



**ISKA Amateur Members Association  
Amateur Championship Tournament  
Rules & Regulations**

**January 2022**

## **Introduction**

This Rulebook replaces all previously issued rules. It also reflects the official ISKA Amateur Members Association Championship Tournament Rules & Regulations.

These current rules are valid for all member states and must be adhered to although consideration can and will be given to local legal requirements and obligations if required.

The official language of the ARC (Amateur Rules Committee) is English. This Rulebook can be Atranslated in to other languages by the IRC. In case of any discrepancies, the official English version shall prevail.

Without the specific written consent of either ISKA or the ARC, this Rulebook shall not be copied, published or distributed. This includes electronic, digital, physical or any other duplication.

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# 1. General

## 1. ISKA / ARC

### 1.1 (a) ISKA

ISKA is the (International Sport Kickboxing Association) is recognized worldwide as both a regulating body for competitive martial arts, and the governing body for amateur and professional kickboxing. The ISKA Amateur Members Association includes affiliated National Federations and organizes an annual amateur World Championship Kickboxing tournament.

### 1.1 (b) ARC

The ARC is the Amateur Rules Committee consists of the ISKA European Director of Amateur Rules and Regulations plus four elected Referees.

The ARC make alterations or omissions to the existing rules, as well as implementing new ones. The ARC can also be used as an arbitrary body in certain cases.

The ARC Members are voted on to the Committee every two years at the World Congress. It must not be a secret ballot. Presidents from each Country present must vote for one Candidate to be elected. Each President must vote for a foreign Candidate. Proxy voting cannot be counted, and the votes can only be considered valid from Presidents attending the World Congress. In the event of a tie, a show of hands from each President towards each of the tied Candidates will be final.

## 1.2. Amateur Status

**1.2.1** The term "Amateur" shall be used in this Rulebook to describe all Fighters that are not Professionals.

**1.2.2** Fighters shall be considered Amateurs providing they do not meet one or more of the following conditions:

The fighter is under a professional contract

The fighter has never participated in a match of 5 rounds of 3 minutes under A class rules.

The fighter has never participated in a match of more than 7 rounds of 2 minutes.

The fighter is listed on a Pro-Ranking list of one any major Kickboxing or other combat sport organization

**1.2.3** If a fighter thinks, that he/she is listed on a Pro-Ranking list, and shouldn't be, he/she must report it to the National Federation, and to the Organization responsible for the list, to apply for a confirmation of his/her Amateur Status. The ARC will decide upon the application to remain classified as an Amateur. The Amateur status will be granted while the application is pending.

**1.2.4** Non-Amateurs cannot participate on Amateur events. If the ARC is informed about a contradiction to this rule, one or more of the following actions can be taken:

- a) Disqualification of the Non-Amateur
- b) A ban/suspension. The ARC will decide upon the length of time.
- c) A fine of minimum 100 Euro

- d) Revocation of a title achieved. A revocation of a World Title requires the approval of the ISKA Executive Board.

### **1.3. Doping**

**1.3.1** It is not permitted to apply any substances to boost the performance, if such substance is banned by one of the appropriate organisations as a doping substance. (IOC, Anti-Doping Agency, National Olympic Committee, WADA etc.).

**1.3.2** ISKA, the ARC, the tournament Promoter and the Official Doctor can and may perform controls. With the authorization of the ISKA, other qualified organisations and persons, may perform such controls where the law requires it.

**1.3.3** Fighters that intentionally avoid, obstruct or evade such controls, or manipulate them in any way, can be disqualified and banned, for a time period to be determined by the [ARC](#).

**1.3.4** The privacy, especially of Junior and Female Competitors, must be respected. Doping controls have to be made by a qualified person of the same gender. Where this is not possible, a member of the ARC of the same gender supervises the collection of the test sample.

### **1.4. Registration**

**1.4.1** Fighters which want to be admitted to any tournament, need to fulfill the following conditions:

- a) To possess a ISKA issued or accepted Sport Book (Sport Pass)
- b) To have a valid license stamp for the current year applied in the Sport Book
- c) Proof of an appropriate entry in the Sport Book to show they are "Fit to Fight". A Medical assessment must not be older than 12 months. (Forms competitors need not to comply with this rule)
- d) Not to be excluded for medical or any other reason from participating in the event
- e) To be able to produce a normal results MRI/MRA brain scan, in case of experiencing 3 head knockouts within a period of less than 12 months. The MRI/MRA brain scan must be made after the Medical Suspension period.
- f) In case of female participants, not to be pregnant.

#### **1.4.2 Entries into the ISKA Sport Book**

The Promoters of a tournament in responsible to make the following entries to the ISKA sport book:

- a) Place, date and name of the event
- b) Discipline and score of the fighter
- c) Any Knockout, Stoppage or Surrender

Instead of the Promoter, the Head Referee, ISKA Area/Ring Supervisor, or in case of a Knockout, Stoppage or Surrender a doctor can make the entries.

#### **1.4.3 Medical Suspension after a Knockout, Stoppage or Surrender**

- a) 1 month after the incident
- b) 3 months after the second incident

- c) 12 months after the third incident within 12 months (MRI/MRA brain scan required)

After a 12 month ban due to three Stoppages/Knockouts or Surrenders within 12 months, the fighter has also to submit a medical assessment with a negative MRI/MRA brain scan examination result, before being admitted to any competition again.

#### **1.4.4 Identification of the competitors**

On International events, the Competitors have to prove their identity and nationality by showing Photo ID (Passport, Driving License or National Government ID card)

Competitors that show an ID card issued by the ISKA, displaying the 5-digit MAP number, need not to produce further identification. The 5-digit MAP number means that they have already had their Passport or ID scanned.

#### **1.4.5 Chosen Country Nationalities.**

A Competitor who can prove his/her special relations to a country other than the one of his/her nationality must submit one of the following documents to the ISKA

- a) Birth certificate of the country of choice
- b) Marriage certificate with a citizen of the country of choice
- c) A permanent residence permit of the country of choice

The application has to be submitted in writing through the ISKA in the chosen country. The ISKA of the chosen country must apply then to the ISKA Executive Committee. A competitor who has chosen a country via this method, can only change again after obtaining a new citizenship, or after moving to another country for permanent residence there. The ISKA Executive Committee decides upon such applications, which have to be submitted at least 1 month prior to the competition the fighter intends to participate.

### **1.5 Age Categories**

<b>Juniors</b>	A Junior is less than Sixteen years on the FINAL DAY of Competition
<b>Cadets</b>	A Cadet should have reached 16 years but be less than 18 years on the FINAL DAY of Competition
<b>Adult</b>	An Adult Man or Lady should have reached 18 years but be less than 36 years on the FINAL DAY of Competition
<b>Veteran</b>	A Veteran Man or Lady should have reached 36 years but be less than 40 years of age on the FINAL DAY of Competition
<b>Master</b>	A Master or a Lady Master should have reached the age of 40 years on the FINAL DAY of Competition

## 1.6 Weighing-In

Name of Weight Category	All Men	All Women	Juniors 16 & Under	Cadet Girls	Cadet Boys
Bantam Weight	-54 kgs	-50 kgs			
Feather Weight	-57 kgs	-54 kgs	-25 kgs		
Light Weight	-60 kgs	-57 kgs	-30 kgs	-40 kgs	-45 kgs
Light Welter Weight	-63.5 kgs	-60 kgs	-35 kgs		-51 kgs
Welter Weight	-67 kgs	-63 kgs	-40 kgs	-45 kgs	-55 kgs
Light Middle Weight	-71 kgs		-45 kgs	-51 kgs	-59 kgs
Middle Weight	-75 kgs	-66 kgs	+45 kgs	-55 kgs	-63 kgs
Light Heavy Weight	-81 kgs			-59 kgs	-67 kgs
Cruiser Weight	-86 kgs			-63 kgs	-71 kgs
Heavy Weight	-91 kgs	+ 66 kgs		+63 kgs	+71 kgs
Super Heavy Weight	+91 kgs				

### Team (Competition)

A team consists of THREE or FIVE Fighters, there are no weight divisions in Cadets and Adults as the Team Captain choose their fighters alternately during the fight

Weight categories for juniors

Male -30kg / -40kg / -50kg / -55kg / +55kg

Female -30kg / -40kg / -50kg

Winning Team is based on WINS, all warnings and penalty points are for the individual match only and are not carried forward onto the next match

In the event of a DRAW all match points are added up with the winner being the Team with the most points. In the event of a DRAW ON POINTS the extra time rule applies to the last fight.

#### 1.6.1 Weigh In

The weigh-in has to be completed at least two hours prior to the first fight.

#### 1.6.2 International Tournaments, Competitions or Galas

Whenever possible, a selection of volunteer Referees that are preferably from different countries, supervise the weigh-in on International Competitions the day before the start of the Competition.

#### 1.6.3 Male and Female participants

Whenever there are male and female participants, the medical examinations have to be held in separate rooms, or if in the same room, then during different times. Furthermore, the examinations have to be done by medical staff of the same gender if possible.

## 1.7 Competition – Management

### Fighting Area

#### 1.7.1 Tatami Area (Semi-Contact, Forms, MMA and Light-Contact, K-1 Light)

- a) The fighting area has to be square, and each side must have a length of 6m to 8m.
- b) On two sides facing each other, 1m from the centre of the square to the outside, two parallel lines are to be marked, on which the competitors line up at the beginning of the fight.
- c) Around the fighting area, a safety strip of 1m has to be kept clear. No spectators or Referee-Tables are allowed to be placed within that strip. The strip may be marked out on the floor.

**d)** The Timekeeper and Scorekeeper (For Semi Contact) are located at the Referee-Table facing the Center Referee.

**e)** In case there is only one fighting area, sufficient space for the Medics and/or Emergency Personnel must be provided at the Referee-Table.

**f)** The Referee-Table must be equipped with the following items:

Pool lists

Score displays

Table stop watch, plus hand stop watch in reserve

Acoustic signal (Bell, Whistle or Horn)

A Bean-Bag is also permitted

Spare papers / pencils

PC and printer permitted

### **1.7.2 Boxing Ring (Full contact, Muaythai, K-1 Rules)**

**a)** The boxing rings must correspond to the norm of AIBA (Association International de Box Amateur).

**b)** The Boxing ring, all side protections and the ropes must be inspected for suitability and safety prior to the first fight.

**c)** The usual side length of the square is a minimum of 4.5m and a maximum of 6.10m. (Side length of the ropes) The ring must be surrounded by 4 ropes (5 ropes if to be used for MMA)

**d)** The four corners must be made of metal. The diagonal distance between them shall not exceed 10.6m (outside measurement).

**e)** The height of the corners shall not be more than 1.32m (52") above the platform of the ring.

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

**g)** None of the 4 ropes (5 Ropes) may have a diameter of less than 2.5cm (1").

**h)** The lowest rope on a 4 Rope ring must be placed 33.02 (13") above the platform (150mm or 6" on a 5 Rope Ring), the top rope no more than 1.32m.

**i)** All ropes must be covered with a soft tightly fitted material.

**j)** The platform itself may be placed at a minimum height of 90cms, and not higher than 1.20m above the ground. It must be covered with a foam or similar material below the ring floor layer.

**k)** Stairs have to be placed in the red and blue corner.

**l)** The Referee-Tables must be equipped with the following items:

Pool lists

Score cards

Table stop watch, plus hand stop watch in reserve

Acoustic signal (Bell, Whistle or Horn)

A Bean-Bag is also permitted

Spare papers / pencils

PC and printer permitted

**m)** Tables and chairs for the Judges are to be provided along the three other sides of the Ring.

**n)** If there is only one ring in use, sufficient space for the medics and/or emergency personnel is to be provided at the Referee-Table.

**o)** To avoid possible injuries, Camera Operators are not permitted on the platform during the rounds.

## **1.8 Referee licenses**

### **1.8.1 Judge**

- F** National Judge for local events
- E** National Judge for national events
- D** National Judge for national and international events
- C** International Judge for national and international events including local, national and International titles
- B** International Judge for all events including European and Intercontinental titles
- A** International Judge for all events including World Titles

### **1.8.2 Referee**

- E** National Referee for local events
- D** National Referee for national events
- C** International Referee for national and international events incl. local / national title and international titles
- B** International Referee for all events incl. European and Intercontinental titles
- A** International Referee for all events including World Titles
- A1** International Referee Supervisor for all events. Head Referee of any Tournament or event.

### **A 1 International Supervisor**

**1.8.3** All National Licenses F, E, and D can be awarded by the local Head Referee of each country after the Annual Referee Seminar. These licenses are valid for 12 months and have to be renewed thereafter.

**1.8.4** The International Licenses C and B will be given directly from the ISKA Europe Director of Amateur Rules and Refereeing after the International Referee Seminar. These licenses have to be confirmed by the ARC and are valid for two years, unless otherwise shortened.

**1.8.5** All International Referees are responsible to extend their own licenses at least every second year.



The A License, and finally the A1 Supervisor License can be awarded only by majority decision from the ARC. These licenses are valid for two years. All international A class Referees and Supervisors are responsible to extend their own licenses at least every second year

### **International Referees & Judges**

**1.8.6** The minimum age is 18 Years and the Referee or Judge must be a member of a National ISKA Federation. They must attend international seminars.

