

# WKA

W<sub>orld</sub> K<sub>ickboxing</sub> A<sub>ssociation</sub>

W<sub>orld</sub> K<sub>arate</sub> A<sub>ssociation</sub>



**WKA**

**Official Rulebook for Mat Sports**

**2019**

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# **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 Association.

**02** These current rules are valid for members from all countries, 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 4A 22 Agency Lane, Silverdale, Auckland, New Zealand.

**03** WKA Executive Board is defined as all WKA vice presidents.

## **RULE 2 AMATEUR STATUS**

**01** The term "Amateur" is used to refer to the 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 consisting of 3-minute rounds (Thaiboxing A-Class).

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

(4) 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

(4a) 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.

(4b) 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.

**05 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:**

- (1) Disqualification of the Non-Amateur**
- (2) Participation ban and time to be determined by the Association**
- (3) Fine of 500 USD**
- (4) Revocation of the won title, while a revocation of the world title requires the WKA Executive Board approval.**

## **RULE 3 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 doctor 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 gender. Whenever this is not available, WKA supervisor of the same gender shall supervise the collection of the test samples.**

## **RULE 4 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) 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 physician. Competitors in Full Rules Muay Thai divisions and MMA 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 physician (other exams may also be required, particularly for those competitors over the age of 35, at Association's discretion).**
- (5) 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 USA Headquarters necessary to lift such a suspension with the WKA.**

**(6) Show a clearance from a neurologist, reviewed by the Association, after having lost consciousness due to a head knockout, or after the second head knockout within twelve months.**

**(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 5 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 6 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 neurologist is required for Association to allow further competition**

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

## **RULE 7 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 8 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 9 AGE CATEGORIES**

**01 The cutoff date is always one day after the last day of the competition.**

## **RULE 10 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 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 11 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 physician. 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 physician.**

**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 and licensed physician.**

**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 USA Headquarters necessary to lift such a suspension with the WKA.**

**06 Competitors must show a clearance from a neurologist, 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.**

**10 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 12 FIGHTING AREAS**

**Fighting Areas for Point Fighting, Forms , Light Contact, and Karate Kumite**

**01 The fighting area must be square. Each side must be 8 X 8 metres maximum or 6 x 6 metres minimum.**

**02 Around the fighting area, a safety zone strip of two meters shall be kept clear. Only referee tables are allowed to be placed within this safety zone. No spectators are allowed to be within that zone. The safety strip zone should be marked.**

**03 The timekeeper and scorekeeper are located at the referee table facing the head referee.**

**04 In the case that there is only one fighting area, sufficient space for the medics and/or emergency personnel shall be provided at the referee table.**

**05 The referee table must be equipped with the following items:  
Pool lists, scoreboards or display, stopwatch, bean-bag, paper pens.  
Online systems such as Kihapp or RSports can be used.**

**06 Two chairs at each side for coaches.**

**07 For light contact a chair to be placed at three corners for judges.**

## **RULE 13 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.**

**(3) Referees are also required to pass a pre-event physical prior to each event conducted by an approved and licensed physician.**

## **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 MAP-numbers will be published in the official WKA members website ([www.wkaassociation.com](http://www.wkaassociation.com)).**

## **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 cannot 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 physician and first aid 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 doctor can be subject to protest if a second doctor is present at the event. The second doctor will make a 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 II: POINT FIGHTING**

**RULE 1: WEIGH CLASSES AND AGE DIVISIONS**

**RULE 2: NUMBER OF ROUNDS & LENGTH**

**RULE 3: OUTFIT AND EQUIPMENT**

**RULE 4: SCORING AREA AND PROHIBITED ACTIONS**

**RULE 5: TECHNIQUES**

**RULE 6: POINTS, SCORING AND WARNINGS**

**RULE 7: CONTROLLING AND RUNNING THE MAT**

**RULE 8: THE ATTENDANCE OF A PHYSICIAN**

## SECTION 1 POINT FIGHTING

### WEIGHT CLASSES AND AGE DIVISIONS.

**01 The following weight divisions shall be used for children (0-11 years):**

0-9 YEARS				10-11 YEARS			
BOYS		GIRLS		BOYS		GIRLS	
-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	-30 kg	-66.0 lb	-30 kg	-66.0 lb
-30 kg	-66.0 lb	-30 kg	-66.0 lb	-35 kg	-77.0 lb	-35 kg	-77.0 lb
-35 kg	-77.0 lb	+30 kg	+66.0 lb	-40 kg	-88.0 lb	-40 kg	-88.0 lb
+35 kg	+77.0 lb			-45 kg	-99.2 lb	-45 kg	-99.2 lb
				+45 kg	+99.2 lb	+45 kg	+99.2 lb

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

12-14 YEARS				15-17 YEARS			
BOYS		GIRLS		BOYS		GIRLS	
-35 kg	-77.0 lb	-35 kg	-77.0 lb	-50 kg	-110.2 lb	-50 kg	-110.2 lb
-40 kg	-88.0 lb	-40 kg	-88.0 lb	-55 kg	-121.2 lb	-55 kg	-121.2 lb
-45 kg	-99.2 lb	-45 kg	-99.2 lb	-60 kg	-132.3 lb	-60 kg	-132.3 lb
-50 kg	-110.2 lb	-50 kg	-110.2 lb	-65 kg	-143.3 lb	-65 kg	-143.3 lb
-55 kg	-121.2 lb	-55 kg	-121.2 lb	-70 kg	-154.3 lb	+65 kg	+143.3 lb
-60 kg	-132.3 lb	+55 kg	+121.2 lb	-75 kg	-165.3 lb		
+60 kg	+132.3 lb			-80 kg	-176.4 lb		
				+80 kg	+176.4 lb		

