| -67 kg | -147.7 lb | -57 kg | -125.4 lb |
| -70 kg | -154.0 lb | -60 kg | -132.0 lb |
| -72.5 kg | -159.5 lb | -63.5 kg | -139.7 lb |
| -76 kg | -167.2 lb | -67 kg | -147.7 lb |
| -79 kg | -173.8 lb | -70 kg | -154.0 lb |
| -83 kg | -182.6 lb | -72.5 kg | -159.5 lb |
| -86 kg | -189.2 lb | -76 kg | -167.2 lb |
| -90 kg | -198.0 lb | +76 kg | +167.2 lb |
| -95 kg | -209.0 lb | | |
| +95 kg | +209.0 lb | | |

04 For non-tournament events, there shall be allowed no greater than a seven pound differential between contestants up to -189.2, no greater than a ten pound differential from +189.2 to -209.0, a fifteen pound differential from 209.0 to 235.0, and any weight differential over 235.0.

05 For youth divisions, in addition to weight, other factors must be taken into consideration for matchmaking, such as height, age, and experience.

RULE 2: WORLD LEVEL COMPETITIONS

01 In all international tournaments, fighters should be seeded according to ranking or by national title.

02 Each competitor's name, country and number must be listed. A minimum of three competitors in each weight class is obligatory. Fewer than three competitors move up to the next higher weight category. In that case each country must get a minimum of 1 copy of all drawing lists and name list of competitors for free. They should get it at least a few hours before the start of the tournament. There is no way to protest after the drawing.

RULE 3 THE ATTENDANCE OF MEDICAL STAFF

01 Every match must have at a minimum two fully qualified paramedics in attendance at ringside. They must be familiar with and adept at performing emergency medicine such as the sort which would be needed in such athletic activity. Any and all directions and/or orders from the attending medic must be immediately obeyed.

02 Every medic must also have Emergency Medical equipment including a backboard and neck brace.

03 The official medic, who must attend every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

04 The attending medic must follow the rules and regulations of the appropriate national health board as well as those approved by the authorities where such rules apply.

05 No match may start or proceed before the attending medic is in place, and the medic may not leave his or her place prior to the decision in the last match.

06 The attending medic shall be ready to assist if a serious emergency arises, and to administer first aid in the event of less serious injuries.

07 The medic has the right to interrupt or stop a contest by ringing the bell or calling "stop" to the referee, if he or she thinks a competitor is in danger and the referee has not stopped the fight. He or she is also responsible for making the decision when a referee calls him or her in case of an injury to a competitor.

08 No one, even a competitor's second, may attempt to aid a competitor during a round before the attending medic has had the opportunity to see the injured competitor. If the medic is called to the fighting area, he or she must examine the presumed injury and then decide whether or not the fight should continue. The medic's examination must have duration of not more than one minute. Any kind of treatment of the competitor is forbidden. Should one minute be insufficient, the referee shall stop the match and declare the injured competitor's opponent the winner. Medics' decisions are final, although they can be protested to the second medic that is present at the event. The second medic will make the decision about the protest.

09 The medics, first aid team, referee, and chief official must all meet to coordinate their activities and duties to be performed ringside prior to the event.

RULE 4 ROUND NUMBER AND LENGTH

01 In tournaments, all preliminary and final matches shall consist of no more than three (3) rounds of not more than two (2) minutes each with a one (1) minute break between rounds. Children's matches (between the ages of 6 and 11) shall consist of no more than three (3) rounds of not more than one and one half (1.5) minutes each with a one (1) minute break between rounds.

02 In all other events, matches shall consist of no more than five (5) two (2) minute rounds with a one (1) minute break between rounds.

03 Regional, national, and international title matches shall consist of five (5) two (2) minute rounds.

RULE 5 ATTIRE

01 For Kickboxing, competitors shall wear long trousers or shorts. Males shall not wear any upper body covering. Females must wear a sports or athletic top or bra.

02 For Boxing Low Kick, Original WKA Kickboxing (K-1), GLORY RULES, Thaiboxing, and Full Rules Muay Thai, competitors shall wear shorts. Males shall not wear any upper body covering. Females must wear a sports or athletic top or bra.

03 All attire shall be permitted at the discretion of the Association.

RULE 6 RULES OF CONDUCT INSIDE AND OUTSIDE THE RING

01 It is the duty of every competitor to show fair play in the ring. Should a competitor not be ready to continue the match, because his or her safety equipment is not working properly or for other reasons, he or she shall retreat one step and raise one arm.

02 Should a competitor be sent down for the count or in any other way be incapacitated, his or her opponent shall immediately retreat to the nearest neutral corner and wait for the referee to signal that the match can proceed again.

03 Should the end of the round be signaled while a competitor is receiving an eight-count, the other competitor shall remain in the neutral corner and all seconds shall stay out of the ring until the referee has concluded the count.

04 When a competitor receives a warning or a reprimand from the referee, he or she must put his or her gloves up in guard position and bow toward the referee to indicate that he or she has understood the reason for the warning or reprimand.

05 At the conclusion of the fight the competitors shall approach the referee, standing in the center of the ring, and there, with one competitor on each side of the referee, await the speaker's announcement of the decision. The referee shall then raise the arm of the winner.

06 After the fight the competitors shall salute each other and each other's seconds, after which both competitors shall bow to the referee in recognition of his or her efforts.

07 Violation of WKA rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

RULE 7 THE COMPETITOR

01 The competitors must be in good physical shape and have a good sportsmanlike attitude.

02 The competitors must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Male competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair that apply to female competitors. All competitors shall be clean and proper. It is the sole prerogative

of the WKA referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match. The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net.

03 Excessive use of grease or similar substances is prohibited. Thai oil, boxing liniment, petroleum jelly, and similar substances are permitted on the body in conservative quantities.

04 The following substances are approved for treating competitors' cuts between rounds: Adrenaline 1:1000, Avitene, and Thrombin.

05 Competitors are prohibited from wearing any type of jewelry or piercing accessories during competition.

06 Competitors will enter into one of the two division's recognised by the WKA either male or female. Male and Female as defined by the XY sex-determination system.

RULE 8 THE COMPETITOR'S EQUIPMENT

01 All competitors must be equipped in all divisions with approved safety equipment in the form of padded protectors:

(1) An individually fitted breast-protector for females in all disciplines and all age classes is recommended, but may be required according to any State or Association regulation.

(2) An individually fitted groin-protector for all age classes in all disciplines for males is required and for females is recommended.

(3) Foot protectors and shin guards are required for Kickboxing in both novice and open classes.

(4) Boxing approved boots are required for all boxing bouts in both novice and open classes.

(5) Foot protectors are optional for Low Kick. If foot protectors are not worn, shin and instep protection is mandatory for both novice and open classes.

(6) No foot protectors may be worn in K-1, GLORY RULES, Thaiboxing, and Full Rules Muay Thai. Shin/instep protection is required for novice K-1, GLORY RULES, Thaiboxing, and Full Rules Muay Thai matches and are optional for open class K-1, GLORY RULES, Thaiboxing, and Full Rules Muay Thai matches, in which case both competitors must be geared alike.

(7) Elbow pads are required for Full Rules Muay Thai in both novice and open classes.

(8) Individually fitted head-protector (helmet) is optional for all novice class competitors and also optional in open class matches with prior agreement

between competitors, provided that this is in compliance with any State or Association regulation. Head gear must be open faced, with no nose or cross-face protection. In novice divisions, head gear may optionally have cheek protection with the consent of both corners.

(9) Individually fitted tooth-protector (mouth guard) required for all competitors.

(10) Bandaging of each competitor's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide, placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within 3/4 inch of the knuckles when the hand is clenched to make a fist. Soft surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used. Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles. Bandages shall be adjusted in the locker room in the presence of an Association official. Cloth hand-bandages, maximum length of 4.5 meters, may be used.

(11) 10 oz. gloves shall be used for all divisions and classes. Gloves must be new for all main events and in good condition or they must be replaced.

02 The competitors are responsible for bringing their own personal equipment and that of their seconds to all WKA matches and tournaments. In addition, the promoter shall provide equipment for all competitors, approved by the Association, unless specified by the Association in advance of the event.

03 A competitor may place a layer of medical adhesive tape over the closures of his or her gloves and foot protectors in order to hold them in place.

04 All competitors with long hair may wear approved hair bands or holders without any metal and must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.

RULE 9 SECONDS

01 The second may give up on behalf of his or her competitor if he or she deems it irresponsible to let the fight continue. The second may enter the fight platform, at which time the fight shall be immediately stopped by the referee. A second shall not throw in a towel.

02 Prior to every tournament the Head Referee shall call a meeting with all judges, referees, seconds, and fighters to clarify any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting. This meeting is mandatory for all participating fighters.

03 Seconds shall support and advise their competitors during the intermission between rounds. Seconds shall remain seated during rounds. Nothing, including seconds' hands, water bottles, and the like, shall rest on the ring apron during the round. Each competitor may have two seconds, only one of whom may enter the ring during the break.

04 During the rounds neither of the seconds may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight. Seconds shall comply with any and all directions given by the referee. Prior to each round the seconds must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spilt water. The seconds shall have at their disposal a towel, a sponge, water and grease for the competitor.