**1.8.7** A basic knowledge of English language is recommended, but not compulsory. All International Seminars will be held in English.

**1.8.8** Members of the ISKA Executive Committee are identified by a red ID-Card marked with "OFFICIAL".

**1.8.9** Members of the Amateur Rules Committee (ARC) and Referees of the categories A, B and C are identified by a green ID-Card marked with "REFEREE".

**1.8.10** To be nominated as A – Referee and A1 Supervisor

The majority of the ARC Members must support the nomination.

**1.8.11** To be nominated as B – Referee

The ARC Chairman must support the nomination.

**1.8.12** To be nominated as C – Referee

The appropriate country Head Referee or Country Representative must support the nomination. A National Referee cannot gain International status without the permission of their Country Head Referee.

**1.8.13** The ARC can make the attendance of seminars, and/or the successful passing of a test, as well as sufficient command of English, (the official language of the ARC), as a condition for an A or B – Referee nomination. The nominations are to be confirmed periodically, at least every 2 years.

**1.8.14** Licensed Referees will be registered in a central database. Their names, category, nationality and MAP-number will be published on the official ISKA web site.

### **1.8.15 Nationality**

The following two variants are suitable for the composition of the Referee Team on Continental & World Championships:

- a)** There can be one Judge of the nationality of the Red competitor. There must also be one Judge of the nationality of the Blue competitor. The other Judge must be from a neutral country, (from neither of the competitors' nationalities.)
  
- b)** All Judges from of a different nationality than either the Red or the Blue Competitor. This is the preferred choice. A Center Referee cannot be of the same Nationality as either competitor.

**1.8.16** If a Referee has several nationalities, or if he, based on the exception of the nationality principle, has chosen a country, he has to step down whenever an opponent is of either one of the Referee's nationality, or of the country of choice.

## **Conflict of interest**

**1.8.17** A person who intends to be a Referee on any event cannot act as a Judge, Coach or Country Representative at the same time.

**1.8.18** The Referees have the obligation to report themselves any possible conflict of interest. In case of an omission, the present ARC Members, after consulting with the Head Referee, may impose one or more of the following measures:

Warning

Exclusion of a further participation as a Referee on the event

Reduction of the Referee compensation

Withdrawal of the Referee's License for a time determined by the ARC

## **Chief Referee**

**1.8.19** At every competition, a Chief referee has to be designated. He/She is responsible for the whole Referee organisation, and supervises the work on all fighting areas and/or rings.

## **Area Supervisor**

**1.8.20** At a competition with several fighting areas or rings, the Chief Referee designates Area Supervisors which supervise all proceedings on their fighting area or ring. The Area Supervisor places the Referees on his fighting area or ring according to their nationality or affiliation to a school, club or particular fighter. He reports the results according to the instruction of the Chief Referee.

**1.8.21** The Chief Referee can exchange Referees who are obviously not neutral or who violate the official ISKA competition rules, and can overrule their decisions.

## **Protests**

**1.8.22** The individual judgments of the Referees/Judges are not subject to protests.

**1.8.23** The decision of the official Doctor is not subject to protests.

Protests must be made immediately after the match to the Area Supervisor and are only possible in the following cases

1. A proven collusion between the Judges/Referees
2. The mathematical addition of the scores is wrong
3. An obvious mix up between the Blue and Red corner occurs
4. The official Amateur ISKA Rules were violated

**1.8.24** Video recordings or any photographic media cannot be used to justify a protest. Any type of recording is not evidence in a dispute and cannot be submitted as such.

**1.8.25** A protest does not hinder the ongoing of a competition. The Chief Referee can interrupt the continuation of the fights for a short period, if the result of the protest has a significant influence on the proceedings.

**1.8.25** After hearing protest from both parties and the Referee involved, the Chief Referee makes the final decision. No further discussion shall continue on the subject at the venue. Any further disputes may be submitted in writing within seven days of the incident with a fee of 100 Euro a final decision would be reached by the ARC

**1.8.26** Any dispute must be made without aggression, and only by the Team Manager or Coach of the Fighter. Any other presence will only be at the invitation of the Chief Referee. The Chief Referee, after hearing both sides must only make his/her decision based upon the ISKA Amateur rules.

**1.8.27** in the case of a protest being put in after the competition, the ARC then makes the decision after hearing protest from both parties and the Referee involved. The National Federation has a limit of 30 days to make a statement in a matter of Protest. If the decision of protest leads to a loss of a European or World title, the final decision can only be given by the ARC. All monies shall be returned in the case of a successful protest.

### **Referee Clothing**

**1.8.28 Competition Style.** All Referees must wear grey/black trousers with a blue/black Polo shirt with the print "ISKA REFEREE " or "ISKA Official"

**1.8.29 Competition Style.** To eradicate injuries, it's forbidden to wear any jewellery, watches or pens etc. Judges that have no body contact with the Competitors are not included in this rule. The use of medical gloves is recommended.

**1.8.28 Scheduled/Gala Fights.** For Title Fights, all Referees must wear grey or Black trousers, a blue shirt with an ISKA print and a bow tie or black Polo shirt with the print "ISKA REFEREE " or "ISKA Official"

**1.8.29 Scheduled/Gala Fights.** To eradicate injuries, it's forbidden to wear any jewelry, watches or pens etc. Judges that have no body contact with the Competitors are not included in this rule. The use of medical gloves is recommended.

### **1.8.30 Registration of Referees per country for World Championships and European Championships**

For every 25 competitors of a country, one Referee must be present

- 1-25 competitors 1 Referee
- 26-50 competitors 2 Referee
- 51-75 competitors 3 Referee
- 76-100 competitors 4 Referee
- 101-125 competitors 5 Referee
- 126 and more competitors 6 Referee

**Any country that does not fulfill the requirements shall be fined 150 Euro for each missing Referee.**

Each country is responsible for training and licensing their own Referees in time for World and European Championships.

The training for the F, E and D graded Referees is a matter of each country. However, the ARC does offer seminars.

All countries which pre-register their Referees for Championships and get confirmation from ARC will receive priority.

**1.8.31** The Referees payment is equal to the starting fee of a single competitor each day. It will be paid out on the morning before the finals start.

**1.8.32** The Promoter is responsible for taking care of the Referees. This includes providing a separate room with food and beverages. It is also necessary that the Referee Tables are provided with mineral water

## 2 Forms

### Traditional

- 1 **FHS** – Forms Hard Style Japanese
- 2 **FKO** – Forms Korean
- 3 **FVT** – Forms Veterans Traditional
- 4 **FSS** – Forms Soft Style

### Creative

- 5 **FFS** – Forms Freestyle
- 6 **FWN** – Forms Weapons (No Music)
- 7 **FWM** – Forms Weapons (With Music)
- 8 **FEX** – Extreme Forms
- 9 **FTM** – Team Forms

### General

#### 2.0.1 Traditional Forms

A person performing a form must express and demonstrate a mental and physical realistic approach to the various defense scenarios he/she is trying to emulate. The moves within the Form must be appropriate to the style being performed.

Techniques should be performed with full power, focus and explosiveness. When executing the form all basic techniques should be performed logically and be relative to the selected Form. The Competitor's name, the name of the form and club, (or country) must be announced to Judges in all styles.

In all sections 4 people will qualify for the final, and will perform again in reverse order. It is optional at National level that the winner can be decided after only one round. All World level competitions, wherever rankings are available, heats must be seeded.

A Referee for Forms must have traditional background, and be a minimum 1<sup>st</sup> Degree/Dan Black Belt.

#### 2.0.2 Scoring

Five Judges score the Competitors. Once the scores are recorded the highest and lowest scores are taken away. Points are given to one decimal place. In all rounds, the scores will range between 7 and 9, with 8 being the average mark for a Form.

In all sections only 4 people will qualify for the finals. Current world ranked competitions will be seeded. For example, the World ranked No. 1 will go last. In the finals, the competitors will be seeded according to their score in the heats.

In the case of a draw in Hardstyle and Softstyle, the competitor will be asked to do a second and different form. At National and International level, all competitors should be able to perform at least two different Forms. If the competitor does not show a different form he can repeat the first form with a penalty of 0,5 being deducted by each Judge.

You can repeat the same Form or Kata in all Freestyle categories.

If the competitor is using a weapon and the weapon is dropped, this will be deemed a lack of control and a penalty minus of 0.5 will be deducted from their score by each Judge.

If the competitor is using a pair of weapons (e.g. Kama or Sai) they may not clash together clumsily or a penalty of 0.5 will be deducted by each judge. This also applies in freestyle. A time keeper will be appointed, if necessary. Judges will not be blinded by shouting at every technique; this does not constitute strength.

### **2.0.3 Presentation**

#### **Dress**

The competitor must wear a martial arts uniform. No T-shirts may be worn, including club T-shirts. The uniform must be clean and pressed.

Belt of appropriate grade must be worn.

No jewellery may be worn.

No costumes masks may be used.

No special effects ie dry ice, lasers, smoke etc

No dance moves are to be included in your form

The Competitor must announce Style, Club or Country, according to whether competition is National or International. The Competitor must show good etiquette at all times in the presentation, performance or application of Kata or Form.

### **2.0.4 Etiquette**

While on or around the mat the competitor should show respect and discipline at all times. Respect must be shown to the other competitors.

Expected mat etiquette will consist of the Competitor bowing upon entering the competition area and approaching the Judges.

The Competitor should perform the introduction – see General rules. Competitor should then ask for permission to begin, bow to the judges and get ready to begin the Form.

Competitor must show Martial Arts discipline at all times. They must maintain focus and concentration on what they are doing.

Upon completion of the Form, the Competitor should wait for the Judges' permission to leave the floor.

### **2.1.1 TRADITIONAL JAPANESE HARDSTYLE KATA**

Karate Forms must be using traditional moves only. A traditional Form / Kata must resemble a traditional work, an adaptation will be acceptable if added moves are of a traditional nature.

A high kick cannot be higher than the top of the Karateka's own head. A freestyle form is not acceptable (no machine-gun kicking etc...).

A traditional GI or Dobok must be worn.

There will be no use of weapons.

No music is allowed

There is no time limit.

When Scoring, Judges should be looking for:

Basic techniques, Stances, Punches, and Kicks executed with balance, Blocks, Balance, Strength, Focus and good transition between moves.

### **2.1.2 TRADITIONAL KOREAN HARDSTYLE**

Hardstyle Korean Forms must be using traditional moves only. A traditional Korean Form must resemble a traditional work. An adaptation will be acceptable if added moves are of a traditional nature.

A high kick can be higher than the top of his/her own head. A freestyle form is not acceptable (no machine-gun kicking etc.) A traditional GI or Dobok must be worn.

There will be no use of

weapons. No music is

allowed

There is no time limit.

When Scoring, Judges should be looking for basic techniques, Stances, Punches, Kicks executed with balance, Blocks, Balance, Strength, Focus and good transition between moves.

### **2.1.3 VETERANS TRADITIONAL FORMS**

Veterans' forms must be performed using traditional and acceptable moves only.

A Traditional Form / Pomse / Hyong must resemble a Traditional Form / Pomse / Hyong. An adaptation will be acceptable if added moves are of a traditional nature.

A high kick can't be higher than the top of the Competitor's own head. A

freestyle form is not acceptable (no machine-gun kicking etc...)

A traditional GI, Dobok or Wu-Shu uniform must be

worn. There will be no use of weapons.

No music is allowed

There is no time limit.

When Scoring, Judges should be looking for basic techniques , Stances , Punches , Kicks executed with balance, Blocks , Balance, Strength, Focus and good transition between moves.

#### **2.1.4 WU-SHU SOFT STYLE**

Gymnastic type moves are permissible, provided that they are within the style for i.e. Wu-Shu, but they must be Practical and form part of that style. An adaptation is acceptable if added moves are traditional to the soft style being performed.

A traditional uniform must be worn.

There will be no use of weapons.

No music is allowed.

There is a 3 minute maximum time limit. A Timekeeper will be appointed.

This is not a freestyle section, a freestyle form is not acceptable (no machine-gun kicking etc.)

When Scoring, Judges should be looking for good flowing techniques , Stances , Punches , Kicks executed with balance , Blocks , Balance, Strength, Focus and good transition between moves.

### **Creative and Extreme Forms**

#### **2.2.0 General expectations of a creative or extreme form.**

##### **2.2.1 General**

All forms competitors will perform their Form once, and then a score will be given. Highest score wins. In the result of a draw for first second or third, the Form will be repeated again and scored between the two competitors who have tied. Highest score will win the tied position. In the result of a second tie, Judges will show hands.

Competitor performing a Form must express a mentally and physically realistic approach to the various imaginary opponents in their form.

Techniques should be performed where necessary with full power, focus and explosiveness. When executing the Form, all basic techniques must be performed logically. Kia's or shouts should be included in a form but not on every single move.

Judges will be looking for basic techniques, stances, speed and cleanness of execution. Tricks or gymnastics whilst being high risk and high difficulty must be performed with accuracy throughout. A Form should be fluid and continuous, time spent standing still should be kept to a minimum. All aspects of the person's physical ability will be taken in to account, such as flexibility, strength, speed, stamina and attitude.