**03 The following weight divisions shall be used for adults (18-39 years):**

18-39 YEARS			
MEN		WOMEN	
-60 kg	-132.3 lb	-55 kg	-121.2 lb
-65 kg	-143.3 lb	-60 kg	-132.3 lb
-70 kg	-154.3 lb	-65 kg	-143.3 lb
-75 kg	-165.3 lb	-70 kg	-154.3 lb
-80 kg	-176.4 lb	-75 kg	-165.3 lb
-85 kg	-187.4 lb	+75 kg	+165.3 lb
-90 kg	-198.4 lb		
-95 kg	-209.4 lb		
+95 kg	+209.4 lb		

**04 The following weight divisions shall be used for adults (40-49 years):**

40-49 YEARS			
MEN		WOMEN	
-65 kg	-143.3 lb	-55 kg	-121.2 lb
-75kg	-165.3 lb	-65 kg	-143.3 lb
-85 kg	-187.4 lb	-75 kg	-165.3 lb
-95 kg	-209.4 lb	+75 kg	+165.3 lb
+95 kg	+209.4 lb		

**05 The following weight divisions shall be used for adults (50+ years):**

50+ YEARS	
MEN	WOMEN

-65 kg	-143.3 lb	-55 kg	-121.2 lb
-75kg	-165.3 lb	-65 kg	-143.3 lb
-85 kg	-187.4 lb	-75 kg	-165;3 lb
-95 kg	-209.4 lb	+75 kg	+165.3 lb
+95 kg	+209.4 lb		

## **NUMBER OF ROUNDS & LENGTH**

### **01 Elimination and finals**

**Two rounds of one minute thirty (2 x 1.5 min) age 0 – 14 years**

**Two rounds of two minutes (2 x 2 min) age 15+ years**

**(Eliminations can be one round for local and national events)**

**There will be one minute break between rounds**

**If there is a draw an extra round of one minute is added. There is no rest period!!**

**If still a draw then it will be decided by sudden death "first to score"**

## **OUTFIT AND EQUIPMENT**

### **01 Outfit**

**The competitor must be dressed in a clean and appropriate uniform.**

**The competitors should be wearing a clean T-shirt or fight suit with long Kickboxing trousers. At least the top half of the upper arm must be covered and sleeves may reach the elbow.**

**The trousers must reach the feet and be open on the bottom. There should be no zip fasteners, pockets or buttons. A traditional Karate Gi or Tae Kwon Do uniform is permitted.**

**Every competitor must wear a belt to denote the waistline if top and bottoms are the same colour. The competitor may fight without a belt if the waistline is clearly visible due to clearly distinguishable colours (for example, a white shirt and black trousers). If the uniform top is worn on the outside of the pants, then a belt must be worn.**

**Competitors cannot wear any metal objects that may cause injuries to the opponent. Piercing, chains, watches , earrings, and other jewelry are not allowed. Eyeglasses are forbidden; soft contact-lenses are permissible but at the competitor's own risk.**

**Athletes may wear badges of their respective clubs, associations or sponsors. Names and slogans are permitted as long as they do not offend public decency.**

**Headbands, hairnets and scarves are not allowed, as they may slip. Long hair must be tied back with an elastic band. Hair grips are not allowed.**

**Fingernails and toenails must be trimmed to avoid cuts.**

## **02 Equipment**

**All competitors must wear:**

**Helmet - Must cover the top and back of the head. Preferred: Kwon or Top Ten.**

**Gum shield - football gum shield with straps are not allowed.**

**Gloves - Open hands gloves must have the fingers and thumbs enclosed**

**Groin protector (men and women), worn under the clothes**

**Shin guards - which must be worn under the clothes (no instep guards are permitted)**

**Breast protector - for female juniors, adults and veterans.**

**Safety Kicks – must cover the sides, heel, and top of the foot, including the toes**

**Competitors may also optionally wear:**

**Elbow pads**

**Hand-bandages, maximum length 3.5 metres; though no tape is allowed on the fist or knuckles.**

**Breast protector for female Kids is highly recommended**

**Kwon or Ringstar shoes designed for Point Fighting**

**only.**

**Face Guards are allowed in Kids and Juniors divisions**

**only.**

**Sport eyeglasses may be worn under the Face Guard in Kids and Juniors divisions.**

**All safety equipment must be in good working order, free of rips, tears, and of loose or excessive tape.**

## **03 Coaches**

**The coach must wear their appropriate country track suit and sport shoes, which must be clean.**

**A coach will be given two minutes to acquire a tracksuit if he or she is not properly attired for his/her competitor's bout.**

**The coaches must remain seated at all times during the match and must behave in a disciplined manner. If the coach does not follow the referees' instructions, his/her athlete may be penalised by a warning and, if necessary, even disqualified.**

**Two coaches are allowed in Eliminations and Finals.**

**A coach may throw in the towel if he/she wishes to retire a competitor from the competition.**

## **SCORING AREA AND PROHIBITED ACTIONS**

### **01 Scoring area**

**Entire head and face**

**Front and side of the body above the waist.**

**Sweeps below the ankle (boot to boot)**

**Every action must be controlled and well-timed with light to moderate contact.**

**Punch to a downed opponent must be completed within 3 seconds in order to score. If there is no exchange within three seconds, the main referee will order a stop and have the opponent stand up to continue the match.**

The referee will count until 3 in his mind before calling stop in the event of a competitor falling to the mat.