05 During the rounds the seconds may give advice (only in a proper manner), help, or encourage the competitor. Should a second violate this rule the referee can issue a warning, expel the second, or disqualify the competitor. A second who has been expelled may not function as second in the remaining part of the tournament.

06 A match starts when the referee gives the command "fight" to begin the first round, and it finishes when the referee stops the fight in the last round. Only the competitors and the referee may be present in the ring during the match. If any other person enters the ring, the referee can decide that the fight is immediately over and cannot continue again.

RULE 10 CLASSIFICATION OF COMPETITORS

01 Officials shall verify that competitors compete in their proper weight classes. The count of victories is made by adding the number of victories the individual competitor has had (not the number of matches, which is irrelevant) and then classifying the competitor accordingly. The following Classifications shall be used for adult competitors:

(1) Class C – Amateur "Novice"—Combat Sports competitors progress to Class B after 3 wins in class.

(2) Class B – Amateur —Combat Sports competitors may progress to Class A after 10 wins in class.

(3) Class A – Amateur —Combat Sports competitors may compete in "Open class" divisions.

RULE 11 AMATEUR DIVISION SCORING RULES AND BOUT RESULTS

01 The judges shall score all contests and determine the winner through the use of the 10-Point Must System. In this system the winner of each round receives ten points and the opponent receives a proportionately smaller number. But in no circumstances shall a judge award the loser of each round fewer than seven points. If a round is judged even, each contestant shall receive ten points. No fraction of points may be given.

02 Judges should base their scoring of each round on the following criteria, with each tier taking precedence over any item below it (thus, one tier's criterion must be equal in order for a judge to include the tier(s) below it in his or her evaluation):

(1) Number of knockdowns

(2) Effective striking technique, to be defined as the amount of damage legal strikes cause the opponent

(3) Effective ring control

(4) Style-specific technique

03 Scoring shall be based upon the effectiveness of any legal techniques used. The number of eight-counts shall be weighted first. If this criterion is equal, then effective striking shall be weighted second. If these two criteria are equal, effective ring control shall be weighted next. With all three criteria equal, judges shall then look to the use of style-specific techniques.

04 Generally, sweeps should not be given the same weight as an official knockdown. Judges should watch for the technique's effectiveness in slowing down a contestant.

05 Further, a contestant who aggressively presses an opponent throughout a round, but cannot land a threatening kick or punch, should not be judged as favorably as the contestant who back-pedals throughout the round but counter-attacks with visible impact.

06 More specifically, the judges shall award points to contestants on the basis of round-by-round outcomes and in accordance with the following scores:

(1) A 10 points to 10 points round is strongly discouraged, and judges should look through the judging criteria for more effective techniques, more effective pressing of the action, and more style-specific technique. An even round should only occur in the case of a loss of points by a contestant.

(2) 10 points to 9 points whenever the winning contestant dominates the losing contestant with a marginal superiority in effectiveness.

(3) 10 points to 8 points whenever the winning contestant dominates the losing contestant, or whenever the winning contestant dominates the losing contestant with a significant superiority in effectiveness as might be indicated by one knockdown.

(4) 10 points to 7 points whenever the winning contestant dominates the losing contestant with an overwhelming superiority in effectiveness as must be indicated by more than one knockdown.

06a Following each round and at the termination of the contest, the referee shall pick up the ballots of the judges. The referee shall then deliver the ballots to the scorekeeper who shall tally all scores, subtract all penalties and deliver the totals to the Association representative assigned to verify them. The majority opinion of the three judges, less penalty points, shall be conclusive. If there is no majority opinion, then the decision shall be a draw.

06b The following decisions may be rendered at the completion of a bout:

06b(1) Decision via score cards:

- i. Unanimous: When all three judges score the bout for the same contestant.**
- ii. Split Decision: When two judges score the bout for one contestant and one judge scores for the opponent.**
- iii. Majority Decision: When two judges score the bout for the same contestant and one judge scores a draw.**

06b(2) Draws:

- i. Unanimous: When all three judges score the bout a draw.**
- ii. Split: When all three judges score differently and the score total results in a draw.**
- iii. Majority: When two judges score the bout a draw and one judge scores for either contestant.**

07 When the Association representative has completed verifying and totaling the scores, the announcer then in turn shall inform the audience of the decision over the public address system. The referee shall raise the winner's hand.

08 Victory by attending medic stopping contest or injury:

(1) The attending medic is the supreme authority in questions relating to the safety of the competitors and may demand that the match be stopped.

(2) If one of the competitors is injured, the medic's decision alone can stop the fight.

(3) The competitor him- or herself or his or her second may also retire from the fight.

(4) The attending medic may stop any match regardless of it being a World or European Championship or any other important match.

(5) Should the attending medic wish to stop a match to examine a competitor, he or she must first inform the referee. The referee shall then stop the match until the medic has examined the competitor, but the match shall be stopped only for the purpose of deciding whether or not the fight can continue. This examination must have duration of not more than one minute. During this time any kind of treatment of the competitor is not allowed. Should one minute be insufficient, the referee shall stop the match and declare the injured competitor's opponent the winner.

(6) If one of the competitors is injured and the fight is declared over because of a foul the fouled competitor is declared the winner. In case of an accident, the judges must tally their scorecards and the competitor with the greatest number of points shall be declared the winner. If both competitors are injured or knocked out simultaneously, and neither is able to continue the match, the result shall be a draw. Should this situation occur in the first round the match shall be declared "No Contest" and no winner shall be declared.

09 Victory by one competitor giving up:

(1) In cases where a competitor voluntarily gives up because of injuries or for any other reason, or if he or she does not resume fighting immediately after the

intermission between rounds, the opponent shall be declared the winner. In these cases the second shall notify the inspector to step onto the ring apron to signal that his or her competitor gives up or, failing this, may step onto the ring apron him- or herself.

10 Victory by the referee stopping a contest:

(1) The referee may stop a match if a competitor is clearly outmatched or if he or she is a hazard to his or her own safety according to the following guidelines:

a) If the referee believes that a competitor is clearly overmatched and will face unnecessary punishment in the ring, the match should not be allowed to go on.

b) If a referee judges that a competitor is unable to continue the match due to injuries or for any other physical reasons, the referee may consult the ringside medic or may at his or her discretion stop the match.

(2) The referee must stop a match upon the third eight-count in any single round or upon the fourth eight-count in an entire match. Upon the final knockdown, the referee will issue the eight-count to the fighter and then wave off the bout as a Technical Knockout (TKO).*

***A fighter may not be saved by the bell. Should the round end during an eight-count, the referee shall continue the count to its full duration. During this time, the opponent shall remain in the neutral corner and seconds shall remain seated outside the fighting area.**

11 Disqualification: When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest.

12 Forfeit: When a contestant fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out.

13 Technical Draw: When an injury sustained during competition as a result of an unintentional foul causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of stoppage.

14 Technical Decision: When an injury sustained during competition as a result of an unintentional foul causes the injured contestant to be unable to continue and the injured contestant is ahead on the score cards at the time of stoppage.

15 No contest:

(1) A match may be stopped immediately by the referee before the prescribed time due to circumstances beyond the control of the competitors or the referee:

a) The safety equipment of the ring has been damaged.

b) The ring is unsafe for use.

c) The lighting over the ring is failing.

d) Weather conditions force the referee to stop the match.

(2) Under such circumstances the match shall be stopped and a "no contest" match shall be declared with no winner.

(3) A match shall be declared a "no contest" when an unintentional foul causes an injury and the bout cannot continue, and a sufficient number of rounds have not been completed to render a decision via the score cards (see Technical Decision and Technical Draw).

16 Victory by walk-over:

(1) If one competitor is present in the ring and ready to fight and his or her opponent fails to show after his or her name has been called over the loudspeaker, the referee shall signal the referee's table to begin the running of two minutes. If the opponent has not entered the ring within the two minute time limit, the timekeeper shall strike the gong to signal that the match has been stopped. The referee shall then announce the competitor who was first in the ring and declare him or her the winner by "walk-over".

(2) The judges shall note this on their scorecards, which shall then be collected. The judges shall then summon the competitor who has won by walk-over to the center of the ring, and after the announcement of the decision, raise his or her hand and declare him or her the winner.

17 The following shall apply to injuries sustained during competition:

(1) If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured contestant loses by technical knockout.

(2) If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.

(3) If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the contestant who committed the foul.

(4) If an injury sustained during competition as a result of an intentional foul causes the injured contestant to be unable to continue at a subsequent point in the contest, the injured contestant shall win by technical decision, if he or she is ahead on the score cards. If the injured contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.

(5) If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.

(6) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have been completed in a three round bout or if stopped before three rounds have been completed in a five round bout.

(7) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the fouled contestant if he/she is ahead on the score cards at the time the bout is stopped only when the bout is stopped after two rounds of a three round bout, or three rounds of a five round bout have been completed. If the fouled contestant is even or behind at this time, the bout shall be declared a technical draw.

(8) There will be no scoring of an incomplete round. However, if the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score.

RULE 12 LEGAL TECHNIQUES

01 The following techniques are legal for Boxing:

(1) All forms of boxing above the waist to the body and the head

02 The following techniques are legal for Kickboxing:

(1) All forms of boxing in combination with kicks above the waist to the body and the head

(2) Rear (reverse) kicks to the body or the head, as well as spinning back kicks to the body and to the head

(3) Foot sweeps

(4) The use of spinning back fists, provided that only the legal striking surface of the glove is used (if the fighter strikes with the forearm or elbow, he or she may be penalized at the referee's discretion). This technique is allowed where permitted by State or local jurisdiction, or by Association rules.