Creativeness is encouraged and high risk moves and combinations will score highly if executed without fault. Weapons forms will be scored primarily on the weapon usage. Manipulation and creativity with the weapon should be your main focus during a weapons form. The weapon cannot be left unattended once a form has been performed.

##### **2.2.2 Time of form.**

All musical sections are permitted no more than a thirty second introduction. This time starts from the first contact on the mat.

The minimum time allowed for all musical forms is 1 minute, maximum of 2 minutes. This time will begin from the first move after the judges have given permission to begin.

Should the time be over or under in any part, a deduction of 0.5 will be made from the Form by all judges.

### **2.2.3 Releases.**

A release is classified as the weapon intentionally leaving contact with the body to be thrown in the air or momentarily balanced on the floor.

A throw release must be released and caught with control, should the weapon be dropped a score of 0.5 will be deducted from the final score by each judge. Should the weapon leave the competition area then the person will be disqualified.

A balance release is the weapon being balanced on the ground i.e. a Bo staff being stood upright. Should the staff fall to the ground this will be classed as a drop and 0.5 will be removed from the final score by each judge.

### **2.2.4 Music.**

Must fit in with the form being performed, synchronization to music is not compulsory but will show a greater level of preparation.

No music containing swearing or derogatory or inflammatory comments may be used; this will result in a disqualification

## **2.3.0 MUSICAL FORM - Free Style Empty Hand**

### **2.3.1 CREATIVE OPEN HAND:**

A self-made Hard Style Form to music with no gymnastics, no horizontal rotations or spins over 360 degrees. The Creative Open Hand Form should contain only the use of standard martial arts techniques, along with the individual's creative variation.

### **2.3.2 EXTREME OPEN HAND:**

A self-made Hard Style Form to music, using unlimited gymnastic and tricking techniques. The Extreme Open Hand Form should contain standard martial arts techniques, along with the individual's creative variation. Music must be used and the choreography to the music is of high importance. The use of weapons is strictly forbidden.

The use of stage props such as Lasers, Smoke, Fire or "Dry Ice", is not permitted. No dance moves or theatrical costumes are allowed. No stage props such as lasers, smoke, fire, or dry ice. The duration of a freestyle form must be between 1 and 2 minutes. The time starts with the first move of the form, not the announcement. A Timekeeper will be appointed.

Although Extreme sections are unlimited for tricks and gymnastics the Form should still resemble a Martial Arts Form, failure to include basic Martial Arts will result in the Competitor being scored down. You should show Extreme **Martial Arts**,

Judges should be looking for:

Synchronization to the music, showmanship, speed of the techniques, degree of difficulty, basic hands and feet techniques, balance, basic stances, strength and focus

All the above are to be executed with strength and power according to the basic technique.

### **2.4.1 MUSICAL FORM - Free style weapon.**



#### **2.4.2 CREATIVE WEAPONS:**

Self-made Hard Style Weapons Form to music using no gymnastics, no horizontal rotations or rotations over 360 degrees. The weapon may be released a maximum of three times. The weapon must be used through whole Form and is to be kept in constant use. Standard use of the weapon along with the individual's creative manipulation will be the primary scoring points.

#### **2.4.3 EXTREME WEAPONS:**

Self-made Hard Style Form to music using unlimited gymnastic and tricking techniques. There is no limit to weapons releases. Weapon must be used through whole Form and is to be kept in constant use. Standard use of the weapon and an individual's creative manipulation will be the primary scoring points. Music and weapons must be used and the choreography to the music is highly important

The use of stage props such as Lasers, Smoke, Fire or "dry Ice", is not permitted. No dance moves or theatrical costumes are allowed.

The duration of a Freestyle Form must be between 1 and 2 minutes. The time will start with the first move of the Form, not the announcement. A Timekeeper will be appointed.

All weapons used must be safe and clean and recognized within Martial Arts. The Judges have the right to inspect weapons prior to starting a Form.

Although gymnastics tricks and releases are unlimited, a Competitor's Form should still resemble a Martial Arts Form.

Failure to show basic strikes and stances will result in the form being marked down.

Judges should be looking for:

The form will be scored on the use of the weapon, not Kicks and other techniques. Synchronization to the music, manipulation of the weapon, speed of the techniques, degree of difficulty, showmanship, balance, basics stances, strength and focus.

#### **Additional categories which may not always be included in an event:**

#### **2.4.4 TEAM OPEN HAND:**

Self-made Hard Style Weapons Form to music, with two people. Extreme rules apply. Form must be synchronized at least 75% of time.

#### **2.4.5 TEAM WEAPONS:**

Self-made Hard Style Weapons Forms to music, with two people. Competitors can use any weapon combination. One with weapon, both with weapon, or different weapons. Form must be synchronized with team-mate at least 75% of time. Extreme rules apply.

#### **2.4.6 TRICKS BATTLE:**

This is all out Tricks Battle between two people simultaneously, with a tree system to the final. Competitors have thirty seconds each to show their best tricks. Judges will show hands for the winner.

## 3 Tatami Sport

### Semi Contact Points Fighting

#### 3.1 Semi Contact Rules.

##### 3.1.1 The Fighting Area

The fighting area should be matted, without damage and clean. There should be no spillages or debris on the surface.

##### 3.1.2 Rounds

The number of rounds and length of rounds of any Competition can be determined by the [Tournament Supervisor](#). The amount of rounds may be one or two (plus any extra time). Rounds must not be longer than two minutes per round. In the event of a draw after the final round, a thirty second break is followed by thirty seconds of extra fighting time. If after this extra time there is still no winner, there should be no break, and sudden death should come in to play. First to score is the winner.

The EXIT Warnings must relate to the number of rounds. (See Warnings)

##### 3.1.3 Official European Weight Category Guidelines (see general part 6)

##### 3.1.4 Scoring

<b>Punch to Head</b>	<b>1 point</b>
<b>Punch to Body</b>	<b>1 point</b>
<b>Inside/Outside Foot Sweep</b>	<b>1 point</b>
<b>Kick to Body</b>	<b>2 points</b>
<b>Drop /Reverse Drop Sweep</b>	<b>2 points</b>
<b>Kick to Head</b>	<b>3 points</b>
<b>Jumping Kick to Body</b>	<b>3 points</b>
<b>Any Jumping Kick to</b>	<b>5 points</b>

Scoring must be for the first technique only and follow-ups are not allowed.

##### 3.1.5 Scoring Areas

Back of Head  
Side of Head  
Face  
Under Chin  
Front Torso  
Side Torso

##### 3.1.6 Illegal Areas

Top of Head  
Neck  
Arm  
Hand  
Back  
Kidney Area

Below the Belt (other than below the ankle Foot Sweeps)

**3.1.7** All Sweeps must be boot to boot and no higher than the ankle. For a Sweep to score, the sweep must incur either a complete grounding, or a stumble leading to the fighter touching the ground with any part of the body other than the soles of the feet. Even the slightest of touches to the ground by the fingers for example, will result in the sweep being deemed successful.

**3.1.8** Due to the higher points awarded in the new scoring system, ISKA Europe have issued the following criteria for an automatic victory before the conclusion of the allotted time period.

**1 round fight: Margin of 10 clear points reached**

**2 round fight: Margin of 15 clear points reached**

**3.1.9 Legal Techniques.**

Jab (landing with knuckle part of the glove)

Reverse Punch (landing with knuckle part of the glove)

Backfist (but not landing with the side of the fist and to the head only))

Ridgehand (to the head only)

Front Kick (to the body and head)

Side Kick (to the body and head)

Curving Front Kick (to the body and head)

Hook Kick (to body and head including Spinning Hook Kick)

Jumping Spinning Hook Kick (to the body and head)

Back Kick (to the body and head)

Jumping Back Kick (to the body and head)

Roundhouse Kick (to the body and head including Jumping Round Kick)

Spinning Back Kick (to the body and head)

Jumping Spinning Back Kick (to the body and head)

Inside & Outside Crescent Kick (to the body & head including Jumping)

Jumping inside & outside Crescent Kick (to the body & head including Jumping)

Inside & Outside Axe Kick (to the body & head including Jumping Axe)

Front Sweep (performed with inside of foot to below ankle both legs) Front Sweep can be to the inside and outside of the opponent's boot.

Drop Foot Sweep to the outside of the opponent's foot (Attackers hands must not touch the floor)

Drop Reverse Foot Sweep to the outside of the opponent's foot (Attackers hands must not touch the floor)

### **3.1.10 Illegal Techniques**

Any open handed strike with the inside of the hand (Slapping)

Spinning Back Fist

Knife Hand (including Spinning/Turning Knife Hand Strike)

Palm Heel Strike

Strikes with the elbows

Any Throw

Any Takedown

Pushing with arms

Leg Kicks

Strikes with the knee

Strikes with the Head

Use of the thighs

Forward Rolls

Hand Stands

Cart Wheels

Any Blind Technique

### **3.1.11 Illegal Actions**

Swearing

Verbal attacks to the Opponent or Officials

Accusations of cheating to any Official or Competitor

Uncontrolled Strikes and Kicks

Any strike or kick to a joint

Strike to top of head or to the back of the body

Strike or Kick to the groin

Scratching, biting or spitting

Punching or kicking after the Referee calls stop

Leaving the fighting area

Falling down

Running around the area

Using faulty or ill-fitting safety equipment

Wasting time in an unsporting fashion

Talking

Causing offence by inappropriate apparel, gestures or words

Excess power

Refusing to touch gloves or any other unsporting behaviour

All of the above offences may be punishable by the Referee. The Referee may decide to verbally warn, officially warn, deduct a point or disqualify the competitor depending upon the severity of the offence.

### **3.1.12 Fighter's Equipment**

<b>Head-Guard</b>	Must cover the top of the head. Must be a Martial Arts type Head-Guard in good condition which fits well. A full-face or semi-face visor may be worn if it can be proven that a medical condition requires it. This must be authorised by the Promoter prior to the start of the Tournament.
<b>Gum-Shield</b>	Must be a Martial Arts or Boxing type. No Football / Rugby type.
<b>Semi Gloves</b>	Must cover the fingers and thumbs up to the second knuckle. Boxing gloves are prohibited at all times for Semi-Contact.
<b>Kick Boots</b>	Must cover the Instep and heel. They must be full boots and not Shin-Guards with instep pads. Boots must cover the whole foot.
<b>Groin Guard</b>	For both Men and Women, including Boys in the Juniors' and Cadets section. They are recommended for Junior and Cadet Girls, but not essential. They must be worn under clothing, and not on top.
<b>Shin Guards</b>	Must be worn under clothing and not on top. Must not be worn higher than the Knee
<b>Chest Guard</b>	Must be worn under clothing and not on top. Essential for female Juniors and Adults.

### **3.1.13 Clothing**

Fighters must be clean and dressed in an appropriate outfit. Toe nails should be clean and cut short. Fighters should wear a clean T-Shirt that ensures that the top half of the arm is covered by a sleeve. A traditional Gi is permitted. Sponsors names and slogans are allowed providing they are in good taste and do not cause offence.

Martial Arts style trousers must be worn. The trousers should cover the Velcro fastening on the boots and should be full length. There should be no zips, pockets or buttons on the trousers at all. Track suit style trousers are not allowed.

Long hair should be tied back. No Metal/Plastic objects to be worn by any competitor, including earrings, eyeglasses, watches, hair grips, chains, rings, piercing jewellery etc. Soft contact lenses are allowed at the Fighter's risk.

The Coach must wear appropriate clean sports clothing, and sporting shoes. A Coach must not display any "Officials" type clothing. Any suits, shirts, blazers etc must be covered up if in the act of Coaching.

## Equipment Check

Each Fighter is subject to an equipment check prior to the start of the fight. The checks are to be done by the Line Judges. Groin guards and chest guards are not to be touched by the Line Judges. The Fighter should be asked if they have the relevant equipment on, and they should reply in the affirmative. If injury occurs, and the Fighter has lied about the presence of such safety equipment, the Center Referee must disqualify the Fighter for breaching the safety rules. This is a compulsory disqualification regardless of how the accident happened.

### **3.1.14 What the Referee can do.**

The Referee is the only person who can stop the bout. The Medic must signal to the Referee if he/she wants the fight stopped. The Coach can retire the Fighter.

The Referee may change any or all of the officials in his area if he wishes. This must not happen during a fight unless an Official is ill.

The Referee must deduct a point for a fourth and fifth Exit Warning. (The third and fourth warnings in the case of a single round bout).

The Referee must disqualify a Fighter for the Fifth Exit Warning. (Four in the case of a single round bout)

A Referee can deduct a point, or disqualify a Fighter, for any unsporting behaviour or dissent.

A Referee can disqualify a Fighter if he/she fails to be ready to fight after being repeatedly called. (This includes not having the correct safety equipment or not turning up at all). One minute should be called, and the Timekeeper should indicate when the minute has expired. The winner will be the Fighter who is ready to fight, and the win shall be recorded as a Walk Over. The Referee shall decide when to request the one minute, and the spirit of Sportsmanship must be shown.

The Referee can disqualify a Fighter, after a majority decision between Judges and Referee, if excess power is used. A Warning or Minus Point for any other matter can be given without consulting the Judges.