## **02 Prohibited actions**

Sweeps and kicks to the knee and thigh (low kick).

Kicks and punches to the groin.

Kicks and punches to the back of the body.

Scratching, biting, spitting, and verbal attacks to the referees or the opponent.

Attacking after stop is called.

Heavy contact.

Running away from opponent.

Leaving the fighting area.

Falling down to waste time.

## **TECHNIQUES**

### **01 Legal techniques**

Jab punch

Back fist

Reverse punch

Ridge hand

Front kick

Round house/Turning kick

Hook kick

Crescent kick

Axe kick

Spinning kick

Jumping kicks (controlled)

Sweeps and spinning sweep, boot to boot

### **02 Illegal techniques**

Palm of hand

Inside of glove

Spinning back fist

Hook punch

Upper cut punch

Knife hand

Elbow strike

Throws

Pushing with arms

Knees

Head butts

Using thighs

Strikes to the back or below the waist

# POINTS AND SCORING

## 01 Points

All punches	1 point
Kicks to the body	1 point
Kicks to the head	2 points
Jump kicks to the body	2 points
Jump kicks to the head	3 points
Foot sweeps	1 point

The correct definition of a score is when: a legal technique hits a legal target area with reasonable power, good balance and controlled technique. The competitor must make eye contact with the target area.

Also, the competitor scoring must remain on his/her feet. E.g. - the technique must be completed to score, unless the competitor is thrown or pushed to the floor.

The competitor executing the technique must stay within the fighting area.

A sweep is only acceptable as a legal technique if the fighter utilizes his/her front or rear leg to sweep his opponents leg and the target area of the sweep is the below the opponent's ankle. The sweep must also be executed with the inside of the foot or be a spinning sweep, heel to heel.

Spinning sweeps must be executed in standing position.

The opponent is swept if his/her balance is broken and at least three parts of his/her body touch the ground.

The competitor executing the sweep must remain on his/her feet without touching the floor.

## 02 Scoring

The main referee will refer to all fighters as Red or Blue when awarding points or warnings or when declaring the winner of a match.

The scoring shall be done by the main referee following a majority system only.

Majority Vote: Points are awarded by a majority vote of all referees.

However, the majority of referees do not have to agree on the same technique being scored, only that a point(s) was scored to the same fighter. In this case the centre referee will award points according to the lesser of the points scored.

Example A: If the Blue competitor receives (2) two points from one referee and (1) one point from another referee then the competitor will receive (1) one point.

Example B: If the Blue competitor receives (3) three points from one referee and (1) one point from another referee then the competitor will receive (1) one point.

Example C: If the Blue competitor receives (3) three points from one referee and (2) two points from another referee then the competitor will receive (2) two points.

Example D: If the Blue competitor receives (3) three points from one referee and (2) two points from the second referee and (1) one point from the third referee then the competitor will receive (1) one point.

The main referee will call stop when he/she or one of the side referees sees a point and raises a hand. The clock stays running. All three referees must respond to a hand signal quickly when the main referee calls stop.

When the referee or judges see a score they must indicate this IMMEDIATELY. After each acknowledged technique the fight must be stopped and the score announced. Points are awarded only by unanimous or majority decision of the referee and the judges.

If there is no majority decision the only possible score is no score.

The main referee must in any case must show his/her own opinion. He/she cannot give a score if there is no majority. He/she must raise up his/her own hand to show the point before stopping the competition.



**For instance: If just one judge gives a point, the second judge shows "saw nothing" or "no score" and the main referee did not raise up his hand BEFORE he stopped the fight, the only possible decision is no score.**

**In case of a clash, where both competitors have scored, the referee gives one point to each competitor.**

**A competitor may receive a point for a proper technique simultaneously with a point from a warning (minus point) issued to the opponent.  
Referees may show points on one hand and a warning on the other hand.**

**To raise up the hand or to show a point after the command "stop" is too late and illegal.**

### **03 Warnings and minus points**

**All infringements of the rules, depending on how serious they are, may result in warning, minus point(s), or even disqualification. Warnings will be carried throughout the match. Only team fights start again without warning from the rounds before. All Warnings for all offences (including illegal techniques, exits, etc.) are cumulative.**

**It is at the referee's discretion to give a point to the opponent instead of a warning to a competitor, when in his/her opinion the violation was severe enough (for example, continuously falling down or wasting time).**

**If a competitor voluntarily steps out of a fighting area or is refusing to fight the referee has the option to add 10 seconds to the fight time. This is separate from other violations.**

**The warnings and penalty points are given for using all illegal techniques or doing prohibited actions, as well as any illegal action from coaches.**

**A competitor cannot receive a point and a warning on the same call, the warning overrides the point(s).**

**The procedure for warnings is usually as follow in Point Fighting:**

<b>First warning</b>	
<b>Second warning</b>	<b>means first point is given to opponent (yellow card)</b>
<b>Third warning</b>	<b>means second point is given to opponent (yellow card)</b>
<b>Fourth warning</b>	<b>means disqualification, ending the fight (red card)</b>