03 The following techniques are legal for Low Kick:

(1) All forms of boxing in combination with kicks above the waist to the body and the head

(2) Rear (reverse) kicks to the body or the head, as well as spinning back kicks to the body and to the head

(3) Foot sweeps

(4) The use of spinning back fists, provided that only the legal striking surface of the glove is used (if the fighter strikes with the forearm or elbow, he or she may be penalized at the referee's discretion). This technique is allowed where permitted by State or local jurisdiction, or by Association rules.

(5) Low kicks to the thighs, inside and outside

04 The following techniques are legal in Original WKA Kickboxing rules (K-1):

(1) All forms of boxing in combination with kicks above the waist to the body and the head

(2) Rear (reverse) kicks to the body or the head, as well as spinning back kicks to the body and to the head

(3) Foot sweeps

(4) The use of spinning back fists, provided that only the legal striking surface of the glove is used (if the fighter strikes with the forearm or elbow, he or she may be penalized at the referee's discretion). This technique is allowed where permitted by State or local jurisdiction, or by Association rules.

(5) Low kicks to the thighs, inside and outside

(6) Knee attacks to the body as well as kicks with the shin to the thighs, body and the head.

(7) Holding an opponent's leg. Only one legal technique or step is allowed before the fighter must let go of the leg.

(8) One knee strike from the clinch position, after which he or she must disengage from the clinch

(9) Flat throws below the waist line only in clinching situations

05 The following techniques are legal for GLORY RULES:

(1) All forms of boxing in combination with kicks above the waist to the body and the head

(2) Rear (reverse) kicks to the body or the head, as well as spinning back kicks to the body and to the head

(3) The use of spinning back fists, provided that only the legal striking surface of the glove is used (if the fighter strikes with the forearm or elbow, he or she may be penalized at the referee's discretion). This technique is allowed where permitted by State or local jurisdiction, or by Association rules.

(4) Low kicks to the thighs, inside and outside

(5) Knee attacks to the body as well as kicks with the shin to the thighs, body and the head.

(6) Holding an opponent's leg. Only one legal technique or step is allowed before the fighter must let go of the leg.

(7) Clinching for five seconds of continuous knee strikes, provided that a fighter attacks with a legal knee strike immediately upon engaging in the clinch

06 The following techniques are legal for Thaiboxing:

(1) All forms of boxing in combination with kicks above the waist to the body and the head

(2) Rear (reverse) kicks to the body or the head, as well as spinning back kicks to the body and to the head

(3) Foot sweeps

(4) The use of spinning back fists, provided that only the legal striking surface of the glove is used (if the fighter strikes with the forearm or elbow, he or she may be penalized at the referee's discretion). This technique is allowed where permitted by State or local jurisdiction, or by Association rules.

(5) Low kicks to the thighs, inside and outside

(6) Knee attacks to the body, as well as kicks with the shin to the thighs, body and the head

(7) Holding an opponent's leg. Only one legal technique or step is allowed before the fighter must let go of the leg.

(8) Clinching/kneeing; both competitors shall be allowed to clinch for as long as they are engaged in executing effective techniques

(9) Flat throws below the waist line only in clinching situations

(10) Elbow strikes to legal target areas below the neck

07 The following techniques are legal for Full Rules Muay Thai:

(1) All forms of boxing in combination with kicks above the waist to the body and the head

(2) Rear (reverse) kicks to the body or the head, as well as spinning back kicks to the body and to the head

(3) Foot sweeps

(4) The use of spinning back fists, provided that only the legal striking surface of the glove is used (if the fighter strikes with the forearm or elbow, he or she may be penalized at the referee's discretion). This technique is allowed where permitted by State or local jurisdiction, or by Association rules.

(5) Low kicks to the thighs, inside and outside

(6) Knee attacks to the body, as well as kicks with the shin to the thighs, body and the head

(7) Holding an opponent's leg. Only one legal technique or step is allowed before the fighter must let go of the leg.

(8) Clinching/kneeing; both competitors shall be allowed to clinch for as long as they are engaged in executing effective techniques

(9) Flat throws below the waist line only in clinching situations

(10) Elbow strikes to legal target areas

(11) Knee attacks to the head in open divisions only, provided that both fighters have furnished the WKA with a negative Combat Trio (Hepatitis B Surface Antigen, Hepatitis C Antibody, and HIV) blood test no older than six months. This technique is allowed where permitted by State or local jurisdiction, or by Association rules.

RULE 13 ILLEGAL TECHNIQUES (FOULS)

01 The following techniques are illegal in Boxing:

(1) All forms of biting

(2) All strikes, blows and punches executed with the palm side or back of the glove

(3) All techniques to the back and the back of the head

(4) Any form of butting with the head

(5) All attacks (strikes, punches) against the joints

(6) Strikes of any kind to the groin

(7) Attacking a downed opponent or an opponent who touches the floor with his or her glove

(8) Spitting out one's tooth protector (gum-shield)

(9) Any kind of throwing, including foot sweeps

(10) Holding the ropes and attacking an opponent

(11) Any form of clinching or holding the opponent

(12) All types of strikes with the elbow

(14) Any form of kicking

02 The following techniques are illegal in Kickboxing:

- (1) All forms of biting**
- (2) All strikes, blows and punches executed with the palm side of the glove**
- (3) All techniques to the back and the back of the head**
- (4) Any form of butting with the head**
- (5) All attacks (strikes, punches, kicks) against the joints**
- (6) Strikes of any kind to the groin**
- (7) Attacking a downed opponent or an opponent who touches the floor with his or her glove**
- (8) Spitting out one's tooth protector (gum-shield)**
- (9) Any kind of throwing, excluding foot sweeps**
- (10) Holding the opponent's leg while executing striking or punching techniques**
- (11) Holding the ropes and attacking an opponent**
- (12) Any form of clinching or holding the opponent**
- (13) All types of strikes with the elbow**
- (14) Any form of kicking with the knees**
- (15) All kicks against the thighs or under the waistline, excluding foot sweeps**

03 The following techniques are illegal in Low Kick:

- (1) All forms of biting**
- (2) All strikes, blows and punches executed with the palm side of the glove**
- (3) All techniques to the back and the back of the head**
- (4) Any form of butting with the head**
- (5) All attacks (strikes, punches, kicks) against the joints**
- (6) Strikes of any kind to the groin**
- (7) Attacking a downed opponent or an opponent who touches the floor with his or her glove**
- (8) Spitting out one's tooth protector (gum-shield)**

- (9) Any kind of throwing, excluding foot sweeps**
- (10) Holding an opponent's leg while executing striking or punching techniques**
- (11) Holding the ropes and attacking an opponent**
- (12) Any form of clinching or holding the opponent**
- (13) All types of strikes with the elbow**
- (14) Any form of kicking with the knees**

04 The following techniques are illegal in Original WKA Kickboxing Rules (K-1):

- (1) All forms of biting**
- (2) All strikes, blows and punches executed with the palm side of the glove**
- (3) All techniques to the back and the back of the head**
- (4) Any form of butting with the head**
- (5) All attacks (strikes, punches, kicks) against the joints**
- (6) Strikes of any kind to the groin**
- (7) Attacking a downed opponent or an opponent who touches the floor with his or her glove**
- (8) Spitting out one's tooth protector (gum-shield)**
- (9) Any kind of throwing above the waistline**
- (10) Holding an opponent's leg while executing more than one striking or punching technique**
- (11) Holding the ropes and attacking an opponent, including in clinching situations**
- (12) Grabbing, clinching or holding for any reason other than to immediately attack with a knee strike; this includes holding to rest or grabbing an opponent in order to stop them from striking. Clinching or holding while executing more than one knee technique is illegal.**
- (13) Elbow strikes**
- (14) Knee attacks to the head**

05 The following techniques are illegal in GLORY RULES:

- (1) All forms of biting**

- (2) All strikes, blows and punches executed with the palm side of the glove**
- (3) All techniques to the back and the back of the head**
- (4) Any form of butting with the head**
- (5) All attacks (strikes, punches, kicks) against the joints**
- (6) Strikes of any kind to the groin**
- (7) Attacking a downed opponent or an opponent who touches the floor with his or her glove**
- (8) Spitting out one's tooth protector (gum-shield)**
- (9) Throws, leg sweeps, foot sweeps or pushing of any kind as an effort to off-balance or down an opponent**
- (10) Holding on to an opponent's leg without striking; a fighter may grab an opponent's leg in order to immediately execute a single legal strike that may be accompanied by a single step in any direction. The leg must be released immediately after that single legal strike.**
- (11) Holding the ropes and attacking an opponent, including in clinching situations**
- (12) Grabbing, clinching or holding for any reason other than to immediately attack with a knee strike or strikes; this includes holding to rest or grabbing an opponent in order to stop them from striking**
- (13) All types of strikes with the elbow**
- (14) Knee attacks to the head**

06 The following techniques are illegal in Thaiboxing:

- (1) All forms of biting**
- (2) All strikes, blows and punches executed with the palm side of the glove**
- (3) All techniques to the back and the back of the head**
- (4) Any form of butting with the head**
- (5) All attacks (strikes, punches, kicks) against the joints**
- (6) Strikes of any kind to the groin**
- (7) Attacking a downed opponent or an opponent who touches the floor with his or her glove**
- (8) Spitting out one's tooth protector (gum-shield)**

(9) Any kind of throwing above the waistline

(10) Holding an opponent's leg while executing more than one striking or punching technique

(11) Holding the ropes and attacking an opponent, including in clinching situations

(12) Elbow techniques to the head

(13) Knee techniques to the head

07 The following techniques are illegal in Full Rules Muay Thai:

(1) All forms of biting

(2) All strikes, blows and punches executed with the palm side of the glove

(3) All techniques to the back and the back of the head

(4) Any form of butting with the head

(5) All attacks (strikes, punches, kicks) against the joints

(6) Strikes of any kind to the groin

(7) Attacking a downed opponent or an opponent who touches the floor with his or her glove

(8) Spitting out one's tooth protector (gum-shield)

(9) Any kind of throwing above the waistline

(10) Holding an opponent's leg while executing more than one striking or punching technique

(11) Holding the ropes and attacking an opponent, including in clinching situations

RULE 14 SPECIAL PROVISIONS FOR YOUTH

01 Youth shall be divided into the following age categories: 6-7 years old, 8-9 years old, 10-11 years old, 12-13 years old, 14-15 years old, and 16-17 years old.