The Referee can issue a warning, or disqualify a Fighter if aggression is shown towards any Official. Physical aggression towards any Official will incur an immediate expulsion from the building, and a report must be submitted to the ISKA via email to the ISKA Head Office within seven days by the Center Referee. The Fighter must remain suspended until the matter has been dealt with by the ARC. A permanent expulsion from ISKA Europe is a highly likely outcome.

### **3.1.15 Recording the Scores**

There should be a table just off the mat which should have a scoreboard. The scoreboard should have Red and Blue sides which should be able to record the points scored and the Area Warnings along with the referee Warnings (for excess power etc), Area Warnings and Referee Warnings are to be kept separate.

Area warnings occur when a competitor's "whole" foot is over the line indicating the edge of the fight area. A competitor cannot score when he/she is out of the area but he/she can be scored against. Referees must ensure that the competitor is not pushed out of the area. For a Referee to issue an area warning, the competitor must voluntarily leave the area.

A technique can only score if it is executed with complete balance. Any loss of balance after a technique will render the score invalid and the Referee must indicate "no score".

**A Score must comprise of: a legal technique, to a legal target area, with legal use of power. All three things must be present for a score to count.**

There must be two Line Judges and one Center Referee per fight area. The Line Judges must move and not remain static. The Judges and Referee must act as a Team as the Center Referee cannot overrule a Judge's opinion (unless it is a clear breach of the rules).

The Judges and Referee must indicate a score by raising their hand towards the scoring fighter indicating the amount of points scored by extending the relevant amount of fingers. If two or more Officials indicate the same technique, then the fight is stopped by the Center Referee by calling "Stop". The fighters return to their start point, and the Center Referee indicates the number of Officials who have scored the technique by pointing to each scoring Official (including him/herself if he/she has scored the technique). This is to show the Spectators and Coaches, which Officials have given the point, and if it was a majority or not.

He/She then shows the number of points by raising his arm, extending the relevant number of fingers to the table. The Referee must then move his/her arm towards the fighter to indicate which fighter is to have the points awarded to. This enables the Scorer to see the number points easily to reduce scoring errors. The Referee must ensure the Scorer is accurate with the scoring.

A score can only be given if there is a majority of two Officials indicating a score. Of course, it can be all three Officials that indicate the same score. If two Officials indicate the same score to the same fighter, and the third Official differs, the majority wins and the score goes with the majority.

If two Officials indicate two different points to the same fighter, the Referee should award the lower score to the fighter. The only time this doesn't happen is if the two Officials see a different technique. If one indicates a single point to Red, he must have seen a punch or Normal Sweep. If the Other Official indicates two points to Red, he must have seen a kick. Because both techniques are different, it must be "no score".

**The lower score can only be given if both techniques were the same.**

eg. One Official sees a Kick to the chest and another Official sees the Kick as a Head Kick, both Officials will indicate the points. One will be three points, and one will be two. The score therefore will be two based upon the fact that they both saw a Kick. If one indicated a Punch and the other a Kick to the body, the points shown would be one and two. This would be a "no score" because it is clear that they both saw different techniques rather than different scoring "areas".

Another example would be as follows. One Judge gives two points to Red and one Judge gives two points to Blue. The Referee gives no points. The score is "no score".

Another example is as follows. One Judge gives a point to both Blue and Red and the Other Judge gives a point to Blue. The Referee gives a point to both Blue and Red. The score will be a point to both as the majority score is a point each.

If the hands of the Officials do not indicate the points at the same time, the score cannot stand. The Officials must react immediately and any points indicated after the "stop" cannot score.

If the Center Referee is not sure about what the Judges are scoring, he may stop the time, call both Judges in to the centre to discuss it. The Officials must resume their position, and the Centre Referee must shout "Score". The Officials, including the Centre Referee must give the points that they are finally awarding. This score is now final. (It is not good practice to do this very often).

In all cases, the Center Referee must indicate his opinion. A Center Referee has the same responsibility to indicate, with his raised hand and fingers, the points that he wishes to score. A Center Referee must not "follow" the Line Judges. He must have an opinion of his own, and show it at the same time as the Line Judges.

### 3.2.1 Start of the fight.

Fighters may be assisted by ONE Coach who must remain seated. The Line Judges must check the safety equipment of each fighter prior to allowing them in to the center of the mat. The Fighters must be parallel to the sides of the mat and one metre apart in the centre, facing each other (not corner to corner). The Referee faces the table, checks both Line Judges are ready and indicates to the Timekeeper that the fight is about to start. The Fighters must touch gloves to indicate good spirit, and the Referee starts the fight by calling "Fight".

### 3.2.2 During the fight.

The Fighters continue to try to score against each other until the Judges or Referee sees a score. The Referee calls stop, the Fighters return to their mark, and the Referee indicates which Judges are scoring, shows the number of points to the table, and then indicates to which Fighter the points are awarded. The Referee restarts the fight again by calling "Fight". A Fighter or Coach can request time by making the letter "T" with their hands and taking a step back. Any apparent time wasting or misuse of this will incur a Warning from the Center Referee. Time does not stop until the Referee indicates the Timekeeper to stop. The time is not stopped to award points but it is stopped to allow adjustments to safety equipment. If a Referee Warning is given, the time must be stopped. Only the Referee can start and stop the fight, or the time.

### 3.2.3 Ending the fight.

The Timekeeper indicates the end of the fight by a whistle, bell or by throwing a beanbag. The Referee calls "Stop" and the Fighters cease fighting. Any points scored in between the Timekeeper indicating the end of time and the Referee calling "Stop" must be scored. Only the Referee can stop the fight, not the Timekeeper. The Referee indicates the winner by calling the scores and raising the arm of the winner. The fighters should touch gloves after the fight.

### 3.3.1 Medical Requirements

The minimum standard of qualification for attending Medical Staff is a valid First Aid Certificate. The First Aider must have a full First Aid kit. The Promoter is responsible for supplying adequate First Aid cover. Ambulance personnel and/or a Doctor is a recommendation, but it is not an essential requirement for Semi-contact matches. If the Medical Staff are otherwise engaged, or leave their post, all fights must be stopped until the medical cover returns. No Medic = No fight! Medical Staff must stay until the final fight is over, and they are satisfied that they won't be required any further and that there is no further risk of a delayed problem or condition. Medical examination of Fighters prior to the start of the Tournament is recommended by ISKA, but not compulsory. All Fighters compete at their own risk. No local anesthetics, plasters or bandages may be administered before or during any contest.

### 3.3.2. Hand Signals

The following are for use by Judges & Center Referee

	<b>OPINION</b>	<b>HAND SIGNAL</b>
1	Yes I saw the points	Raise the hand and show the score
2	No I saw nothing	Both hands crossed in front of face
3	I saw the attempt but there was no score	Both hands crossed in front of legs
4	Competitor stepped out fight area	Run open hand along in the direction of the of the area border



5	Both fighters clashed and each scored at same time	Raising both hands and awarding the points to both sides
6	Illegal Technique	Point to the sky and circle the hand
7.	Contact too strong	punch fist in to open flat hand
8.	Legal technique but to an illegal scoring area	indicate the forbidden area
9.	Blind score (not looking at target)	turn the body and punch away without looking
10.	Holding or grappling	holding own arm and pull to indicate a holding technique
11.	Turning the body or running away	mimic the action or rotate hand at head height pointing down

### 3.3.3. Power

The power involved in Semi-Contact Fighting must be minimal. Any excess power must be punished by the Center Referee. The choices available to the Center Referee are as follows, depending on the severity.

1. To warn the Fighter
2. To issue a point reduction
3. To disqualify the Fighter

### 3.3.4 The Referee Warning System

#### FOR A TWO ROUND FIGHT

1<sup>st</sup> Warning  
 2<sup>nd</sup> Warning  
 3<sup>rd</sup> Warning = a minus point  
 4<sup>th</sup> Warning = a second minus point  
 5<sup>th</sup> Warning = Disqualification

#### FOR A ONE ROUND FIGHT

1<sup>st</sup> Warning  
 2<sup>nd</sup> Warning  
 3<sup>rd</sup> Warning = Minus Point  
 4<sup>th</sup> Warning = Disqualification

### 3.3.5 The Area Warning System

#### FOR A TWO ROUND FIGHT

1<sup>st</sup> Warning  
 2<sup>nd</sup> Warning  
 3<sup>rd</sup> Warning = Equalling a minus point  
 4<sup>th</sup> Warning = Equalling a second minus point  
 5<sup>th</sup> Warning = Disqualification

#### FOR A ONE ROUND FIGHT

1<sup>st</sup> Warning  
 2<sup>nd</sup> Warning  
 3<sup>rd</sup> Warning = Minus Point  
 4<sup>th</sup> Warning = Disqualification

## **REMEMBER: AREA WARNINGS AND REFEREE WARNINGS ARE TO BE KEPT SEPARATE AND NOT ADDED TOGETHER!**

To issue a Referee Warning or a Minus Point, the time must be stopped by showing a "T" sign with the hands to the Timekeeper. The Fighter must be called to the center of the fight area to face the Referee. The Referee must inform the Fighter why he/she is being penalized, show the sign, wag his/her finger in an authoritative way and shout "NO!" The Referee indicates what number Warning it is by showing the relevant warning number on his finger before showing the same to the Scorer and then pointing to the Fighter. A Minus Point is indicated by the Ref holding his/her own right elbow with their own left hand, showing the single index finger towards the ceiling, and dropping it straight down to point to the floor. A Warning, Minus Point or Disqualification may be issued by the Referee to any Fighter because of the actions of his/her Coach. The Coach forms part of the Fighter's Team, and the Fighter is responsible for the Coach.

**A Warning and a Point cannot be given to the same Fighter at the same time.**

### **3.3.6 Injuries**

If a fighter gets injured and cannot continue, the Center Referee must ask the Judges if there was a foul. Between the two Judges and the Referee, there needs to be a majority decision to decide whether it was an accident or not. The Center Referee cannot call a foul if both Judges saw nothing wrong.

If a Fighter is injured and the fight is over because of a foul, the innocent injured Fighter is declared the winner.

If a Fighter is injured and the fight is over because of an accident, the contestant with the highest number of points is declared the winner. (If the points are drawn, the uninjured Fighter is declared the winner.)

If a Fight is over because of an accident to both Fighters, and neither can continue, the Winner is the Fighter with the higher points at the time of the fight stopping. If both scores are the same, the fight becomes a No Contest, and no result will be recorded. In the case of a Team Fight, both Reserve Fighters are to be used.

The Referee, after discussion with the Judges, can stop the contest if one of the fighters is out of condition and struggling. There is no standing 8 count in Semi Contact. This fight gets recorded as an RSC.

In the event that a strike dazes an opponent, the Referee must stop the time and then speak with his Judges. If the MAJORITY decide "foul", the Referee must penalize the offender. If the MAJORITY decide that there was an accident, there will be no penalty.

### **3.3.7 Team Fights**

A Team consists of five Competitors or three Competitors depending on the requirements of the Promoter. One reserve fighter is allowed per team should a Competitor become injured during the competition. There are no weight categories, but competing juniors should not be more than five kilos above or below their opponent. All fights are one round of two minutes.

The score is based upon wins. All warnings and penalties are not to be carried on between bouts. The next bout starts as nil – nil with no warnings.

In the event of a draw, the points are added up and the winner is the Team with the most points. If the points are equal also, the extra time rule and sudden death applies to the last two fighters, and all warnings and points still stand during this time.

## **3 Tatami Sport**

### **Light Contact Continuous Sparring**

#### **4.1 Level of contact**

The level of contact should be the same as competitive sparring approximately twenty percent of full power. The intention should be to score kicks and punches on legal target areas without inflicting damage.

#### **4.2 Purposeful Intent**

If a fighter attacks with excessive power deliberately leveraging or loading punches and kicks with intent to inflict damage it will be considered purposeful intent and the fighter will be immediately cautioned or disqualified. The fighter can be penalized without actually landing or connecting with the attack the intent is considered a foul.

The Center Referee may use his own discretion when penalizing a fighter for purposeful intent the choices available to the depending on the severity.

1. To warn the fighter (Caution)
2. To issue a point reduction (Minus Point)
3. To disqualify the fighter (end the match declaring the fouled opponent the winner)

#### **4.3 Rounds**

The number of rounds, and length of rounds of any can be determined by the Tournament Coordinator. The amount of rounds may a minimum of two or a maximum of three. Length of rounds may be a minimum of one minute to a maximum of 2 minutes.

#### **4.4 Scoring Areas**

Side of Head  
Face  
Under Chin  
Front Torso  
Side Torso

#### **4.5 Illegal Areas**

Back of Head  
Top of Head  
Neck  
Arm  
Hand  
Back  
Kidney Area  
Below the Belt (other than below the ankle sweeps)

All Sweeps must be boot to boot and no higher than the ankle. For a Sweep to score, the sweep must incur either a complete grounding, or a stumble leading to the fighter touching the ground with any part of the body other than the soles of the feet. Even the slightest of touches to the ground by the fingers for example, will result in the sweep being deemed successful.

Scoring should not be on offensive techniques alone, and defense, ring-craft, fitness etc. should be scored just as highly. The use of clickers is not recommended as this only scores offence.