### **03 Exit rule**

**Exit means the whole foot must be outside the competition area. It is only an exit if the competitor deliberately steps out the area. If the competitor steps out when in an exchange of techniques this is not an exit. Being pushed out with a kick is also not an exit.**

**In case of an Exit, the attacking competitor can score if the defender exits the area as long as he/she scores prior to the referee stopping the fight due to exit.  
If the main referee is not sure about the judges' decision, he/she must stop time and ask the judges again, commanding "score", and that score shall be final.**

## 04 Referee and judges hand signals

Referees and judges possible opinions, which must be shown with clear hand signs:

Opinion:	Sign:
Yes, I saw the points	Raise up the hand and show the score
No, I saw nothing	Both hands are crossed in front of the face
Yes, I saw the movement but there was no score	Both hands are crossed in front of the legs
Competitor stepped out of the area	Point to the area line and moves the arm
Both competitors scored (clash)	Raise up both hands and show all points
Illegal techniques	Raise up the arm and circle the hand

Additional hand signs for the main referee and judges to use:

To give a warning or a penalty point (minus point) to a competitor he must inform the competitor why he/she was penalised. This must be done clearly and in an authoritative way. During this time, the referee shall instruct the timekeeper to stop the time. The referee shall first name the foul and show the sign, whipping one finger with a loud and clear: "NO".

Opinion:	Sign:
Contact too strong	Punch the fist in his own hand
Legal technique to a forbidden area	Show the forbidden area
Blind score	Turn the body and strike a punch
Holding or grappling	Hold his own arm and pull
Turning the body or running away	Similar
Speaking during the fight	Fingers and thumb open and close

## 05 Possible situations

In the event of a strike that dazes an opponent the referee first of all must stop the time, after which the referee shall ask the judges "What did you see? Was there a foul or not?" If the majority decide for "foul" the referee will penalise the offender. If they decide on "accident" then there is no penalty.

If one of the competitors is injured, it is only the doctor's decision that can stop the fight. Otherwise, only the competitor the competitor's coach may choose to end the fight if they wish to retire from the fight.

The referee cannot decide how seriously a competitor is injured; he or she must call the doctor.

**If one of the competitors is injured and the fight is over because of a foul, the innocent competitor is declared the winner. In case of an accident, the competitor with the highest number of points is declared winner. If a draw, the uninjured competitor is the winner. If an athlete is out of condition, the referee will declare RSC (Referee Stops Contest), after discussion with the judges.**

**It is not usual to stop the time to give points, but the referee will stop time to give a warning or minus-point.**

**In Point Fighting competitions only two coaches are allowed and they must stay seated. If the coach feels there has been an infringement of the rules, he may indicate to the centre referee using the sign "T" - for time. At no time may the coach enter the fighting area. The referee may give a penalty point in such a case.**

**On each fighting area, the head of the referees is the ring inspector . He/she is responsible for ensuring that on his/her fighting area, all WKA rules will be correctly applied. The ring inspector is also responsible for ensuring that neutral referees are on duty to guarantee a fair assignment of referees to competitors based on their nationalities.**

## **CONTROLLING AND RUNNING THE MAT**

### **01 Referee's power**

**The referee, supervisor and doctor are the only persons who can stop the bout. The main referee should have the doctor examine a competitor's injuries even if they are minor and try to monitor them throughout the match. The referee cannot decide how seriously a competitor is injured—only the doctor can make this decision.**

**For instances other than injuries, only the main referee and Supervisor have the ability to stop the match.**

**Every competition must have a Centre (main) Referee and two side referees at opposing corners. All three referees must be constantly moving throughout the competition in order to maintain a good position to see contact from both competitors. The side referees must stay outside of the competition area to allow space for the center referee and competitors. The centre referee should be the most experienced referee in the ring and must be thoroughly versed in the rules and regulations as well as the order of competition. He/she must promote the safety of the competitors, enforce the rules, and ensure fair play.**

**The centre referee starts and stops the match, awards points, makes warning decisions, administrates the voting of the side referees, communicates clearly with the scorekeeper and timekeeper, and announces the winner of each match.**

### **02 Additional powers of the referee**

**The match starts and ends only with his/her command (not with the command of the timekeeper).**

**Has the final decision on any disputes in score.**

**Has the power to issue warnings and award penalty points without a majority decision to the competitor or coach.**

**Can overrule a majority call only to issue a warning.**

**Automatically has the power to disqualify a competitor who receives four warnings  
Has the power to issue time-outs. A competitor may ask for a time-out to fix safety gear or for a possible injury, but the centre referee must grant this permission.**

**The disqualification of a competitor, where disqualification is not automatic, is determined only by a majority vote of the three referees.**

**The referee shall award the opponent with a point for a competitor's dissension after he/she has been warned.**

**The referee shall award the opponent with a point for dissension from a competitor's coach after he/she has been warned.**

**The referee shall award the opponent with a point for a competitor's or a competitor's coach's serious unsportsmanlike behavior.**

**The referee shall disqualify a competitor if he/she does not turn up after having been repeatedly called for the fight. (Four minute rule)**

**The four minute rule shall be applied in following way.**

**After the first minute the competitor will receive a warning.**

**After the second minute the competitor shall receive minus 1 point.**

**After the third minute the competitor shall receive a second minus point.**

**After the fourth minute the competitor shall be disqualified.**

**The referee shall disqualify a competitor who turns up with improper safety equipment and cannot replace it in four minutes, with the four minute rule being applied as described above.**