02 Age categories 6-7 years, 8-9 years, and 10-11 years shall comprise the children's division. Children shall be divided into A Class and B Class.

(1) A Class children shall be permitted controlled head contact.

(2) B Class children shall have no contact to the head.

(3) Children under 10 cannot compete in Boxing.

03 Age categories 12-13 years, 14-15 years, and 16-17 years shall comprise the juniors division. Juniors shall be permitted controlled head contact.

04 Spinning backfists shall be illegal in all youth divisions.

05 The referee must stop a youth match upon the second eight-count in any single round or upon the third eight-count in an entire match. Upon the final knockdown, the referee will issue the eight-count to the fighter and then wave off the bout as a Technical Knockout (TKO).

06 Headgear, chest guard, and shin and instep protection must be worn by all youth, regardless of Novice or Open Class, although special provisions may be made at the Association's discretion.

07 Children's matches (between the ages of 6 and 11) shall consist of no more than three (3) rounds of not more than one and one half (1.5) minutes each with a one (1) minute break between rounds.

RULE 15 WARNINGS AND MINUS POINTS

01 In case of a serious violation, the referee shall stop the fight with the command "Stop" and issue a warning. The warning shall be issued clearly and in such a manner that the offending competitor understands the reason for the warning. The referee shall clearly indicate which competitor has received the warning by pointing his or her hand. Following a warning the referee shall let the match proceed by commanding "Fight".

02 If an official warning was given because of a foul, no point shall be deducted, but the judges shall immediately give this competitor a "first warning". If a competitor has received a "second warning" because of a foul, no point shall be deducted, but the judges shall immediately give this competitor a "second warning". Should a competitor receive three warnings in one match, he or she shall be immediately penalized simultaneously with the first minus point and one point must be deducted by the judges.

03 The referee has the opportunity to immediately give a competitor a minus point in the case of a clear and brutal foul. After two minus points in a match, he/she shall immediately be disqualified simultaneously with the second minus point being issued.

04 The warnings and minus points are given for the use of all illegal techniques or prohibited actions committed by the competitor. Warnings and minus points can also be given for prohibited actions committed by the competitor's coach and/or seconds.

RULE 16 PROTESTS AND ALTERATION OF DECISIONS

01 The scoring of the referee and judges is final.

02 Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

03 A judge's decision, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and WKA supervisor deem that one of the following circumstances has occurred:

(1) A conspiracy has taken place or an illegal agreement has been entered into that affects the result of the match.

(2) The addition of the scorecards is faulty or one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.

(3) A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.

04 Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (video will not be accepted). The protest must be accompanied by a processing fee of 100 USD. The fee will be returned if the protest is found to be valid. The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees, etc.

05 The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. Video will not be accepted. The Head Referee's decision is final.

06 Decisions of the official Medic are final, although they can be protested to the second medic that is present at the event. The second medic will make the decision about the protest.

SECTION IV: MIXED MARTIAL ARTS (MMA)

RULE 1 WEIGHT CLASSES OF MIXED MARTIAL ARTISTS

01 Mixed martial artists shall be divided into the following weight classes for male and female adults:

Strawweight up to 115 pounds
Flyweight 116 lbs. to 125 pounds
Bantamweight 126 lbs. to 135 pounds
Featherweight 136 lbs. to 145 pounds
Lightweight 146 lbs. to 155 pounds
Welterweight 156 lbs. to 170 pounds
Middleweight 171 lbs. to 185 pounds
Light Heavyweight 186 lbs. to 205 pounds
Heavyweight 206 lbs. to 265 pounds
Super Heavyweight over 265 pounds

02 The following weight divisions shall be used for children (8 to 11 years):

| 8-9 YEARS | | | | 10-11 YEARS | | | |
|-----------|----------|--------|----------|-------------|----------|--------|----------|
| BOYS | | GIRLS | | BOYS | | GIRLS | |
| -24 kg | -52.8 lb | -24 kg | -52.8 lb | -26 kg | -57.2 lb | -26 kg | -57.2 lb |
| -26 kg | -57.2 lb | -26 kg | -57.2 lb | -28 kg | -61.6 lb | -28 kg | -61.6 lb |
| -28 kg | -61.6 lb | -28 kg | -61.6 lb | -30 kg | -66.0 lb | -30 kg | -66.0 lb |
| -30 kg | -66.0 lb | -30 kg | -66.0 lb | -32 kg | -70.4 lb | -32 kg | -70.4 lb |
| -32 kg | -70.4 lb | -32 kg | -70.4 lb | -34 kg | -74.8 lb | -34 kg | -74.8 lb |
| -34 kg | -74.8 lb | +32 kg | +70.4 lb | -36 kg | -79.2 lb | -36 kg | -79.2 lb |
| -36 kg | -79.2 lb | | | -38 kg | -83.6 lb | -38 kg | -83.6 lb |
| -38 kg | -83.6 lb | | | -40 kg | -88.0 lb | -40 kg | -88.0 lb |
| +38 kg | +83.6 lb | | | -42 kg | -92.4 lb | +40 kg | +88.0 lb |
| | | | | +42 kg | +92.4 lb | | |

03 The following weight divisions shall be used for juniors (12 to 17 years):

| 12-13 YEARS | | | | 14-15 YEARS | | | |
|-------------|-----------|--------|-----------|-------------|-----------|--------|-----------|
| BOYS | | GIRLS | | BOYS | | GIRLS | |
| -34 kg | -74.8 lb | -34 kg | -74.8 lb | -40 kg | -88.0 lb | -40 kg | -88.0 lb |
| -37 kg | -81.4 lb | -37 kg | -81.4 lb | -43 kg | -94.6 lb | -43 kg | -94.6 lb |
| -40 kg | -88.0 lb | -40 kg | -88.0 lb | -46 kg | -101.2 lb | -46 kg | -101.2 lb |
| -43 kg | -94.6 lb | -43 kg | -94.6 lb | -49 kg | -107.8 lb | -49 kg | -107.8 lb |
| -46 kg | -101.2 lb | -46 kg | -101.2 lb | -52 kg | -114.4 lb | -52 kg | -114.4 lb |
| -49 kg | -107.8 lb | -49 kg | -107.8 lb | -55 kg | -121.0 lb | -55 kg | -121.0 lb |
| -52 kg | -114.4 lb | -52 kg | -114.4 lb | -58 kg | -127.6 lb | -58 kg | -127.6 lb |
| -55 kg | -121.0 lb | -55 kg | -121.0 lb | -61 kg | -134.2 lb | -61 kg | -134.2 lb |
| -58 kg | -127.6 lb | +55 kg | +121.0 lb | -64 kg | -140.8 lb | -64 kg | -140.8 lb |
| +58 kg | +127.6 lb | | | -67 kg | -147.4 lb | -67 kg | -147.4 lb |
| | | | | +67 kg | +147.4 lb | +67 kg | +147.4 lb |

| 16-17 YEARS | |
|-------------|-------|
| BOYS | GIRLS |
| | |

| | | | |
|--------|-----------|----------|-----------|
| -60 kg | -132.0 lb | -47.7 kg | -105.0 lb |
| -65 kg | -143.0 lb | -52.2 kg | -115.0 lb |
| -70 kg | -154.0 lb | -56.8 kg | -125.0 lb |
| -75 kg | -165.0 lb | -61.3 kg | -135.0 lb |
| -80 kg | -176.0 lb | -65.9 kg | -145.0 lb |
| -85 kg | -187.0 lb | +65.9 kg | +145.0 lb |
| -90 kg | -198.0 lb | | |
| +90 kg | +198.0 lb | | |

04 For non-tournament events, there shall be allowed no greater than a ten pound differential between contestants up to -155.0 lb., no greater than a fifteen pound differential from 156.0 lb. to 185.0 lb., and a twenty pound differential from 186.0 lb. to 205.0 lb. For contestants weighing more than 205.0 pounds, the differential shall be agreed upon by the contestants' chief seconds, at the Association's discretion.