#### **4.6 Legal Techniques.**

Jab (landing with knuckle part of the glove)

Reverse Punch (landing with knuckle part of the glove)

Hook Punch (to the body and head)

Front Kick (to the body and head)

Side Kick (to the body and head)

Curving Front Kick (to the body and head)

Hook Kick (to body and head including Spinning Hook Kick)

Jumping Spinning Hook Kick (to the body and head)

Back Kick (to the body and head)

Jumping Back Kick (to the body and head)

Roundhouse Kick (to the body and head including Jumping Round Kick)

Spinning Back Kick (to the body and head)

Jumping Spinning Back Kick (to the body and head)

Inside & Outside Crescent Kick (to the body & head)

Jumping Inside & Outside Crescent Kick (to the body & head)

Inside & Outside Axe Kick (to the body & head including Jumping Axe)

Front Sweep (performed with inside of foot to below ankle on both legs) Front Sweep can be to the inside and outside of the opponent's boot

Uppercut (to the body and head with control)

#### **4.7 Illegal Techniques**

Any open handed strike with the inside of the hand (slap)

Back Fist (including Turning)

Spinning Back Fist

Knife Hand (including Spinning/Turning Knife Hand Strike)

Ridge Hand

Drop Sweep

Reverse Drop Sweep

Palm Heel Strike

Strikes with the elbows

Any Throw

Any Takedown

Pushing with arms

Leg Kicks

Strikes with the knee

Strikes with the Head

Use of the thighs

Touching the ground with any other part of the body than the soles of the feet.

Any Blind Technique

#### **4.8 Illegal Actions**

Swearing

Verbal attacks to the Opponent or Officials

Accusations of cheating to any Official or

Competitor Uncontrolled Strikes and Kicks

Any strike or kick to a joint

Strike to top or back of head or to the back of the body

Strike or Kick to the groin

Scratching, biting or spitting

Punching or Kicking after the Referee calls stop

Leaving the fighting area

Falling down

Running around the area

Using faulty or ill-fitting safety equipment

Wasting time in a unsporting fashion

Talking

Causing offence by inappropriate apparel, gestures or words

Excess power

Refusing to touch gloves or any other unsporting behavior

All of the above offences may be punishable by the Referee. The Referee may decide to verbally warn, officially warn, deduct a point or disqualify the competitor depending upon the severity of the offence.

#### **4.9 Fighter's Equipment**

<b>Headguard</b>	Must cover the top of the head. Must be a Martial Arts type Headguard in good condition which fits well. A full-face or semi-face visor may be worn if it can be proven that a medical condition requires it. This must be authorized by the Area Supervisor prior to the start of the Tournament.
<b>Gumshield</b>	Must be a Martial Arts or Boxing type. No football / rugby type.
<b>Boxing Gloves</b>	Must be 10 ounces for everyone.
<b>Kick Boots</b>	Must cover the Instep and heel. Must be full boots and not shin-guards with instep pads. Must cover the whole foot.
<b>Groin Guard</b>	For both Men and Women, including Boys in the juniors' and Cadet Division. A Groin Guard is recommended for Junior and Cadet Girls, but not essential. It must be worn under clothing, and not on top.
<b>Shin Guards</b>	Must be worn under clothing. No higher than the knee.
<b>Chest Guard</b>	Must be worn under clothing and not on top. Essential for Female Cadets and Adults. Recommended for Female Juniors but not essential.

#### **4.10 Clothing**

Fighters must be clean and dressed in an appropriate outfit. Toe nails should be clean and cut short. Fighters should wear a clean T-Shirt that ensures that the top half of the arm is covered by a sleeve. A traditional Gi or kickboxing suit is permitted. Sponsors names and slogans are allowed providing they are in good taste and do not cause offence.

Martial Arts style trousers must be worn. The trousers should cover the Velcro fastening on the boots and should be full length. There should be no zips, pockets or buttons on the trousers at all. Track suit style trousers are not allowed. Hand bandages are allowed, maximum length 2.5 meters. Tape and bandage on the fist is allowed, but must not be "Bumpered" or be excessive and remain 1 tape width back from the knuckle. The Referee can deem any hand-wrapping to be excessive.

Long hair should be tied back. No Metal/Plastic objects to be worn by any competitor, including earrings, eyeglasses, rings, watches, hair grips, chains, piercing jewellery etc. Soft contact lenses are allowed at the Fighter's risk.

The Coach must wear appropriate clean sports clothing, and sporting shoes anyone acting as a Coach and an Official must cover their Officials' attire whilst coaching.

#### **4.11 Equipment Check**

Each Fighter is subject to an equipment check prior to the start of the fight. The checks are to be done by the Center Referee. Groin guards and chest guards are not to be touched by the Referee. The Fighter should be asked if they have the relevant equipment on, and they should reply in the affirmative. If injury occurs, and the Fighter has lied about the presence of such safety equipment, the Center Referee must disqualify the Fighter for breaching the safety rules. This is a compulsory disqualification regardless of how the accident happened.

#### **4.12 What the Referee can do.**

The Referee is the only person who can stop the bout. The Medic must signal to the Referee if he/she wants the fight stopped. The Coach can retire the Fighter.

The Referee may change any or all of the officials in his area if he wishes. This must not happen during a fight unless an Official is ill.

A Referee can deduct a point, or disqualify a Fighter, for any unsporting behavior or dissent.

A Referee can disqualify a Fighter if he/she fails to be ready to fight after being called. (This includes not wearing the correct safety equipment. It also includes not turning up at all). One minute should be called, and the Timekeeper should indicate when the minute has expired. The winner will be the Fighter who is ready to fight, and the win shall be recorded as a Walk Over.

The Referee can disqualify a Fighter, after a majority decision between Judges and Referee, if excess power is used. A warning for excess power can be given without consulting the Judges.

The Referee can issue a warning, or disqualify a Fighter if aggression is shown towards any Official. Physical aggression towards any Official will incur an immediate expulsion from the building, and a report must be submitted to the ISKA European Rules Director (amateur) of the venue country by email within seven days. The Fighter must remain suspended until the matter has been dealt with by the Rule Director in conjunction with the ISKA and ARC.

#### **4.13 Start of the fight.**

Both Fighters shall be checked for their safety gear whilst in their own corners. The responsibility to check the Fighters lies with the Center Referee. The Referee shall call both Fighters to the center of the Ring where instructions shall be given to the Fighters by the Referee. The Coaches, if they have listened to the Referee's instructions, must then return to their corners, and must leave the Ring leaving their corner clear. Both Fighters must touch gloves to show a sportsmanlike attitude.

The Referee must check that the Medics, Timekeeper and all Judges are ready before raising his arm, and shouting "Fight".

#### **4.14 During the fight.**

The fighters must fight, using Boxing and kicking techniques until the Referee says "Stop/Break". If the Fighter needs to adjust safety equipment, they should take one step back, and indicate the "T" sign with their hands. Time should be stopped by the Referee in this instance. Repeated adjustments of safety equipment may incur a Warning from the Referee. The Referee should stop time to issue a Warning, call the Fighter to the middle, raise one finger for a first warning, two fingers for a second warning etc, and show each Judge that this Fighter is being issued a warning. The fight should be restarted with the word "Fight". If a Fighter is out of condition, or being overwhelmed, a standing eight count may be issued by the Referee. The Fighter not receiving the count must be sent to the neutral corner. The time does not stop for a count, and a count cannot be saved by the end of the time. The count must be concluded.

In between rounds, the Referee should stand in a neutral corner.

#### **4.15 Ending the fight.**

Once the Timekeeper indicates the end of Time, the Referee should call "Stop", indicate that the fight is over, and send both Fighters back to their corners. The Referee should collect the Scorecards from the Judges, pass them to the Senior Judge, and call both Fighters back to the center. The winner will be indicated by raised the arm of the Fighter with a majority, split or unanimous decision. The Fighters should thank the Referee for his/her efforts, and must touch gloves with their opponent, and acknowledge the opposing Coach.

#### **4.16 Medical Requirements**

The minimum standard of qualification for attending Medical Staff is a valid First Aid Certificate. The First Aider must have a full First Aid kit. The Promoter is responsible for supplying adequate First Aid cover. Ambulance personnel and/or a Doctor is a recommendation, but it is not an essential requirement.

If the Medical Staff are otherwise engaged, or leave their post, all fights must be stopped until the medical cover returns. No Medic = No fight! Medical Staff must stay until the final fight is over, and they are satisfied that they won't be required any further and that there is no further risk of a delayed problem or condition. Medical examination of Fighters prior to the start of the Tournament is recommended by ISKA, but not compulsory. All Fighters compete at their own risk, but it is recommended that if a Fighter looks unwell, a medical examination should be sought by the Center Referee. No local anaesthetics, plasters or bandages may be administered before or during any contest.

#### **4.17 The Referee Warning System**

1<sup>st</sup> Warning = Caution

2<sup>nd</sup> Warning = minus point

3<sup>rd</sup> Warning = Disqualification

#### **4.18 The Area Warning System (Tatami Only)**

1<sup>st</sup> Warning

2<sup>nd</sup> Warning

3<sup>rd</sup> Warning = Equalling a Minus Point

4<sup>th</sup> Warning = Equalling a second Minus Point

5<sup>th</sup> Warning = Disqualification

Area warnings and referee warnings must be recorded separately and not added together.

To issue a Referee Warning or a Minus Point, the time must be stopped by showing a "T" sign with the hands to the Timekeeper. The Fighter must be called to the center of the fight area to face the Referee. The Referee must inform the Fighter why he/she is being penalized. The Referee indicates what number Warning it is by showing the relevant warning number on his finger before showing the same to each Judge and then pointing to the Fighter. A Minus Point is indicated by the Ref holding his/her own right elbow with their own left hand, showing the single index finger towards the ceiling, and dropping it straight down to point to the floor. A Warning, Minus Point or Disqualification may be issued by the Referee to any Fighter because of the actions of his/her Coach. The Coach forms part of the Fighter's team, and the Fighter is responsible for the Coach.

#### **4.19 Injuries**

If a fighter gets injured and cannot continue, the Center Referee must ask the Judges if there was a foul. Between the three Judges, there needs to be a majority decision to decide whether it was an accident or not. The Center Referee cannot make the decision.

If a Fighter is injured and the fight is over because of a foul, the innocent injured Fighter is declared the winner.

If a Fighter is injured and the fight is over because of an accident, the Referee will ask the Judges to complete the Scorecard up to the point of the injury. The scorecards will denote a winner.



Any unfinished rounds cannot be scored, and if the injury occurs in the first round, and is an accident, a “no contest” is awarded. If the tournament is a knockout style tournament, the uninjured Fighter is allowed to progress to the next round, or in the case of a final, is declared the winner.

There is a standing 8 count in Light Contact. This incurs a Minus Point penalty to the Fighter concerned. The standing 8 count can only be used for Fighters that are either out of condition, not intelligently defending or refusing to engage in a competitive manner. Three counts in one round, or four counts in a bout incurs a finish to the fight, in favour of the other Fighter.

In the event that a strike dazes an opponent, the Referee must stop the time and then speak with his Judges. If the MAJORITY decide “foul”, the Referee must penalize the offender. If the MAJORITY decide that there was an accident, there will be no penalty. The penalty can be a warning or a Minus Point.

Before a fallen Fighter resumes fighting after having slipped or fallen to the canvas, the Referee will wipe the Fighter's gloves free of any dirt or moisture.

The Doctor or First Aider can decide that the Fighter cannot continue. A Referee or Judge cannot decide how badly a Fighter is injured and must take advice from the Medical Team. No protest can be made about a Medical Decision. The Referee cannot overrule the Medical decision.

#### **4.20 Scoring**

The winner of each round gets 10 as a starting SCORE.

If the round is a draw, Both Fighters get 10 as a starting SCORE.

The loser of a round gets a starting SCORE of 9.

It is possible to give a starting SCORE of 8 when a Fighter has not shown anything of any worth (in the Judge's opinion), and was outclassed.

At the end of the fight the fighters are called to the Centre of the mat with the referee between them

The referee will hold the wrist of each fighter and call aloud “Judges Decision”

The Judges will then indicate, by means of raising their appropriate arm, their decision

The Referee will then count the Decisions and raise the winning fighters arm

#### **4.21 Judges**

Judging can comprise of the following:

1 Non Scoring Center Referee and 3 x Scoring Judges (Seated)

1 Scoring Center Referee and 2 x Scoring Judges (Seated)

#### **4.22 Minus Points**

Any Minus Points or Counts are to be deducted and the round TOTAL indicated.

All warnings are to be indicated in the WARNINGS area on the Score-Sheet, and three Warnings will equal a MINUS. This should still be indicated as a 3<sup>rd</sup> Warning, but the Minus Point is to be deducted from the round TOTAL.

A Judge may issue a JUDGES MINUS for severe infringements of the rules. If the Center Referee does not see the offence, the Judge may issue a Judge's Minus Point by indicating "J" in the MINUS POINTS area of the form.

The reason MUST be stated on the reverse side of the Score-Sheet, and signed by the Judge.

A Judge cannot issue a Judge's Warning if the Referee saw the offence and chose to do nothing about it. The Judge's Warning is purely a tool for Judges to punish an offence that the Center Referee doesn't see.