### **03 The referee does not the following powers.**

**The referee cannot disqualify a competitor for any reason other than those stated in the section above or mentioned herein.**

**The referee cannot at any time impose, change or alter any of the rules.**

**The referee cannot overrule any score by a judge unless that score is a minority one. (However, if a rule has been broken that the judge is unaware of, then the judge may be overruled).**

### **04 Before the fight starts**

**A contest is refereed by a main referee and two side-judges, who are always standing opposite to the referee. Thus, the side-judges must move during the fight and cannot stand on the same point.**

### **05 Equipment Check**

**First, the side-judges shall check the competitors' safety equipment. Each judge is responsible for the competitor at his/her end. The equipment shall be checked from the head to the toes. For female the breast protector and male and female groin protector are checked by asking. If the competitor reply's "yes" then this is expectable. If in the case of an injury, the competitor was found not to have the correct protective equipment he/she will be disqualified immediately.**

**The judge is also responsible for the following rules. Check that the competitor has no jewelry or metal fixings. Check that the nails on toes are short. No glasses (spectacles) are allowed to be worn during a competition. There are no exceptions to this rule. Soft contact-lenses are permissible but at the competitor's own risk.**

**Groin protectors, shin guards and breast protectors must be worn under the clothes.**

**Competitors who do not allow the referees to check any equipment will be automatically disqualified.**

**In the case of an injury, if a competitor is found to have improper safety gear, the competitor will be disqualified.**

## **06 Start of the fight**

**The main referee will take his/her place in the middle of the competitors, facing the officials' table. He/she must check that the side-judges are ready to start, that the timekeeper and scorekeeper are ready to begin, and that the match doctor is by the referee table or close by in the hall.**

**When all of this has been assured and the competitors have been approved by the side referees for their safety equipment, the match is ready to begin. Finally, the referee should keep an eye on the visual score cards to ensure that they are not showing points or warnings, except in a team competition.**

**He/she should also check to see that coaches are seated.**

**The main referee will ask that the competitors touch gloves and back up to their respective starting line. He or she will then command the timekeeper to start the time and then immediately issue the command to the competitors to fight.**

## **07 Awarding points**

**If the main referee acknowledges a point scored by one of the competitors he/she must raise up his/her hand IMMEDIATELY and then stop the fight by saying "stop", at which time both competitors will return to their starting position. The match time is still running during this procedure.**

**The main referee will then quickly return to his/her starting position and show points with the hand in the direction of the competitor who has scored. The referee must look to the side-judges, and in case of a majority decision give the points appropriately and announce the score.**

**After giving the points, the referee shall start the competition again with the command "fight". The main referee should always keep an eye on the referee table to ensure that the visual scoreboard shows the correct points and warnings.**

**Important note: when the side-judges do not show the points by raising their hands before the main referee stopped the fight the only possible decision is no score. To raise up the hand or to show a point after the command "stop" is too late and illegal.**

**Apart from the referee, only the doctor / medic and supervisor can stop a competition.**

**The coach may throw in the towel for his competitor when he wants to retire from the fight.**

**The referee must stop the time if the competitor is outside of the fighting area, for giving warnings, penalty points and additional 10 seconds penalty time or when the equipment must be adjusted.**

**Unless the referee declares that the time must be stopped, the time must continue to run.**

## **08 End of the fight**

The time of the fight is over when the timekeeper shouts "stop" and concurrently throws the bean bag on the fighting area.

The fight is over **ONLY** when the main referee stops the fight for the final time with the command "stop" and not earlier.

The difference of 10 points in elimination fights ends a fight by TKO e.g. 10 - 0 and 12 - 2.

The main referee can still award points or warnings after the time has expired, but only when there has been an exchange seconds before the time has expired.

If there is a score in the time between the "end of time" and "end of fight" that score is valid.

The main referee shall turn to the referee table, take one hand of each competitor and show the winner, announcing the final score.

## **THE ATTENDANCE OF A PHYSICIAN**

**01** Every match must have a licensed physician in attendance at ringside. The attending physician must be licensed to practice medicine in the state in which the event in which he or she participates is held. He or she must also 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 physician must be immediately obeyed. A first-aid team is compulsory as well.

**02** Every match must also have Emergency Medical Transport with equipment including a backboard and neck brace.

**03** The official physician, 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 physician 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 physician is in place, and the physician may not leave his or her place prior to the decision in the last match.

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

**07** The doctor 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 physician has had the opportunity to see the injured competitor. If the doctor 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 doctor'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. Doctors' decisions are final, although they can be protested if a second doctor is present at the event. The second doctor will make the decision about the protest.