05 For youth divisions, in addition to weight, other factors must be taken into consideration for matchmaking, such as height, age, and experience.

RULE 2: WORLD LEVEL COMPETITIONS

01 In all international tournaments, fighters should be seeded according to ranking or by national title.

02 Each competitor's name, country and number must be listed. A minimum of three competitors in each weight class is obligatory. Fewer than three competitors move up to the next higher weight category. In that case each country must get a minimum of 1 copy of all drawing lists and name list of competitors for free. They should get it at least a few hours before the start of the tournament. There is no way to protest after the drawing.

RULE 3 THE ATTENDANCE OF MEDICAL STAFF

01 Every match must have at a minimum two fully qualified paramedics in attendance at ringside. They must be familiar with and adept at performing emergency medicine such as the sort which would be needed in such athletic activity. Any and all directions and/or orders from the attending medic must be immediately obeyed.

02 Every medic must also have Emergency Medical equipment including a backboard and neck brace.

03 The official medic, who must attend every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

04 The attending medic must follow the rules and regulations of the appropriate national health board as well as those approved by the authorities where such rules apply.

05 No match may start or proceed before the attending medic is in place, and the medic may not leave his or her place prior to the decision in the last match.

06 The attending medic shall be ready to assist if a serious emergency arises, and to administer first aid in the event of less serious injuries.

07 The medic has the right to interrupt or stop a contest by ringing the bell or calling "stop" to the referee, if he or she thinks a competitor is in danger and the referee has not stopped the fight. He or she is also responsible for making the decision when a referee calls him or her in case of an injury to a competitor.

08 No one, even a competitor's second, may attempt to aid a competitor during a round before the attending medic has had the opportunity to see the injured competitor. If the medic is called to the fighting area, he or she must examine the presumed injury and then decide whether or not the fight should continue. The medic's examination must have duration of not more than one minute. Any kind of treatment of the competitor is forbidden. Should one minute be insufficient, the referee shall stop the match and declare the injured competitor's opponent the winner. Medics' decisions are final, although they can be protested to the second medic that is present at the event. The second medic will make the decision about the protest.

09 The medics, first aid team, referee, and chief official must all meet to coordinate their activities and duties to be performed ringside prior to the event.

RULE 4 FIGHTING AREA

01 MMA contests may take place in either a cage or a ring that has been approved by the Association. The cage or ring should meet the requirements set forth by the Association and should be inspected prior to each event by Association representative or referee.

02 The fighting area canvas shall be no smaller than 18 feet by 18 feet and no larger than 32 feet by 32 feet. The fighting area canvas shall be padded in a manner as approved by the Association, with at least one inch layer of foam padding. Padding shall extend beyond the fighting area and over the edge of the platform. No vinyl or other plastic rubberized covering shall be permitted.

03 The fighting area canvas shall not be more than four feet above the floor of the building and shall have suitable steps or ramp for use by the competitors. Posts shall be made of metal not more than six inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the fighting area canvas and shall be properly padded in a manner approved by the Association.

04 The fighting area canvas area shall be enclosed by a fence made of such material as will not allow a fighter to fall out or break through it onto the floor or spectators, including, but not limited to, vinyl coated chain link fencing. All metal parts shall be covered and padded in a manner approved by the Association and shall not be abrasive to the contestants.

05 The fence shall provide two separate entries onto the fighting area canvas.

06 The ring shall be not less than 17 feet square within the ropes. In world and national title bouts, the Association recommends and may require that the ring be not less than 20 feet square.

07 The ring floor shall extend beyond the ropes not less than 18 inches. The ring floor shall be padded in a manner approved by the Association. Padding must extend beyond the ring ropes and over the edge of the platform.

08 A fifth rope, lower than a boxing ring's other four ropes, is recommended in order to help keep competitors safely in the ring.

09 A ring stool of a type approved by the Association shall be available for each contestant.

10 An appropriate number of stools or chairs, of a type approved by the Association, shall be available for each contestant's seconds. Such stools or chairs shall be located near each contestant's corner.

RULE 5 ROUND NUMBER AND LENGTH

01 Novice class matches shall consist of three (3) three (3) minute rounds with a one (1) minute rest period between rounds.

02 Open class matches that are not title matches shall consist of three (3) three (3) minute rounds with a one (1) minute rest period between rounds.

03 Open class title matches shall consist of five (5) three (3) minute rounds with a one (1) minute rest period between rounds.

RULE 6 ATTIRE

01 Each contestant shall wear mixed martial arts shorts, biking shorts, or kick-boxing shorts. At the Association's discretion, competitors wearing loose-fitting shorts may be required to wear spandex or bike shorts underneath fight shorts. Shorts that give any particular advantage to a competitor shall not be allowed. Shorts may not pose any danger to an opponent in the form of zippers, plastic toggles, pockets, or the like.

02 Gis or shirts are prohibited during competition.

02a Female competitors must wear a sports or athletic bra and may wear a form-fitting rashguard.

03 Shoes are prohibited during competition.

RULE 7 RULES OF CONDUCT INSIDE AND OUTSIDE THE RING

01 It is the duty of every competitor to show fair play in the ring. Should a competitor not be ready to continue the match, because his or her safety equipment is not working properly or for other reasons, he or she shall retreat one step and raise one arm.

02 A competitor shall immediately retreat to the nearest neutral corner if so directed by the referee and wait for the referee to signal that the match can proceed again.

03 When a competitor receives a warning or a reprimand from the referee, he or she must put his or her gloves up in guard position and bow toward the referee to indicate that he or she has understood the reason for the warning or reprimand.

04 At the conclusion of the fight the competitors shall approach the referee, standing in the center of the ring, and there, with one competitor on each side of the referee, await the speaker's announcement of the decision. The referee shall then raise the arm of the winner.

05 After the fight the competitors shall salute each other and each other's seconds, after which both competitors shall bow to the referee in recognition of his or her efforts.

06 Violation of WKA rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

RULE 8 THE COMPETITOR

01 The competitors must be in good physical shape and have a good sportsmanlike attitude.

02 The competitors must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Male competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair that apply to female competitors. All competitors shall be clean and proper. It is the sole prerogative of the WKA referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match. The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net.

03 Excessive use of grease or similar substances is prohibited.

04 Competitors are prohibited from wearing any type of jewelry or piercing accessories during competition.

RULE 9 THE COMPETITOR'S EQUIPMENT

01 Individually fitted tooth-protector (mouth guard) required for all competitors.

02 Bandaging of each competitor's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide, placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within 3/4 inch of the knuckles when the hand is clenched to make a fist. Soft surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used. Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles. Bandages shall be adjusted in the locker room in the presence of an

Association official. Cloth hand-bandages, maximum length of 3.5 meters, may be used.

03 An individually fitted breast-protector for females is recommended.

04 An individually fitted groin-protector for males is required and for females is recommended.

05 The gloves shall be new for all main events and in good condition or they must be replaced.

06 All contestants shall wear gloves weighing no less than six ounces, supplied by the promoter and approved by the Association. No contestant shall supply his or her own gloves for participation.

07 Novice competitors may be required to wear shin and instep protection and/or headgear if required by a State Athletic Commission in the jurisdiction of the bout or by Association.

08 The following substances are approved for treating competitors' cuts between rounds: Adrenaline 1:1000, Avitene, and Thrombin.

09 Petroleum jelly may be used lightly around a competitor's eyes and on a competitor's face. Petroleum jelly, lotion, or any other type of lubricant on any other part of a competitor's body is prohibited. Menthol-based liniments or ointments such as Thai oil, boxing liniment, Ben Gay, or IcyHot are strictly prohibited on any part of the body.

10 A corner may administer only water to a competitor between rounds in a bout. Any other beverage is prohibited.

RULE 10 SECONDS

01 The second may give up on behalf of his or her competitor if he or she deems it irresponsible to let the fight continue. The second may enter the fight platform, at which time the fight shall be immediately stopped by the referee. A second shall not throw in a towel.

02 Prior to every tournament the Head Referee shall call a meeting with all judges, referees, seconds, and fighters to clarify any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting. This meeting is mandatory for all participating fighters.

03 Seconds shall support and advise their competitors during the intermission between rounds. Each competitor may have two seconds, only one of whom may enter the ring at any time.

04 During the rounds neither of the seconds may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight. Seconds shall comply with any and all directions given by the referee. Prior to each round the seconds must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spilt water. The seconds shall have at their disposal a towel, a sponge, water and grease for the competitor.

05 During the rounds the seconds may give advice (only in a proper manner), help, or encourage the competitor. Should a second violate this rule the referee can issue a warning, expel the second, or disqualify the competitor. A second who has been expelled may not function as second in the remaining part of the tournament.

06 A match starts when the referee gives the command "fight" to begin the first round, and it finishes when the referee stops the fight in the last round. Only the competitors and the referee may be present in the ring during the match. If any other person enters the ring, the referee can decide that the fight is immediately over and cannot continue again.

RULE 11 CLASSIFICATION OF COMPETITORS (SPECIFIC TO MMA)

01 Officials shall verify that competitors compete in their proper weight classes. The count of victories is made by adding the number of victories the individual competitor has had (not the number of matches, which is irrelevant) and then classifying the competitor accordingly. The following Classifications shall be used for adult competitors:

02 Class C – Amateur "Novice" MMA, Rule Restrictions: no elbow or knee strikes to head grounded or standing; limited closed fist strikes allowed to the head while grounded. Non-championship and championship bouts of mixed martial arts contest shall be three rounds, of three minutes duration, with a one minute rest period between each round. Contestant use oversized MMA approved gloves. Competitors may be required to wear shin and instep protection where required by State regulation. After 3 wins in class, progress to Class B.