#### **4.23 Judging**

The winner is determined by the following:

Points scored by using legal techniques, to a legal area, using legal power

Amount of effective kicks thrown

Best counter-attacking

Defensive Techniques

Mat craft

Regardless of other factors, if a Fighter does not kick, they cannot win a round. Light Contact is a Kickboxing discipline.

#### **4.24 Continual Kicking Rule**

There is no Minimum Kick Count for Light Contact under ISKA rules. Each Fighter must CONTINUALLY KICK throughout the round. If a Fighter kicks ten times in the first thirty seconds, and does not kick for the next ninety seconds, they haven't continually kicked. A fair ratio of Kicks to Punches must be used throughout the whole round.

If a Judge feels that one, or both, of the Fighters have not adhered to the Continual Kicking Rule, they must inform the Referee at the end of each round. The Referee should then speak to the Fighter before the next round to indicate the Judge's concern. Continual refusal to regularly kick may result in a Warning from the Center Referee. This is at the discretion of the Center Referee, and may escalate to a Minus Point for repeated Warnings.

#### **4.25 Injuries**

If a fighter gets injured and cannot continue, the Center Referee must ask the Judges if there was a foul. Between the two Judges and the Referee, there needs to be a majority decision to decide whether it was an accident or not. If three Judges are being used, the Referee does not voice an opinion. The Center Referee cannot call a foul if the majority saw nothing wrong.

If a Fighter is injured and the fight is over because of a foul, the innocent injured Fighter is declared the winner.

If a Fighter is injured and the fight is over because of an accident, the contestant with the highest number of points is declared the winner. The scorecards must be totalled, but any incomplete rounds must not be scored. At least one round must have been completed before reverting to the scorecards. If the points are drawn, the result is a DRAW. In knockout tournaments, the uninjured Fighter is declared the winner, as he/she will be able to carry on to the next round. In the

case of a knockout tournament Final, the uninjured Fighter is still declared the winner.

If a Fight is over because of an accident to both Fighters, and neither can continue, the Winner is the Fighter with the higher points at the time of the fight stopping. If both scores are the same, the fight becomes a No Contest, and no result will be recorded. If the accident happens before one round is completed, the fight becomes a No Contest. No incomplete rounds may be scored.

The Referee can stop the contest if one of the fighters is out of condition and struggling. This fight gets recorded as an RSC. This option, at the Referee's discretion, may be used instead of a standing 8 count.

In the event that a strike dazes an opponent, the Referee must stop the time and then speak with his Judges. If the MAJORITY decide "foul", the Referee must penalize the offender. If the MAJORITY decide that there was an accident, there will be no penalty. During this time, the Fighter in question must go to the Neutral Corner.

## **K-1 Light**

### **5.1 Level of Contact**

The level of contact should be the same as competitive K-1 Rules sparring approximately twenty percent of full power. The intention should be to score kicks and punches on legal target areas without inflicting damage.

### **5.2 Purposeful Intent**

If a fighter attacks with excessive power deliberately leveraging or loading punches and kicks with intent to inflict damage it shall be considered purposeful intent and the fighter will be immediately cautioned or disqualified. The fighter can be penalized without actually landing or connecting with the attack the intent is considered a foul.

The Center Referee may use his own discretion when penalizing a fighter for purposeful intent the choices available to the depending on the severity.

1. To warn the fighter (Caution)
2. To issue a point reduction (Minus Point)
3. To disqualify the fighter (end the match declaring the fouled opponent the winner)

### **5.3 Rounds**

The number of rounds, and length of rounds of any can be determined by the Tournament director. The amount of rounds may a minimum of two or a maximum of three. Length of rounds may be a minimum of one minute to a maximum of 2 minutes.

### **5.4 Scoring Areas**

Side of Head  
Face  
Under Chin  
Front Torso  
Side Torso  
Legs (Inside and outside above and below the knee)

## 5.5 Illegal Areas

Back of Head  
Top of Head  
Neck  
Joints

## 5.6 Legal Techniques.

The following techniques are authorized.

Punches: Straight punches, hooks, uppercuts (must land with the knuckle part of the glove)

Kicks: Front kicks, low kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks, and knee kicks (Knee kicks are only allowed to the body, knees to the head are illegal)

## 5.7 Illegal Techniques

Spinning or turning back fist  
Using the head to deliver a blow  
Using the elbow to deliver a blow  
Attacking the groin or lower abdomen  
Wrestling or judo throws  
Thumbing the opponent  
Choking and punching the throat  
Biting the opponent  
Attacking the opponent while he is down or in the process of getting up  
Attacking the opponent after the referee has called a break  
Voluntarily exiting the Tatami during the course of a match  
Deliberately falling down to avoid attack  
Attacking the opponent who turned around and showed his back

A caution warning, and or a point deduction shall be given to a fighter who repeatedly charges inside the opponent's guard, with head held low to avoid attack.

A caution, warning, and or a point deduction shall be given to a fighter who repeatedly uses holding and clinches that are not accompanied by attacks, and are judged as being defensive/passive in nature.

A caution, warning, and or a deduction of point may be given when a fighter is only waiting to counter attack and or is considered to be passive.

Holding the kicking leg of an opponent is not a foul, but only a single attack, whether a punch or a kick while holding the leg is authorized. Continuous attack while holding a leg is a foul. If a fighter does not take any action while holding the kicking leg, the referee shall call a break. Holding the kicking leg and using a throwing or sweeping technique is also a foul.

Clinching, holding the neck with one or two hands is authorized but only for a single kick or knee kick attack. Continuous attack while clinching is a foul. The referee may call a break during a match if clinching does not lead to a scoring attack.

## 5.8 Fighter's Equipment

**Headguard** Must cover the top of the head. Must be a Martial Arts type Headguard in good condition which fits well. A full-face or semi-face visor may be worn if it can be proven that a medical condition requires it. This must be authorized by the Promoter prior to the start of the Tournament.

<b>Gumshield</b>	Must be a Martial Arts or Boxing type. No football / rugby type.
<b>Boxing Gloves</b>	Must be 10 ounces ISKA Approved
<b>Shin &amp; In Step</b>	Must be ISKA Approved "Hard" pads NOT elasticated sock type and be no higher than the knee.
<b>Groin Guard</b>	For both Men and Women, including Boys in the Juniors' and Cadet section. A Groin Guard is recommended for Junior and Cadet Girls, but not essential. It must be worn under clothing, and not on top.
<b>Bodyguard</b>	Juniors and Cadets Boys and Girls must wear a body guard that protects the front and back of the torso.
<b>Womens Chest Guard</b>	Must be worn under clothing and not on top. Essential for Female adults.

### 5.9 Clothing

Fighters must be clean and dressed in an appropriate outfit. Toe nails should be clean and cut short. Fighters should wear a clean clothing in good repair with National team branding. Sponsors names and slogans are allowed providing they are in good taste and do not cause offence.

Kickboxing style Shorts must be worn with a National team tee-shirt or vest. There should be no zips, pockets or buttons on the shorts.

Hand bandages are allowed, maximum length 2.5 meters. Tape and bandage on the fist is allowed, but must not be "Bumpered" or be excessive and remain 1 tape width back from the knuckle. The Referee can deem any hand-wrapping to be excessive.

Long hair should be tied back. No Metal/Plastic objects to be worn by any competitor, including earrings, eyeglasses, rings, watches, hair grips, chains, piercing jewelry etc. Soft contact lenses are allowed at the Fighter's risk.

The Coach must wear appropriate clean sports clothing, and sporting shoes anyone acting as a Coach and an Official must cover their Officials' attire whilst coaching.

### 5.10 Equipment Check

Each Fighter is subject to an equipment check prior to the start of the fight. The checks are to be done by the Center Referee. Groin guards and chest guards are not to be touched by the Referee. The Fighter should be asked if they have the relevant equipment on, and they should reply in the affirmative. If injury occurs, and the Fighter has lied about the presence of such safety equipment, the Center Referee must disqualify the Fighter for breaching the safety rules. This is a compulsory disqualification regardless of how the accident happened.

### 5.11 What the Referee can do.

The Referee is the only person who can stop the bout. The Medic must signal to the Referee if he/she wants the fight stopped. The Coach can retire the Fighter.

The Referee may change any or all of the officials in his area if he wishes. This must not happen during a fight unless an Official is ill.

A Referee can deduct a point, or disqualify a Fighter, for any unsporting behavior or dissent.

A Referee can disqualify a Fighter if he/she fails to be ready to fight after being called. (This includes not wearing the correct safety equipment. It also includes not turning up at all). One minute should be called, and the Timekeeper should indicate when the minute has expired. The winner will be the Fighter who is ready to fight, and the win shall be recorded as a Walk Over.

The Referee can disqualify a Fighter, after a majority decision between Judges and Referee, if excess power is used. A warning for excess power can be given without consulting the Judges.

The Referee can issue a warning, or disqualify a Fighter if aggression is shown towards any Official. Physical aggression towards any Official will incur an immediate expulsion from the building, and a report must be submitted to the ISKA Rules Director (amateur) of the venue country by email within seven days. The Fighter must remain suspended until the matter has been dealt with by the Rules Director in conjunction with the ISKA [ARC](#). A permanent expulsion from ISKA Europe is a [possible](#) outcome.

### **5.12 Start of the fight.**

Both Fighters shall be checked for their safety gear whilst in their own corners. The responsibility to check the Fighters lies with the Center Referee. The Referee shall call both Fighters to the center of the Ring where instructions shall be given to the Fighters by the Referee. The Coaches, if they have listened to the Referee's instructions, must then return to their corners, and must leave the Ring leaving their corner clear. Both Fighters must touch gloves to show a sportsmanlike attitude.

The Referee must check that the Medics, Timekeeper and all Judges are ready before raising his arm, and shouting "Fight".

### **5.13 During the fight.**

The fighters must fight, using Boxing and kicking techniques until the Referee says "Stop/Break". If the Fighter needs to adjust safety equipment, they should take one step back, and indicate the "T" sign with their hands. Time should be stopped by the Referee in this instance. Repeated adjustments of safety equipment may incur a Warning from the Referee. The Referee should stop time to issue a Warning, call the Fighter to the middle, raise one finger for a first warning, two fingers for a second warning etc, and show each Judge that this Fighter is being issued a warning. The fight should be restarted with the word "Fight". If a Fighter is out of condition, or being overwhelmed, a standing eight count may be issued by the Referee. The Fighter not receiving the count must be sent to the neutral corner. The time does not stop for a count, and a count cannot be saved by the end of the time. The count must be concluded.

In between rounds, the Referee should stand in a neutral corner.

### **5.14 Ending the fight.**

Once the Timekeeper indicates the end of Time, the Referee should call "Stop", indicate that the fight is over, and send both Fighters back to their corners. The Referee should collect the Scorecards from the Judges, pass them to the Senior Judge, and call both Fighters back to the center. The winner will be indicated by raised the arm of the Fighter with a majority, split or unanimous decision. The Fighters should thank the Referee for his/her efforts, and must touch gloves with their opponent, and acknowledge the opposing Coach.

### **5.15 Medical Requirements**

The minimum standard of qualification for attending Medical Staff is a valid First Aid Certificate. The First Aider must have a full First Aid kit. The Promoter is responsible for supplying adequate First Aid cover. Ambulance personnel and/or a Doctor is a recommendation, but it is not an essential requirement.

If the Medical Staff are otherwise engaged, or leave their post, all fights must be stopped until the medical cover returns. No Medic = No fight! Medical Staff must stay until the final fight is over, and they are satisfied that they won't be required any further and that there is no further risk of a delayed problem or condition. Medical examination of Fighters prior to the start of the Tournament is recommended by ISKA, but not compulsory. All Fighters compete at their own risk, but it is recommended that if a Fighter looks unwell, a medical examination should be sought by the Center Referee. No local anaesthetics, plasters or bandages may be administered before or during any contest.

## **5.16 The Referee Warning System**

1<sup>st</sup> Warning = Caution

2<sup>nd</sup> Warning = a minus point

3<sup>rd</sup> Warning = Disqualification

## **5.17 The Area Warning System (Tatami Only)**

1<sup>st</sup> Warning

2<sup>nd</sup> Warning

3<sup>rd</sup> Warning = a Minus Point

4<sup>th</sup> Warning = a second Minus Point

5<sup>th</sup> Warning= Disqualification

Area warnings and referee warnings are to be recorded separately and not added together!

To issue a Referee Warning or a Minus Point, the time must be stopped by showing a "T" sign with the hands to the Timekeeper. The Fighter must be called to the center of the fight area to face the Referee. The Referee must inform the Fighter why he/she is being penalized. The Referee indicates what number Warning it is by showing the relevant warning number on his finger before showing the same to each Judge and then pointing to the Fighter. A Minus Point is indicated by the Ref holding his/her own right elbow with their own left hand, showing the single index finger towards the ceiling, and dropping it straight down to point to the floor. A Warning, Minus Point or Disqualification may be issued by the Referee to any Fighter because of the actions of his/her Coach. The Coach is part of the Fighter's team, and the Fighter is responsible for the Coach.