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

### **SECTION III: LIGHT CONTACT (Kickboxing Light) LOW KICK LIGHT & K1 LIGHT**

**RULE 1: WEIGH CLASSES AND AGE DIVISIONS**

**RULE 2: NUMBER OF ROUNDS & LENGTH**

**RULE 3: OUTFIT AND EQUIPMENT**

**RULE 4: SCORING AREA AND PROHIBITED ACTIONS**

**RULE 5: TECHNIQUES**

**RULE 6: POINTS, SCORING AND WARNINGS**

**RULE 7: CONTROLLING AND RUNNING THE MAT**

**RULE 8: THE ATTENDANCE OF A PHYSICIAN**

## SECTION III: LIGHT CONTACT (Kickboxing Light) LOW KICK LIGHT & K1 LIGHT

### RULE 1 WEIGHT CLASSES

**01 The following weight divisions shall be used for children (0-11 years):**

0-9 YEARS				10-11 YEARS			
BOYS		GIRLS		BOYS		GIRLS	
-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	-30 kg	-66.0 lb	-30 kg	-66.0 lb
-30 kg	-66.0 lb	-30 kg	-66.0 lb	-35 kg	-77.0 lb	-35 kg	-77.0 lb
-35 kg	-77.0 lb	+30 kg	+66.0 lb	-40 kg	-88.0 lb	-40 kg	-88.0 lb
+35 kg	+77.0 lb			-45 kg	-99.2 lb	-45 kg	-99.2 lb
				+45 kg	+99.2 lb	+45 kg	+99.2 lb

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

12-14 YEARS				15-17 YEARS			
BOYS		GIRLS		BOYS		GIRLS	
-35 kg	-77.0 lb	-35 kg	-77.0 lb	-50 kg	-110.2 lb	-50 kg	-110.2 lb
-40 kg	-88.0 lb	-40 kg	-88.0 lb	-55 kg	-121.2 lb	-55 kg	-121.2 lb
-45 kg	-99.2 lb	-45 kg	-99.2 lb	-60 kg	-132.3 lb	-60 kg	-132.3 lb
-50 kg	-110.2 lb	-50 kg	-110.2 lb	-65 kg	-143.3 lb	-65 kg	-143.3 lb
-55 kg	-121.2 lb	-55 kg	-121.2 lb	-70 kg	-154.3 lb	+65 kg	+143.3 lb
-60 kg	-132.3 lb	+55 kg	+121.2 lb	-75 kg	-165.3 lb		
+60 kg	+132.3 lb			-80 kg	-176.4 lb		
				+80 kg	+176.4 lb		

**03 The following weight divisions shall be used for adults (18-39 years):**

18-39 YEARS			
MEN		WOMEN	
-60 kg	-132.3 lb	-55 kg	-121.2 lb
-65 kg	-143.3 lb	-60 kg	-132.3 lb
-70 kg	-154.3 lb	-65 kg	-143.3 lb
-75 kg	-165.3 lb	-70 kg	-154.3 lb
-80 kg	-176.4 lb	-75 kg	-165.3 lb
-85 kg	-187.4 lb	+75 kg	+165.3 lb
-90 kg	-198.4 lb		
-95 kg	-209.4 lb		
+95 kg	+209.4 lb		

**04 The following weight divisions shall be used for adults (40-49 years):**

40-49 YEARS			
MEN		WOMEN	
-65 kg	-143.3 lb	-55 kg	-121.2 lb
-75kg	-165.3 lb	-65 kg	-143.3 lb
-85 kg	-187.4 lb	-75 kg	-165.3 lb
-95 kg	-209.4 lb	+75 kg	+165.3 lb
+95 kg	+209.4 lb		

**05 The following weight divisions shall be used for adults (50+ years):**

50+ YEARS			
MEN		WOMEN	
-65 kg	-143.3 lb	-55 kg	-121.2 lb



-75kg	-165.3 lb	-65 kg	-143.3 lb
-85 kg	-187.4 lb	-75 kg	-165;3 lb
-95 kg	-209.4 lb	+75 kg	+165.3 lb
+95 kg	+209.4 lb		

## **NUMBER OF ROUNDS & LENGTH**

### **01 Elimination and finals**

**Two rounds of one minute thirty (2 x 1.5 min) age 0 – 14 years**

**Two rounds of two minutes (2 x 2 min) age 15+ years**

**(Eliminations can be one round for local and national events)**

**There will be one minute break between rounds.**

## **OUTFIT AND EQUIPMENT**

### **01 Outfit**

**The competitor must be dressed in a clean and appropriate uniform.**

**The competitors should be wearing the following for:**

**Light contact - T-shirt or fight suit with long Kickboxing trousers. At least the top half of the upper arm must be covered and sleeves may reach the elbow. The trousers must reach the feet and be open on the bottom. There should be no zip fasteners, pockets or buttons. A traditional Karate Gi or Tae Kwon Do uniform is permitted.**

**Every competitor must wear a belt to denote the waistline if top and bottoms are the same colour. The competitor may fight without a belt if the waistline is clearly visible due to clearly distinguishable colours (for example, a white shirt and black trousers). If the uniform top is worn on the outside of the pants, then a belt must be worn.**

**Low Kick light and K1 light – T-shirt and shorts.**

**Competitors cannot wear any metal objects that may cause injuries to the opponent. Piercing, chains, watches , earrings, and other jewelry are not allowed. Eyeglasses are forbidden; soft contact-lenses are permissible but at the competitor's own risk.**

**Athletes may wear badges of their respective clubs, associations or sponsors. Names and slogans are permitted as long as they do not offend public decency.**

**Headbands, hairnets and scarves are not allowed, as they may slip. Long hair must be tied back with an elastic band. Hair grips are not allowed.**

**Fingernails and toenails must be trimmed to avoid cuts.**

### **02 Equipment**

**All competitors must wear:**

**Helmet - Must cover the top and back of the head. Preferred: Kwon or Top Ten.**

**Gum shield - football gum shield with straps are not allowed.**

**Gloves – 10oz boxing gloves**

**Groin protector (men and women) - worn under the clothes**  
**Shin guards - which must be worn under the clothes (no instep guards are permitted)**  
**Breast protector - for female juniors, adults and veterans.**  
**Safety Kicks – must cover the sides, heel, and top of the foot, including the toes**