03 Class B – Amateur "Open" MMA, Rule Restrictions: no elbow or knee strikes to head grounded or standing, closed fist strikes to head of grounded opponent. Non-championship bouts of mixed martial arts contest shall be three rounds, of three minutes duration, with a one minute rest period between each round. Championship bouts of mixed martial arts contest shall be five rounds, of three minutes duration, with a one minute rest period between each round. Contestant use oversized MMA approved gloves. After 5 wins in class, combatant may progress to Class A.

04 Class A – Professional MMA, Full Rules: combatants who have acquired a level to be licensed as professional fighters.

05 Only Class B (Amateur "Open" Class) bouts will be featured at the World Championships.

RULE 12 AMATEUR DIVISION SCORING RULES AND BOUT RESULTS

01 All bouts will be evaluated and scored by three judges.

02 The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and nine points or fewer must be awarded to the loser, except for a rare even round, which is scored (10-10).

03 Judges shall evaluate mixed martial arts techniques, such as effective striking, effective grappling, control of the fighting area, effective aggressiveness.

04 Evaluations shall be made in the order in which the techniques appear in (03) above, giving the most weight in scoring to effective striking and effective grappling, with control of the fighting area being taken into consideration if both of the above are equal, and effective aggressiveness last if the first three criteria are equal.

05 Effective striking is judged by determining the total number of legal heavy strikes landed by a contestant.

06 Effective grappling is judged by considering the amount of successful executions of legal takedowns and reversals. Examples of factors to consider are take downs from standing position to mount position, passing the guard to mount position, and bottom position fighters using an active, threatening guard.

07 Fighting area control is judged by determining which contestant is dictating the pace, location and position of the bout. Examples of factors to consider are countering a grappler's attempt at takedown by remaining standing and legally striking, taking down an opponent to force a ground fight, creating threatening submission attempts, passing the guard to achieve mount, and creating striking opportunities.

08 Effective aggressiveness means moving forward and landing a legal strike.

09 The following objective scoring criteria shall be utilized by the judges when scoring a round.

(1) A 10 points to 10 points round is strongly discouraged, and judges should look through the judging criteria for more effective striking and grappling, more effective control of the fighting area, and more effective aggressiveness. An even round should only occur in the case of a loss of points by a contestant.

(2) A round is to be scored as a 10-9 Round when a contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers.

(3) A round is to be scored as a 10-8 Round when a contestant overwhelmingly dominates by striking or grappling in a round.

(4) A round is to be scored as a 10-7 Round when a contestant totally dominates by striking or grappling in a round.

11 Judges shall use a sliding scale and recognize the length of time the fighters are either standing or on the ground, as follows:

- (1) If the mixed martial artists spent a majority of a round on the canvas, then:**
- i. Effective grappling is weighed first; and**
 - ii. Effective striking is then weighed**

(2) If the mixed martial artists spent a majority of a round standing, then:

- i. Effective striking is weighed first; and**
- ii. Effective grappling is then weighed**

(3) If a round ends with a relatively even amount of standing and canvas fighting, striking and grappling are weighed equally.

12 The following are the types of bout results:

(1) Submission by:

- i. Tap Out: When a contestant physically uses his or her hand to indicate that he or she no longer wishes to continue.**
- ii. Verbal tap out: When a contestant verbally announces to the referee that he or she does not wish to continue.**
- iii. Technical submission: When a submission is executed to its completeness, causing the referee to intervene and stop the contest.**

(2) Technical knockout by:

- i. Referee stops bout.**
- ii. Ringside medic stops bout.**
- iii. When an injury as a result of a legal maneuver is severe enough to terminate a bout.**

(3) Knockout by failure to rise from the canvas.

(4) Decision via score cards:

- i. Unanimous: When all three judges score the bout for the same contestant.**
- ii. Split Decision: When two judges score the bout for one contestant and one judge scores for the opponent.**
- iii. Majority Decision: When two judges score the bout for the same contestant and one judge scores a draw.**

(5) Draws:

- i. Unanimous: When all three judges score the bout a draw.**
- ii. Split: When all three judges score differently and the score total results in a draw.**
- iii. Majority: When two judges score the bout a draw and one judge scores for either contestant.**

(6) Disqualification: When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest.

(7) Forfeit: When a contestant fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out.

(8) Technical Draw: When an injury sustained during competition as a result of an unintentional foul causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of stoppage.

(9) Technical Decision: When an injury sustained during competition as a result of an unintentional foul causes the injured contestant to be unable to continue and the injured contestant is ahead on the score cards at the time of stoppage.

(10). No Contest:

- i. When a contest is prematurely stopped due to injury caused by an accidental foul and a sufficient number of rounds have not been completed to render a decision via the score cards (see Technical Draw and Technical Decision).**
- ii. If the safety equipment of the ring has been damaged or the ring is otherwise unsafe for use; if the lighting over the ring is failing; or if the weather conditions force the referee to stop the match.**

(11) Walkover: If one competitor is present in the ring and ready to fight and his or her opponent fails to show after his or her name has been called over the loudspeaker, the referee shall signal the referee's table to begin the running of two minutes. If the opponent has not entered the ring within the two minute time limit, the timekeeper shall strike the gong to signal that the match has been stopped. The referee shall then announce the competitor who was first in the ring and declare him or her the winner by "walk-over".

13 The following shall apply to injuries sustained during competition:

(1) If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured contestant loses by technical knockout.

(2) If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.

(3) If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the contestant who committed the foul.

(4) If an injury sustained during competition as a result of an intentional foul causes the injured contestant to be unable to continue at a subsequent point in the contest, the injured contestant shall win by technical decision, if he or she is ahead on the score cards. If the injured contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.

(5) If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.

(6) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have been completed in a three round bout or if stopped before three rounds have been completed in a five round bout.

(7) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the fouled contestant if he/she is ahead on the score cards at the time the bout is stopped only when the bout is stopped after two rounds of a three round bout, or three rounds of a five round bout have been

completed. If the fouled contestant is even or behind at this time, the bout shall be declared a technical draw.

(8) There will be no scoring of an incomplete round. However, if the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score.

RULE 13 LEGAL TECHNIQUES

01 All forms of boxing in combination with kicks above the waist to the body and the head

02 Rear (reverse) kicks to the body or the head, as well as spinning back kicks to the body and to the head

03 Foot sweeps

04 Low kicks to the thighs, inside and outside

05 Knee attacks to the body and the thighs, as well as kicks with the shin to the thighs, body and the head

06 Clinching (holding) and attacking at the same time with knees and elbows to the body or any other legal strikes

07 Elbow strikes to the body below the neck

08 Holding an opponent's leg while attacking with legal strikes or attempting a takedown

09 The use of spinning back fists, provided that only the legal striking surface of the glove is used (if the fighter strikes with the forearm or elbow, he or she may be penalized at the referee's discretion). This technique is allowed where permitted by State or local jurisdiction, or by Association rules.

10 All throws, sweeps, and takedowns, provided that they do not aim to land an opponent on his or her head or neck

11 All submission holds, including but not limited to chokes, armlocks, keylocks, kneebars, heelhooks, neck cranks. Small joint manipulation is not permitted.

RULE 14 ILLEGAL TECHNIQUES

01 The following are fouls and will result in penalties if committed:

(1) Butting with the head

(2) Eye gouging of any kind

(3) Biting or spitting at an opponent

(4) Hair pulling

(5) Fish hooking

(6) Groin attacks of any kind

(7) Intentionally placing a finger in any of an opponent's orifices

(8) Elbow strikes to the head, standing or grounded

- (9) Small joint manipulation**
- (10) Strikes to the spine or back of the head**
- (11) Heel kicks to the kidney**
- (12) Throat strikes of any kind**
- (13) Strikes to any joint, including foot stomps**
- (13) Clawing, pinching, twisting the flesh or grabbing the clavicle**
- (14) Kicking the head of a grounded fighter**
- (15) Kneeing the head of an opponent, standing or grounded**
- (16) Stomping of a grounded fighter**
- (17) The use of abusive language in fighting area**
- (18) Any unsportsmanlike conduct that causes an injury to opponent**
- (19) Attacking an opponent on or during the break**
- (20) Attacking an opponent who is under the referee's care at the time**
- (21) Timidity (avoiding contact, consistent dropping of mouthpiece, or faking an injury)**
- (22) Interference from a mixed martial artists seconds**
- (23) Throwing an opponent out of the fighting area**
- (24) Flagrant disregard of the referee's instructions**
- (25) Spiking an opponent to the canvas on his or her head or neck**

RULE 15 SPECIAL PROVISIONS FOR YOUTHS

01 Youth shall be divided into the following age categories: 8-9 years old, 10-11 years old, 12-13 years old, 14-15 years old, and 16-17 years old.

02 Age categories 8-9 years and 10-11 years shall comprise the children's division. The childrens division shall have no contact to the head.

03 Age categories 12-13 years, 14-15 years, and 16-17 years shall comprise the juniors division. Juniors shall be divided into A Class juniors and B Class juniors.