## **5.18 Judging team**

Judging can comprise of the following:

1 Non Scoring Center Referee and 3 x Scoring Judges (Seated)

1 Scoring Center Referee and 2 x Scoring Judges (Seated)

In the case of using a Scoring Center Referee, the scoresheet should be completed by the Center Referee in the Neutral Corner in between each round, and totaled at the end of the final round.

The Scoring each round is as follows.

The winner of each round gets 10 as a starting SCORE.

If the round is a draw, Both Fighters get 10 as a starting SCORE.

The loser of a round gets a starting SCORE of 9.

It is possible to give a starting SCORE of 8 when a Fighter has not shown anything of any worth (in the Judge's opinion), and was outclassed.

## **5.19 Minus Points**

Any Minus Points or Counts are to be deducted and the round TOTAL indicated.

All warnings are to be indicated in the WARNINGS area on the Score-Sheet, and three Warnings will equal a MINUS. This should still be indicated as a 3<sup>rd</sup> Warning, but the Minus Point is to be deducted from the round TOTAL.

A Judge may issue a JUDGES MINUS for severe infringements of the rules. If the Center Referee does not see the offence, the Judge may issue a Judge's Minus Point by indicating "J" in the MINUS POINTS area of the form.

The reason MUST be stated on the reverse side of the Score-Sheet, and signed by the Judge.

A Judge cannot issue a Judge's Warning if the Referee saw the offence and chose to do nothing about it. The Judge's Warning is purely a tool for Judges to punish an offence that the Center Referee doesn't see.

## **5.20 Judging Criteria**

A Judge must consider the following before issuing a starting SCORE...

Accurate attacks, scoring authorized punches and kicks to legal targets

Offensive attacks should be valued over counter attacks

Controlling the pace of the fight and dictating the opponents movement

Fitness and condition of the Fighter at the end of each round

All authorized attacks, punches and kicks have the same value and should only be judged on their accuracy and control.

If a fighter gets injured and cannot continue, the Center Referee must ask the Judges if there was a foul. Between the two Judges and the Referee, there needs to be a majority decision to decide whether it was an accident or not. If three Judges are being used, the Referee does not voice an opinion. The Center Referee cannot call a foul if the majority saw nothing wrong.

If a Fighter is injured and the fight is over because of a foul, the innocent injured Fighter is declared the winner.

If a Fighter is injured and the fight is over because of an accident, the contestant with the highest number of points is declared the winner. The scorecards must be totalled, but any incomplete rounds must not be scored. At least one round must have been completed before reverting to the scorecards. If the points are drawn, the result is a DRAW. In knockout tournaments, the uninjured Fighter is declared the winner, as he/she will be able to carry on to the next round. In the case of a knockout tournament Final, the uninjured Fighter is still declared the winner.

If a Fight is over because of an accident to both Fighters, and neither can continue, the Winner is the Fighter with the higher points at the time of the fight stopping. If both scores are the same, the fight becomes a No Contest, and no result will be recorded. If the accident happens before one round is completed, the fight becomes a No Contest. No incomplete rounds may be scored.

The Referee can stop the contest if one of the fighters is out of condition and struggling. This fight gets recorded as an RSC. This option, at the Referee's discretion, may be used instead of a standing 8 count.

In the event that a strike dazes an opponent, the Referee must stop the time and then speak with his Judges. If the MAJORITY decide "foul", the Referee must penalize the offender. If the MAJORITY decide that there was an accident, there will be no penalty. During this time, the Fighter in question must go to the Neutral Corner.



## 4 Ring Sports

### 6.1 Ring Sports Disciplines

ISKA Amateur Championship tournaments currently include four ring sports disciplines Full Contact Kickboxing, Low Kick Kickboxing, K-1 Rules and Muaythai. Fighters can score legal kicks and punches on legal target areas with full power and can win a match by KO (Knockout) or TKO (Technical Knockout)

### 6.2 Ringside Doctor

A qualified medical Doctor must be in attendance ringside during all ring sport matches, the Doctor has the authority to prevent any fighter from competing if they consider the fighter physically unfit to compete. The Doctor has the authority stop a fighter during a match or tournament if the fighter has sustained an injury or is showing signs of distress and in the Doctors opinion it is unsafe to continue.

### 6.3 Physical Examination

All fighters who enter a Ring Sports discipline must produce written confirmation from a qualified Doctor that they are fit to compete in full contact combat ring sport the document must be signed, dated and no more than 6 months old. The tournament director and chief referee have the authority to order any fighter to have a physical examination carried out by the ringside Doctor in attendance at the fighter's expense.

### 6.4 Divisions

Ring Sports disciplines will be separated into the following divisions:

Senior Men	18 to 45 years old
Senior Women	18 to 45 years old
Cadet Boys	Under 16 years (14 to 15 year old)
Cadet Girls	Under 16 years (14 to 15 year old)
Cadet Boys	Under 18 years (16 to 17 year old)
Cadet Girls	Under 18 years (16 to 17 year old)

Each division will include weight categories (see 1.6 Weighing-in)

### 6.5 Rounds

The Number and duration of rounds for all Ring Sport disciplines shall be a maximum of three rounds of two minutes and a minimum of three rounds of one minute thirty seconds. The rest period between each round shall be one minute.

### 6.6 Fighters conduct

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

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

When a fighter receives a Warning or a reprimand from the Referee, he/she must bow in the direction of the Referee to indicate that he/she has understood the reason why.

At the conclusion of the fight, the Fighters shall approach the Referee, standing in the center of the ring. Each Fighter shall stand either side of the Referee (nearest to their own corner) and await the Speaker's announcement of the verdict. The Referee then raises the arm of the winner.

After the fight the Competitors salute each other and the Opponent's Seconds, after which both Fighters bow to the Referee in recognition of his/her efforts.

### **6.7 Hair and Jewelry**

Fighters must not wear any jewelry during a match, all jewelry including chains, bracelets, rings and piercings must be removed without exception.

Men and women with long hair must tie their hair firmly so it does not become loose during a match, failure to do so could result in the fighter being penalized.

### **6.8 Grease and Oil**

Fighters are allowed to apply a reasonable amount of grease/Vaseline to their faces prior to and during a match, excessive use of grease/Vaseline is prohibited and the Referee can insist that excessive amounts of grease/Vaseline be removed.

The use of Thai oil is prohibited and may not be used on any part of the body.

### **6.9 Hand and foot wrapping**

Fighters who wish to wrap their hands or feet shall be responsible for their own gauze and tape.

Gauze shall be of the soft or soft-stretch type, and shall not exceed 6cm in width. Tape shall be of the soft adhesive type and shall not exceed 3cm in width. One 10 meter roll of gauze, and not more than two meters of tape, are the maximum allowable amounts for each hand and foot.

Gauze shall be for the protection of the hand or foot only, tape shall be present only to hold the gauze in place, and no more than one layer of tape be allowed on the striking surface of the hand and only 1 strip between each finger not to exceed 1.5cm in width and 10cm in length.

### **6.10 Equipment check**

It is the fighter's responsibility to insure that he or she is wearing the correct uniform and protective equipment for the Ring Sports discipline they intend to compete in. The referee will check the equipment including and foot wraps in the ring. Groin guards and chest guards will not be physically checked by the Referee, the fighter will be asked if they have the relevant equipment on, and they should reply in the affirmative.

If a fighter attends the ring without the correct or unsuitable equipment and causes undue delay the referee may penalize or disqualify the fighter.

### **6.11 Coach and Seconds**

Fighters are allowed a maximum of three people in their corner one Coach and two seconds, only the Coach can give instructions during the match, only the coach can enter the ring during the rest period.

Coaches and seconds must remain seated during the match and are not allowed to touch any part of the ring including the apron and ropes. Coaches and seconds are responsible for keeping the corner area free of obstructions and hazards including water spills.

Coaches and seconds must comply with the directions of the referee and must not enter into a verbal dispute with any official during the match or rest periods, the referee has the authority to expel a coach or second from the corner and or penalize the fighter.

Coaches have a duty of care to the fighter and if in their opinion the fighter is injured, distressed or overwhelmed by their opponent the Coach can abandon the match by signaling to the referee verbally during the rest period or throwing a towel into the ring during the match.

### **6.12 Scoring**

Ring Sports matches will be scored by three judges appointed by the tournament supervisor, the judges will use the 10 point must scoring system for all Ring Sports disciplines, the winner of the round must be awarded 10 points, the loser of must receive 9 points or less

**10-10** Indicates an even round. Neither fighter distinguished himself as being a more effective fighter than the other. In addition, the fighters appeared equal in the other areas that may be used to break an even round, such as opponent control, ring strategy, and overall conditioning and abilities.

**10-9** Indicates one fighter distinguished himself as the more effective fighter during the round, as described above. This score is used often, and indicates an obvious margin between the fighters.

**10-8** Used sparingly, but indicates a round in which one fighter was in constant control, and unquestionably outclassed his opponent. This fighter must also have obviously stunned his opponent, usually including at least one knockdown or standing 8-count. If there were no knockdowns or standing 8-counts, there must still have been enough damage done to indicate that at least one of these occurrences was imminent.

Each Judge will use a single three (3) round scorecard and at the end of the fight the referee should collect the scorecards and deliver them to the Chief Judge/Supervisor who will check the scores and announce the decision.

**Unanimous Decision:** all three (3) score in favor of one (1) fighter (Red or Blue corner) 3-0

**Majority Decision:** two (2) judge's score in favor of the blue, one (1) judge scores a draw 2-0

**Split Decision:** two (2) judges score in favor of the blue, one (1) judge scores in favor of red 2-1

Fights can end in a draw

**Unanimous Draw:** all three (3) judges score the fight equal for both corners

**Split Decision Draw:** two (2) judges score a draw and the third judge scores for Red or Blue, if one (1) judge scores in favor Red and one (1) judge scores in favor of blue and the third scores a draw.

If a tournament fight ends in a draw one extra round will be fought to decide a winner and the judges can not score a draw 10-10 they must declare a winner 10-9 or less

### **6.13 Warnings and Minus Points**

In case of a rule violation of the following points the Referee shall stop the fight with the command "Stop", stop the Time by indicating a "T" sign to the Timekeeper, and issue a Warning to the Fighter. The Warning shall be issued clearly and in such a manner that the Fighter in question understands the reason for the Warning. If in the referees opinion it a serious violation he may deduct a point by signaling to each judge in turn whilst holding the fighters wrist and using the index finger of his other hand o point in downward arc. The judges should make a note and deduct the point at the end of the round.

### **6.13 Protests**

Coaches may protest a referees or judges' decision, but must do so with good cause and immediately after the fight has ended, only the Coach may approach the Chief judge or supervisor and explain their protest in detail before the tournament division progresses. The Coach may examine the scorecards in the presents of the Chief judge or supervisor.

A judge's decision is unlikely to be overturned unless any of the following can be proven:

- A proven collusion between the Judges/Referees
- The mathematical addition of the scores is wrong
- An obvious mix up between the Blue and Red corner occurs
- The official Amateur ISKA Rules were violated

The Supervisors decision regarding any protest is final

### **6.14 Fouls**

The following actions are considered fouls

Biting

Head butting  
Attacking the groin  
Attacking the eyes with thumbs  
Attacking knee, hip or elbow joints  
Attacking the neck, back of the head or spine  
Attacking an opponent who is down or in the process of getting up  
Attacking with Judo or wrestling throws  
Attacking with choke holds or joint locks  
Attacking whilst holding the ropes  
Attacking with an open hand, slapping, cuffing, palm heel or ridge strikes  
Attacking after the referee has called stop or break  
Attacking after the bell has rang to signal the end of the round  
Deliberate holding or passive clinching in order to evade contest  
Deliberate tampering with protective equipment to gain an advantage  
Deliberate tampering with protective equipment in order to stall or evade contest  
Deliberately spitting out gum shield/mouth guard in order to stall or evade contest  
Deliberately disobeying the referees commands

### **6.15 Method of Winning**

Winning by judges decision, unanimous, majority or split  
Winning by KO (Knock Out) knocking the opponent down for a referees ten (10) count  
Winning by TKO (Technical Knock Out) referee or doctor decides it's unsafe for the opponent to continue  
Winning by Disqualification, opponent is disqualified by the referee for a serious rule violation  
Winning by Surrender, opponent or coach surrender by not answering the bell or throwing the towel in  
Winning by Walk Over, opponent fails to answer the call to the ring or is injured and unable to continue

### **6.16 No Contest- Unintentional Fouls**

A fight can be declared a No Contest if a fighter is injured by an unintentional foul or accident were neither fighter is at fault and the fight has not completed two (2) full rounds. When a No Contest is declared the fighter who is not injured progresses in the tournament.

If two (2) full rounds have been completed, the referee can refer to the scorecard if the injured fighter is the winner by decision he must be cleared by the ringside doctor to progress in the tournament, if the doctor decides it's unsafe for the injured fighter to continue, the fighter who is not injured progresses. If the scorecards declare a draw the fighter who is not injured progresses.

### **6.19 Knockdowns- Method of counting over a Fighter who has been downed**

When a Fighter is knocked down, the Referee will send the standing fighter to the furthest neutral corner of the ring, pointing to that corner. He will audibly announce the passing of the seconds, and continue the count holding up fingers in front of the downed fighter.