**Competitors may also optionally wear:**

**Elbow pads**

**Hand-bandages, maximum length 3.5 metres; though no tape is allowed on the fist or knuckles.**

**Breast protector for female Kids is highly recommended.**

**Face Guards are allowed in Kids and Juniors divisions only.**

**Sport eyeglasses may be worn under the Face Guard in Kids and Juniors divisions.**

**All safety equipment must be in good working order, free of rips, tears, and of loose or excessive tape.**

## **03 Coaches**

**The coach must wear their appropriate country track suit and sport shoes, which must be clean.**

**A coach will be given two minutes to acquire a tracksuit if he or she is not properly attired for his/her competitor's bout.**

**The coaches must remain seated at all times during the match and must behave in a disciplined manner. If the coach does not follow the referees' instructions, his/her athlete may be penalised by a warning and, if necessary, even disqualified.**

**Two coaches are allowed in Eliminations and Finals.**

**A coach may throw in the towel if he/she wishes to retire a competitor from the competition.**

## **SCORING AREA AND PROHIBITED ACTIONS**

### **01 Scoring area**

**Light Contact, Low Kick and K1.**

**Forehead, front and side face.**

**Front and side of the body above the waist.**

**Sweeps below the ankle (boot to boot).**

**Low Kick and K1.**

**Kicks to inner and outer thigh staying away from the knee.**

**K1**

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

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

**One knee strike from the clinch position, after which he or she must disengage from the clinch**

**Flat throws below the waist line only in clinching situations**

Every action must be controlled and well-timed with light to moderate contact.

## **02 Prohibited actions**

Kicks and punches to the groin.

Kicks and punches to the back of the head or body.

Scratching, biting, spitting, and verbal attacks to the referees or the opponent.

Attacking after stop is called.

Heavy contact.

Running away from opponent.

Leaving the fighting area.

Falling down to waste time.

## **TECHNIQUES**

### **01 Legal techniques**

All forms of boxing techniques

Front kick

Round house/Turning kick

Hook kick

Crescent kick

Axe kick

Knee(K1 Only)

Spinning kick

Jumping kicks (controlled)

Sweeps and spinning sweep, boot to boot

### **02 Illegal techniques**

Palm of hand

Inside of glove

Spinning back fist

Knife hand

Elbow strike

Throws

Pushing with arms

Head butts

Strikes to the back or below the waist

## **POINTS AND SCORING**

### **01 Points**

All punches                      1 point

Kicks to the body                1 point

Kicks to the head                2 points

Jump kicks to the body        2 points

Jump kicks to the head        3 points

Foot sweeps                      1 point

The correct definition of a score is when: a legal technique hits a legal target area with reasonable power, good balance and controlled technique. The competitor must make eye contact with the target area.

**Also, the competitor scoring must remain on his/her feet. E.g. - the technique must be completed to score, unless the competitor is thrown or pushed to the floor. The competitor executing the technique must stay within the fighting area.**

**A sweep is only acceptable as a legal technique if the fighter utilizes his/her front or rear leg to sweep his opponents leg and the target area of the sweep is the below the opponent's ankle. The sweep must also be executed with the inside of the foot or be a spinning sweep, heel to heel.**

**Spinning sweeps must be executed in standing position.**

**The opponent is swept if his/her balance is broken and at least three parts of his/her body touch the ground.**

**The competitor executing the sweep must remain on his/her feet without touching the floor.**

## **02 Scoring**

**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) Good clean light contact techniques**

**(2) Effective ring control**

**(3) 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 presses an opponent throughout a round, but cannot land a 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.**

## **03 Warnings and minus points**

All infringements of the rules, depending on how serious they are, may result in warning, minus point(s), or even disqualification. Warnings will be carried throughout the match. Only team fights start again without warning from the rounds before. All Warnings for all offences (including illegal techniques, exits, etc.) are cumulative.

It is at the referee's discretion to give a point to the opponent instead of a warning to a competitor, when in his/her opinion the violation was severe enough (for example, continuously falling down or wasting time).

If a competitor voluntarily steps out of a fighting area or is refusing to fight the referee has the option to add 10 seconds to the fight time. This is separate from other violations.

The warnings and penalty points are given for using all illegal techniques or doing prohibited actions, as well as any illegal action from coaches.

A competitor cannot receive a point and a warning on the same call, the warning overrides the point(s).

The procedure for warnings is usually as follow in Light Contact, Low Kick & K1:

First warning	
Second warning	
Third warning	means first minus point (yellow card)
Fourth warning	means disqualification, ending the fight (red card)

## **04 Exit rule**

Exit means the whole foot must be outside the competition area. It is only an exit if the competitor deliberately steps out the area. If the competitor steps out when in an exchange of techniques this is not an exit. Being pushed out with a kick is also not an exit.

## **05 Possible situations**

In the event of a strike that dazes an opponent the referee first of all must stop the time, after which the referee shall ask the judges "What did you see? Was there a foul or not?" If the majority decide for "foul" the referee will penalise the offender. If they decide on "accident" then there is no penalty.

If one of the competitors is injured, it is only the doctor's decision that can stop the fight. Otherwise, only the competitor the competitor's coach may choose to end the fight if they wish to retire from the fight.