(1) A Class juniors shall be permitted controlled head contact.

(2) B Class juniors shall have no contact to the head.

04 Children (8-9, 10-11) shall wear shin and instep protection. Juniors (12-13, 14-15, 16-17) shall also wear shin and instep protection, although special provision may be made at the Association's discretion for A Class fighters.

RULE 16 WARNINGS AND MINUS POINTS

01 The referee shall issue a single warning for the following infractions. After the initial warning, if the prohibited conduct persists, a penalty will be issued. The penalty may result in a deduction of points or disqualification.

(1) Holding or grabbing the fence.

(2) Holding opponent's or the competitor's own shorts or gloves.

(3) The presence of more than one second inside the fighting area.

02 Disqualification occurs after any combination of three or the fouls listed in (01) above or after a referee determines that a foul was intentional and flagrant.

03 Fouls will result in a point being deducted by the official scorekeeper from the offending mixed martial artist's score.

04 Only a referee can assess a foul. If the referee does not call the foul, judges shall not make that assessment on their own and cannot factor such into their scoring calculations.

05 A fouled fighter has up to five minutes to recuperate.

06 If a foul is committed, the referee shall:

(1) Call time.

(2) Check the fouled mixed martial artist's condition and safety.

(3) Assess the foul to the offending contestant, deduct points, and notify each corner's seconds, judges and the official scorekeeper.

07 If a bottom contestant commits a foul, unless the top contestant is injured, the fight shall continue, so as not to jeopardize the top contestant's superior positioning at the time.

(1) The referee shall verbally notify the bottom contestant of the foul.

(2) When the round is over, the referee shall assess the foul and notify both corners' seconds, the judges and the official scorekeeper.

(3) The referee may terminate a bout based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.

RULE 17 PROTESTS AND ALTERATION OF DECISIONS

01 The scoring of the referee and judges is final.

02 Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

03 A judge's decision, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and WKA supervisor deem that one of the following circumstances has occurred:

(1) A conspiracy has taken place or an illegal agreement has been entered into that affects the result of the match.

(2) The addition of the scorecards is faulty or one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.

(3) A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.

04 Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong

decision has been made (video will not be accepted). The protest must be accompanied by a processing fee of 100 USD. The fee will be returned if the protest is found to be valid. The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees, etc.

05 The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. Video will not be accepted. The Head Referee's decision is final.

06 Decisions of the official Medic are final, although they can be protested to the second medic that is present at the event. The second medic will make the decision about the protest.

SECTION V: SUBMISSION GRAPPLING

RULE 1 TOURNAMENT ADMISSION

01 At the Association's discretion, Association may choose to waive license fee for a tournament registration fee.

RULE 2 FIGHTING AREA

01 Grappling competitions shall be conducted on grappling or wrestling mats divided into "rings". A ring is an area that is clearly marked by color, tape or similar means.

02 Each ring area shall measure no less than ten (10) feet by ten (10) feet. The center of each ring should be clearly marked. In addition, each ring should have a safety perimeter around it on all sides of a width no less than two (2) feet.

03 Only competitors ready to engage in a match and referees shall be on the competition mats. Coaches, teammates, and other spectators must remain off of the mat area. Approved camera crew may, at the Association's discretion, film on the mats between competition rings.

RULE 3 WEIGH-IN

01 Weigh-ins for tournaments may be conducted the morning of the tournament or the evening before the tournament.

02 No tolerance shall be given, with or without garments.

03 Competitors shall not weigh in wearing a Gi or kimono.

RULE 4 REFEREES, TIMEKEEPERS, AND SCOREKEEPERS

01 Each "ring" shall be accompanied by a table at the edge of the mat which faces the mat. Each table shall be equipped with chairs for the scorekeeper and the timekeeper. Each table shall also be equipped with the following: a scoreboard with easily-changed numbers large enough to be visible to the referee, a stopwatch, pens/pencils and paper, referees' armbands in contrasting colors, competitors' anklebands in contrasting colors, and a beanbag (a belt with tape wrapped around it may also be used) for stopping time. Each table should also provide water for the referee, timekeeper, and scorekeeper.

02 Whenever possible, there should be one scorekeeper and one timekeeper at each table, although in the event that there are not enough officials at a tournament, a scorekeeper may also keep time.

03 A timekeeper shall keep time with a hand stopwatch. A list of match lengths should be kept on each table for reference. A timekeeper should briefly check with the referee at the beginning of each bracket to make certain that both are aware of the appropriate length of the match. The referee shall call "Time!" and make a T-shape with his or her hands when he or she wishes the time to be stopped. At the end of the match, the timekeeper shall call "Time!" and throw the

beanbag or belt into the ring in plain sight of the referee. A timekeeper shall also be responsible for stopping the clock when a match is stopped for a winning submission and for communicating the time of the match up to the submission to the scorekeeper.

04 A scorekeeper shall watch the referee closely at all times and keep track of points and advantages. All points shall be noted on the scoreboard. All advantages shall be recorded for each match on a piece of paper. The scorekeeper must take care to zero the scoreboard and erase all advantages at the end of each match. The scorekeeper is also responsible for recording on the bracket sheet the winner of each match as well as whether the match was won by points or by submission. In the event of a submission, the scorekeeper must record both the type of submission and the length of the match until the submission on the bracket sheet.

05 The referee shall wear a wristband on each wrist, each of a different color. Each competitor shall wear a corresponding band. In No Gi matches, this shall be worn around the competitor's ankle; in Gi matches, the band shall be fastened around the competitor's belt in the back. At the beginning and the end of the action, each competitor shall stand on the side of the referee with the wristband corresponding in color to his or her ankleband.

06 When points are awarded, the referee will hold up the hand with the wristband corresponding in color to the competitor's ankleband and clearly indicate with his or her fingers how many points should be noted on the scoreboard. In the event of two sets of points being given at the same time for two separate techniques (for example, a takedown followed by a mounted position), the referee shall first display the first number of points, then clearly say "And" and display the second number of points. The referee should check the scoreboard to ensure that the scorekeeper has understood his or her point count correctly. For advantages, the referee shall wave the hand with the appropriate wristband, palm down, in one sweeping motion.

RULE 5 AGE CLASSES

01 Competitors shall be divided into the following age classes:

- **Children: 4-12 years**
 - 4-5 years old
 - 6-8 years old
 - 9-11 years old
- **Teens: 12-17 years**
 - 12-14 years old
 - 15-17 years old
- **Adults: 18 years and older**
- **Executives: 30-39 years**
- **Masters: 40 years and older**

02 Competitors in the Children and Teen divisions may NOT compete as Adults.

03 Competitors who fall into the Executive or Master divisions may also compete in the Adult division.

RULE 6 ADDITIONAL REGULATIONS OF CLASS AND DIVISION

01 Men and women shall not compete against each other in the Adult, Executive, and Masters divisions. However, there shall be no distinction between boys and girls in the Children and Teen divisions.

RULE 7 WEIGHT CLASSES

Note: All weights given in pounds.

| CHILDREN (GI AND NO GI, BOYS AND GIRLS) | |
|--|--------|
| BANTAMWEIGHT | -49.9 |
| FLYWEIGHT | -59.9 |
| FEATHERWEIGHT | -69.9 |
| LIGHTWEIGHT | -79.9 |
| WELTERWEIGHT | -94.9 |
| MIDDLEWEIGHT | -109.9 |
| CRUISERWEIGHT | -124.9 |
| HEAVYWEIGHT | +125 |

| TEENS (GI AND NO GI, BOYS AND GIRLS) | |
|---|--------|
| FEATHERWEIGHT | -99.9 |
| LIGHTWEIGHT | -114.9 |
| WELTERWEIGHT | -129.9 |
| MIDDLEWEIGHT | -149.9 |
| CRUISERWEIGHT | -169.9 |
| HEAVYWEIGHT | +170 |

| WOMEN, WOMEN EXECUTIVE, AND WOMEN MASTER: NO GI / WHITE AND BLUE BELT | |
|--|--------|
| CLASS A | -114.9 |
| CLASS B | -129.9 |
| CLASS C | -144.9 |
| CLASS D | -159.9 |
| CLASS E | +160 |

WEIGHT CLASSES FOR WOMEN'S PURPLE, BROWN, AND BLACK BELT DIVISIONS SUBJECT TO AVAILABILITY OF COMPETITORS IN THESE DIVISIONS AT PARTICULAR TOURNAMENT.

| MEN: NO GI | |
|-------------------|--------|
| BANTAMWEIGHT | -129.9 |
| FLYWEIGHT | -139.9 |
| FEATHERWEIGHT | -149.9 |
| LIGHTWEIGHT | -159.9 |
| WELTERWEIGHT | -169.9 |
| MIDDLEWEIGHT | -179.9 |
| CRUISERWEIGHT | -189.9 |
| LIGHT HEAVYWEIGHT | -199.9 |
| HEAVYWEIGHT | -209.9 |
| SUPERWEIGHT | +210 |

| EXECUTIVES AND MASTERS: NO GI | |
|--------------------------------------|--------|
| LIGHTWEIGHT | -159.9 |
| MIDDLEWEIGHT | -179.9 |
| CRUISERWEIGHT | -199.9 |
| HEAVYWEIGHT | +200 |

| MEN: WHITE AND BLUE BELT | |
|---------------------------------|--------|
| BANTAMWEIGHT | -129.9 |
| FLYWEIGHT | -139.9 |
| FEATHERWEIGHT | -149.9 |
| LIGHTWEIGHT | -159.9 |
| WELTERWEIGHT | -169.9 |
| MIDDLEWEIGHT | -179.9 |
| CRUISERWEIGHT | -189.9 |
| LIGHT HEAVYWEIGHT | -199.9 |
| HEAVYWEIGHT | -209.9 |
| SUPERWEIGHT | +210 |

MEN'S PURPLE BELT WEIGHT DIVISIONS ARE THE SAME AS ABOVE, BUT WITH NO BANTAMWEIGHT (-129.9) DIVISION.

MEN'S BROWN BELT WEIGHT DIVISIONS ARE THE SAME AS ABOVE, BUT WITH NO BANTAMWEIGHT (-129.9) AND FLYWEIGHT (-139.9) DIVISIONS.

MEN'S BLACK BELT WEIGHT DIVISIONS CONSIST OF THE FOLLOWING: -159.9, -179.9, -199.9, AND +200.

| EXECUTIVE AND MASTERS: WHITE, BLUE, AND PURPLE BELT | |
|--|--------|
| FEATHERWEIGHT | -149.9 |
| LIGHTWEIGHT | -159.9 |
| WELTERWEIGHT | -169.9 |
| MIDDLEWEIGHT | -179.9 |
| CRUISERWEIGHT | -189.9 |
| LIGHT HEAVYWEIGHT | -199.9 |
| HEAVYWEIGHT | -209.9 |
| SUPERWEIGHT | +210 |

MEN'S BLACK BELT WEIGHT DIVISIONS CONSIST OF THE FOLLOWING: -139.9, -159.9, -179.9, -199.9, AND +200.

Note: Adjacent weight divisions may be combined if any weight division has too few competitors.

RULE 8 APPAREL FOR GI (BJJ) AND NO GI DIVISIONS

01 Competitors in all No Gi divisions shall wear appropriate grappling or MMA shorts with no zippers or metal components. In addition, competitors may wear a close-fitting T-shirt or rashguard. Female competitors must also wear a sports or athletic bra.

02 Competitors in all Gi (BJJ) divisions must wear an appropriate Gi or Kimono that includes long pants, a jacket, and a belt. Male competitors may not wear a shirt or rashguard under the jacket. Competitors must wear shorts underneath the Gi in case the Gi should tear during competition. The Gi must be in good condition (i.e., not torn, soiled, or malodorous). Each competitor shall have a second Gi with them in case of a tear or rip in his/her Gi during competition.

03 A mouthpiece is recommended for all competitors but required for competitors who have braces.

04 Male participants are recommended to wear foul-proof groin protection.

05 No jewelry may be worn during competition. All piercings must be removed.

06 The use of oils, lotions, grease, or other lubricants (including hair products such as gel, mousse, and similar substances) are forbidden on any part of the body.

07 Fingernails and toenails must be trimmed short and clean for the safety and hygiene of competitors.

08 Competitors with long hair must have hair arranged in such a manner that it does not interfere with competition. Any hair ties must be free of metal components, and the use of any plastic or metal hair clips or clasps is prohibited.

09 Any kind of footwear, including wrestling shoes, is prohibited.

10 Association approved headgear may be worn.

RULE 9 EXPERIENCE LEVELS AND BELT LEVELS

01 Gi divisions for adults will be classified according to the traditional Brazilian Jiu Jitsu belt system, with the following ranks: White, Blue, Purple, Brown, and Black Belt. For Teens, the following belt divisions will be used: White, Yellow, Orange, Green, and Blue. For Children, the following belt divisions will be used: White, Yellow, Orange, and Green.

02 No Gi divisions will be classified as Novice, Intermediate, or Advanced.

02a Guidelines for No Gi experience categories:

(1) Novice: less than one year of training in the grappling arts

(2) Intermediate: one to four years of training in the grappling arts

(3) Advanced: more than four years of training in the grappling arts

(4) Note: Grappling arts include, but are not limited to, Brazilian Jiu-Jitsu, Sombo, Judo, wrestling, and Shootfighting.

RULE 10 RULES FOR GI AND NO GI DIVISIONS

01 An "advantage" shall be defined as follows:

(1) A submission attempt that poses a serious threat to a competitor's opponent

(2) Near-takedowns, near sweeps, near passes, etc.

01a Advantages will only be considered in the case of a tie in points at the end of the match.

02 No stalling shall be allowed. Stalling includes no activity, backing out of the guard, and fleeing the ring to avoid a submission or takedown. After the first offense of stalling, the referee will issue a warning. After the second offense, the referee will order two points to be deducted from the offending competitor's score. After the third offense, the offending competitor shall be disqualified. If a competitor flees the ring when he or she is locked into a submission, and he or she is obviously fleeing the ring to avoid the submission, the competitor will be automatically disqualified.

03 No excessive force is permitted. The referee may issue warnings or end the match at his or her discretion if he or she feels that excessive force is being used.

04 The referee's decisions are final and may not be disputed. Competitors, their teammates, and coaches must show respect to the referee at all times.

05 No points shall be awarded for reversals or escapes. It is the duty of a grappler to escape from a disadvantageous position, such as mount, side mount, or rear mount.

06 If the competitors near the edge of the ring and are in danger of crossing the ring boundary, then the referee will restart the competitors from the same position in the middle of the ring. If the referee is unable to duplicate the competitors' position, then he or she will restart the competitors from a standing position.

07 The following are illegal techniques in submission grappling:

(1) Biting

(2) Eye gouging (including chin-to-eye)

(3) Head butting

(4) Striking

(5) Small joint manipulation (fingers and toes)

(6) Hair pulling

(7) Ear pulling

(8) Fish hooking or placing fingers into any orifice of the opponent

08 Competitors may not engage in any unsportsmanlike conduct, including, but not limited to, using foul language, spitting, and using obscene gestures. The referee may, at his or her discretion, issue warnings, penalties, or disqualification for such behavior.

09 No slamming is permitted. Takedowns and throws are not considered slams, provided that a competitor delivers his or her opponent safely to the mat. No

competitor may slam an opponent in order to escape a submission or pass the guard, nor may any competitor stand up in the guard and slam his or her opponent.

RULE 11 ADDITIONAL RULES FOR NO GI DIVISIONS

01 No grabbing of any article of clothing, including shorts and rashguards, is permitted.

02 The following techniques are illegal in all Novice, Intermediate, Children's, Teens', and Master's divisions: heel hooks, twisting knee locks, neck cranks, and flying scissors takedowns. In addition, omoplatas, guillotine chokes, wrist locks, straight kneebars, and straight ankle locks are illegal in Children's divisions.

03 All submissions are legal in Advanced divisions and Super Fights.

04 Any competitor who has reached the rank of Blue Belt must compete in Intermediate or Advanced divisions. Any competitor who has reached the rank of Purple Belt or higher must compete in Advanced divisions.

05 Novice, Intermediate, and Children's divisions will go by the 12-Point Overrule, which states that if one competitor is twelve points ahead of his or her opponent, the match is stopped and that competitor declared the winner.

RULE 12 ADDITIONAL RULES FOR GI DIVISIONS

01 The following techniques are illegal in all Gi matches for all divisions: heel hooks, twisting knee locks, neck cranks, and flying scissors takedowns. In addition, omoplatas, guillotine chokes, wrist locks, straight kneebars, and straight ankle locks are illegal in Children's divisions.

02 Kneebars and figure-four toeholds are legal in Brown and Black Belt divisions only.

RULE 13 SCORING

01 Points will be awarded as follows:

| | |
|---|----------|
| Takedown | 2 points |
| Takedown into side control (No Gi only) | 3 points |
| Sweep | 2 points |
| Passing the guard | 3 points |
| Mounted position | 4 points |
| Back Mount with hooks in | 4 points |
| Back Mount, with knees on ground, opponent flat on stomach+ | 4 points |
| +Achieving both hooks from this position (Gi only) | 4 points |
| Knee on belly (Gi only) | 2 points |

02 A competitor must demonstrate clear control of a position for three seconds before he or she may be awarded points for that position.

03 In the case of a tie in points, advantages will be used to determine a winner.

04 In the case of a tie in points and advantages in Gi divisions, the winner shall be chosen by referee decision.

05 In the case of a tie in points and advantages in No Gi divisions, the match shall proceed into an overtime equal to half the length of time of the match. If this overtime yields no points or advantages, the winner shall be chosen by referee decision.

RULE 14 MATCH LENGTHS

| | |
|----------------------------------|------------|
| Children and Teens: Novice | 3 minutes |
| Children and Teens: Intermediate | 4 minutes |
| Children and Teens: Advanced | 4 minutes |
| | |
| All Executive and Masters | 5 minutes |
| | |
| Adults No Gi Novice | 4 minutes |
| Adults No Gi Intermediate | 5 minutes |
| Adults No Gi Advanced | 6 minutes |
| | |
| Adults White Belt | 5 minutes |
| Adults Blue Belt | 6 minutes |
| Adults Purple Belt | 7 minutes |
| Adults Brown Belt | 8 minutes |
| Adults Black Belt | 10 minutes |
| | |
| Super Fights and Pro Fights | 10 minutes |