The referee cannot decide how seriously a competitor is injured; he or she must call the doctor. If one of the competitors is injured and the fight is over because of a foul, the innocent competitor is declared the winner. In case of an accident, the competitor with the highest number of points is declared winner. If a draw, the uninjured competitor is the winner. If an athlete is out of condition, the referee will declare RSC (Referee Stops Contest), after discussion with the judges.

On each fighting area, the head of the referees is the ring inspector . He/she is responsible for ensuring that on his/her fighting area, all WKA rules will be correctly applied. The ring

inspector is also responsible for ensuring that neutral referees are on duty to guarantee a fair assignment of referees to competitors based on their nationalities.

## **CONTROLLING AND RUNNING THE MAT**

### **01 Referee's power**

The referee, supervisor and doctor are the only persons who can stop the bout. The main referee should have the doctor examine a competitor's injuries even if they are minor and try to monitor them throughout the match. The referee cannot decide how seriously a competitor is injured—only the doctor can make this decision.

For instances other than injuries, only the main referee and Supervisor have the ability to stop the match.

The centre referee starts and stops the match, awards points, makes warning decisions, administrates the voting of the side referees, communicates clearly with the scorekeeper and timekeeper, and announces the winner of each match.

### **02 Additional powers of the referee**

The match starts and ends only with his/her command (not with the command of the timekeeper).

Has the power to issue warnings and award penalty points without a majority decision to the competitor or coach.

Automatically has the power to disqualify a competitor who receives four warnings.

Has the power to issue time-outs. A competitor may ask for a time-out to fix safety gear or for a possible injury, but the centre referee must grant this permission.

The disqualification of a competitor, where disqualification is not automatic, is determined only by a majority vote of the three referees.

The referee shall disqualify a competitor if he/she does not turn up after having been repeatedly called for the fight. (Four minute rule)

### **03 The four minute rule**

The four minute rule shall be applied in following way.

After the first minute the competitor will receive a warning.

After the second minute the competitor shall receive minus 1 point.

After the third minute the competitor shall receive a second minus point.

After the fourth minute the competitor shall be disqualified.

The referee shall disqualify a competitor who turns up with improper safety equipment and cannot replace it in four minutes, with the four minute rule being applied as described above.

### **04 The referee does not the following powers.**

The referee cannot disqualify a competitor for any reason other than those stated in the section above or mentioned herein.

The referee cannot at any time impose, change or alter any of the rules.

# **Before the fight starts**

## **01 Equipment Check**

The centre Referee shall check the competitors' safety equipment. Each judge is responsible for the competitor at his/her end. The equipment shall be checked from the head to the toes. For female the breast protector and male and female groin protector are checked by asking. If the competitor reply's "yes" then this is expectable. If in the case of an injury, the competitor was found not to have the correct protective equipment he/she will be disqualified immediately.

The Referee is also responsible for the following rules. Check that the competitor has no jewelry or metal fixings. Check that the nails on toes are short. No glasses (spectacles) are allowed to be worn during a competition. There are no exceptions to this rule. Soft contact-lenses are permissible but at the competitor's own risk.

Groin protectors, shin guards and breast protectors must be worn under the clothes.

Competitors who do not allow the referees to check any equipment will be automatically disqualified.

In the case of an injury, if a competitor is found to have improper safety gear, the competitor will be disqualified.

## **02 Start of the fight**

The main referee will take his/her place in the middle of the competitors, facing the officials' table. He/she must check that the side-judges are ready to start, that the timekeeper and scorekeeper are ready to begin, and that the match doctor is by the referee table or close by in the hall.

When all of this has been assured and the competitors have been approved by the side referees for their safety equipment, the match is ready to begin. Finally, the referee should keep an eye on the visual score cards to ensure that they are not showing points or warnings, except in a team competition.

He/she should also check to see that coaches are seated.

The main referee will ask that the competitors touch gloves and back up to their respective starting line. He or she will then command the timekeeper to start the time and then immediately issue the command to the competitors to fight.

Apart from the referee, only the doctor / medic and supervisor can stop a competition.

The coach may throw in the towel for his competitor when he wants to retire from the fight.

The referee must stop the time if the competitor is outside of the fighting area, for giving warnings, penalty points and additional 10 seconds penalty time or when the equipment must be adjusted.

Unless the referee declares that the time must be stopped, the time must continue to run.

### **03 End of the fight**

The time of the fight is over when the timekeeper shouts "stop" and concurrently throws the bean bag on the fighting area.

The fight is over **ONLY** when the main referee stops the fight for the final time with the command "stop" and not earlier.

The main referee can still award warnings after the time has expired.

The main referee shall turn to the referee table, take one hand of each competitor and show the winner.

## **THE ATTENDANCE OF A PHYSICIAN**

**01** Every match must have a licensed physician in attendance at ringside. The attending physician must be licensed to practice medicine in the state in which the event in which he or she participates is held. He or she must also 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 physician must be immediately obeyed. A first-aid team is compulsory as well.

**02** Every match must also have Emergency Medical Transport with equipment including a backboard and neck brace.

**03** The official physician, 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 physician 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 physician is in place, and the physician may not leave his or her place prior to the decision in the last match.

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

**07** The doctor 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 physician has had the opportunity to see the injured competitor. If the doctor 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 doctor'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. Doctors' decisions are final, although they can be protested if a second doctor is present at the event. The second doctor will make the decision about the protest.

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