Should the opponent fail to stay in the furthest neutral corner, the Referee will cease counting until he has returned to it, and then resume the count at the point from which it was interrupted. If the downed fighter does not rise before the count of ten (10), he will be declared Knocked Out and the bout will be awarded to his opponent.

If a Fighter is knocked down, the Referee will begin a mandatory eight (8) count. If the Fighter then appears able to continue, he will allow the bout to resume after an eight (8) count. The Referee's count is the only official count. The Referee shall not count past eight (8) if a Fighter has risen to his feet.

If, in the Referee's opinion, the downed Fighter will not be able to rise by the count of ten, and he believes the fighter requires more immediate attention, he may signal the end of the bout before the count of ten by waving his arms in front of his face and immediately summoning the ringside doctor to attend the downed Fighter.

A fighter may not be saved by the bell in any round, the referee will continue to count and the downed fighter has to rise before the count of ten (10) and stand for a mandatory eight (8) count

### **6.20 Seniors Three Knock down Rule**

If a fighter is knocked down three (3) times in one round or has received three (3) standing counts in one round or a combination of three (3) knock downs and standing counts the fight will be stopped by the referee and the opponent declared the winner by TKO.

If a fighter is knocked down four (4) times within three rounds or has received four (4) standing counts within three rounds or a combination of four (4) knock downs and standing counts the fight will be stopped by the referee and the opponent declared the winner by TKO.

### **6.20 Cadet Two Knock down Rule**

If a Cadet (under 18 years old) is knocked down two (2) times in one round or has received two (2) standing counts in one round or a combination of two (2) knock downs and standing counts the fight will be stopped by the referee and the opponent declared the winner by TKO.

If a fighter is knocked down three (3) times within three rounds or has received three (3) standing counts within three rounds or a combination of three (3) knock downs and standing counts the fight will be stopped by the referee and the opponent declared the winner by TKO.

The chief judge will be responsible for recording knock downs and standing counts.

## **Full Contact Kickboxing**

Kicks above the waist Kickboxing discipline

### **Uniform**

Long Kickboxing trouser with Tee-shirt or vest

### **Protective Equipment**

Head-Guard, No visors or faceguards are allowed.

Individually fitted Mouth Guard (gum shield)

Boxing Gloves 10 oz. in all weight categories

Breast-protector for all Females

Groin-protector for all Male and Females

Shin protectors not the elasticated or football type

Foot protectors which must cover all of the upper foot, and the heel.

### **Legal Techniques**

Punches: Straight punches, hooks, uppercuts (must land with the knuckle part of the glove)

Kicks: Front kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks (must land above waist)

Sweeps: Foot sweeps boot-to-boot inside and outside

### **Illegal Techniques**

Spinning or turning back-fist

Elbow or forearm strikes

Kicks to the legs

Knee strikes

Clinching or holding  
Catching an opponent's foot or leg  
Throwing

### **Continual Kicking Rule**

There is no Minimum Kick Count under ISKA Full Contact Kickboxing rules. Each Fighter must continually kick throughout the round. If a Fighter kicks ten times in the first thirty seconds, and does not kick for the next ninety seconds, they haven't continually kicked. A fair ratio of Kicks to Punches must be used throughout the whole round.

Legal kicks are considered those which are attempts to land hard on a target area of the opponent's body, with the intent to do damage, or any legitimate attempt to kick the head.

If a fighter is deemed by the Referee or Judges to have failed to continually kick throughout a round the referee will give a caution, warning or deduct a point at his discretion. If a fighter deliberately break the Continual Kicking Rule he may be disqualified

### **Full Contact Kickboxing Scoring Criteria**

The number of legal Full Contact Kickboxing techniques striking a legitimate target and number of knock downs

The kicker must always have the advantage. If a fighter attempts to score kicks above the waist and the opponent only uses boxing techniques, the Kicker must be favored to win the round.

The winner of a fight is the fighter who successfully delivers more effective techniques than their opponent whether moving forwards, backwards, sideways or against the ropes

Notes:

With regards to the Continual Kicking Rule rule faints and flicks kicks do not count. Kicks that are attempted real attacks but are blocked or deflected do count

If the number of strikes scored by each competitor is equal, and one fighter was clearly more proactive in attempting above the waist kicking to attack during the bout, they should win the round.

If the number of strikes scored by each fighter is equal and neither fighter has clearly attacked more, the fighter who shows better offensive skill or counterattacking skills wins the round.

If fighters are otherwise equal and one fighter clearly fouls consistently, the fighters who violates the rules loses the round.

If both fighters score an equal number of strikes, the contestant who lands more effective or damaging strikes should be awarded the round.

## **Low Kick Kickboxing**

Low Kick Kickboxing discipline

### **Uniform**

Kickboxing Shorts with Tee-shirt or vest

### **Protective Equipment**

Head-Guard, No visors or faceguards are allowed.

Individually fitted Mouth Guard (gum shield)

Boxing Gloves 10 oz. in all weight categories

Breast-protector for all Females

Groin-protector for all Male and Females

Shin & Instep protectors not the elasticated type

### **Legal Techniques**

Punches: Straight punches, hooks, uppercuts (must land with the knuckle part of the glove)

Kicks: Front kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks (must land above waist)

Low kicks: inside and outside, above and below the knee

### **Illegal Techniques**

Spinning or turning back-fist  
Elbow or forearm strikes  
Knee strikes  
Clinching or holding  
Catching an opponent's foot or leg  
Throwing

### **Low Kickboxing Scoring Criteria**

The number of legal Low Kick Kickboxing techniques striking a legitimate target and number of knockdowns

Effective kicks to the head and body meaning kicks that inflict damage should be considered to have the same value as effective low kicks that damage the legs.

Effective checking or blocking of low kicks should be consider as a scoring counter especcally if they inflict damage on the attackers legs

The winner of a fight is the fighter who successfully delivers more effective techniques than their opponent whether moving forwards, backwards, sideways or against the ropes

Notes:

There is no Minimum Kicks or Continual Kicking Rule in Low kick kickboxing but fighters are still expected to use punch kick combinations

If the number of strikes scored by each competitor is equal, and one fighter was clearly more proactive in attempting to attack during the bout, they should win the round.

If the number of strikes scored by each fighter is equal and neither fighters has clearly attacked more, the fighter who shows better offensive skill or counterattacking skills to control the fight wins the round.

If fighters are otherwise equal and one fighter clearly fouls consistently, the fighters who violates the rules loses the round.

If both fighters score an equal number of strikes, the contestant who lands more effective or damaging strikes should be awarded the round.

## **K-1 Rules**

K-1 Kickboxing discipline modified for amateurs

### **Uniform**

Kickboxing Shorts with Tee-shirt or vest

### **Protective Equipment**

Head-Guard, No visors or faceguards are allowed.  
Individually fitted Mouth Guard (gum shield)  
Boxing Gloves 10 oz. in all weight categories  
Breast-protector for all Females  
Groin-protector for all Male and Females  
Shin & Instep protectors not the elasticated type

### **Legal Techniques**

Punches: Straight punches, hooks, uppercuts (must land with the knuckle part of the glove)  
Kicks: Front kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks (must land above waist)  
Low kicks: inside and outside, above and below the knee  
Knee Kick: to the body and legs only, long knee, Jumping Knee or a single knee strike in a clinch  
Clinching: single hand and two handed clinching is allowed to deliver one strike then release

### **Illegal Techniques**

Spinning or turning back-fist  
Elbow or forearm strikes

Passive clinching or holding  
Catching an opponent's foot or leg  
Throwing

### **K-1 Rules Scoring Criteria**

Awarding of points shall be based on the following elements

Whether an effective and accurate attack is acknowledged and damage is inflicted on the opponent using legal techniques.

Points will be awarded in this priority:

Number of downs  
Extent of damage inflicted on the opponent  
Number of clean hits  
Degree of aggressiveness (points in the offensive)

Notes:

Under K-1 Rules all strikes, punches kick or knees are only valued by the damage they inflict, strikes landed without power have no value.

The aggressor the fighter who is pushing forwards will have the advantage if the number of strikes scored by each fighter is equal, and one fighter was clearly more proactive in attempting to attack during the bout, they should win the fight

If contestants are otherwise equal and one contestant clearly fouls consistently, that contestant who violates the rules loses the fight

## **Muaythai**

Traditional Muaythai rules modified for Amateurs

### **Uniform**

Thaiboxing or Kickboxing Shorts with Tee-shirt or vest

### **Protective Equipment**

Head-Guard, No visors or faceguards are allowed.  
Individually fitted Mouth Guard (gum shield)  
Boxing Gloves 10 oz. in all weight categories  
Elbow Pads  
Breast-protector for all Females  
Groin-protector for all Male and Females  
Shin & Instep protectors not the elasticated type

### **Legal Techniques**

Punches: Straight punches, hooks, uppercuts (must land with the knuckle part of the glove)  
Kicks: Front kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks (must land above waist)  
Low kicks: inside and outside, above and below the knee  
Knees: to the body and legs only, long knee, Jumping Knee or kneeling in a clinch  
Clinching: clinching and neck wrestling is allowed to deliver strikes and unbalance opponents  
Elbows: Elbow strikes are allowed to the body and head  
Trips: are allowed in the clinch to unbalance opponents  
Catching opponent's foot or leg: is allowed whilst striking, taking a maximum of two (2) steps

### **Illegal Techniques**

Spinning or turning back-fist  
Spinning or turning Elbow strikes  
Passive clinching or holding  
Hip or head throws

### **Muaythai Scoring Criteria**



The number of clean Muaythai techniques striking a legitimate target or used successfully against an opponent and effectiveness of the techniques

Effective techniques are defined as Muaythai techniques delivered on balance and have a physical effect on a competitor.

To be considered effective techniques need to cause a loss of an opponents balanced position, they are moved physically either due to the power of the strike, good timing or because of an opponents loss of balance or cause them to show physical or psychological distress (showing fear or pain).

Round kicks delivered with force cleanly hitting the body are considered effective even without causing loss of position, similarly straight knee strikes or circle knees delivered with force and striking with the point of the knee also are considered effective without obvious effect

If a contestant kicks an opponent on target, but that kicking leg is caught by their opponent the kicker scores a point. However if after their kick is caught they get kicked to they are kicked down to the canvas the contestant kicking their opponent to the canvas scores as well.

Notes:

Kicks to the upper arm score  
Kicks and knees to the back score

The winner of a bout is the competitor who successfully delivers more effective techniques than their opponent whether moving forwards, backwards, sideways or against the ropes.

If the number of strikes scored by each competitor is equal, and one competitor was clearly more proactive in attempting to attack during the bout, they should win the bout

If the number of strikes scored by each competitor is equal and no contestant has clearly attacked more, the contestant who shows better offensive skills, defensive skills, elusive skills, or counterattacking skills using Muay Thai arts and techniques wins the bout

If contestants are otherwise equal and one contestant clearly fouls consistently, that contestant who violates the rules loses the bout

## Junior Muaythai

Traditional Muaythai rules modified for Juniors **Strictly No head Contact**

Junior Muaythai Age Categories & Weight Divisions					
7-9 years old		10-12 years old		13-14 years old	
Boys	Girls	Boys	Girls	Boys	Girls
- 29 Kg	- 30 Kg	- 33 Kg	- 34 Kg	- 41 Kg	- 39 Kg
- 33 Kg	- 34 Kg	- 37 Kg	- 39 Kg	- 45 Kg	- 44 Kg
- 37 Kg	- 39 Kg	- 41 Kg	- 44 Kg	- 49 Kg	- 48 Kg
- 41 Kg	- 44 Kg	- 45 Kg	+44 Kg	- 54 Kg	+48 Kg
- 45 Kg		+45 Kg		- 58 Kg	
				+ 58 Kg	

### Uniform

Thaiboxing or Kickboxing Shorts with Tee-shirt or vest

### Protective Equipment

Head-Guard, No visors or faceguards are allowed.

Individually fitted Mouth Guard (gum shield)

Body protector

Boxing Gloves 10 oz. in all weight categories

Groin-protector for all Male and Females

Shin & Instep protectors not the elasticated type

### Legal Techniques

Punches: Straight punches, hooks, uppercuts (landing with knuckle part of the glove to body only)

Kicks: Front kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks (to body only)

Low kicks: inside and outside, above and below the knee

Knees: to the body and legs only, long knee, Jumping Knee or kneeing in a clinch

Clinching: clinching and neck wrestling is allowed to deliver strikes and unbalance opponents

Trips: are allowed in the clinch to unbalance opponents

Catching opponent's foot or leg: is allowed whilst striking, taking a maximum of two (2) steps

### **Illegal Techniques**

Kicking punching or kneeing the head

Spinning or turning back-fist

Elbow strikes

Passive clinching or holding

Hip or head throws

### **Junior Muaythai Scoring Criteria**

The number of clean Muaythai techniques striking a legitimate target or used successfully against an opponent and effectiveness of the techniques

Effective techniques are defined as Muaythai techniques delivered on balance and have a physical effect on a competitor.

Notes:

Punches to the arms do not score

Kicks to the upper arm score

Kicks and knees to the back score

The winner of a bout is the competitor who successfully delivers more effective techniques than their opponent whether moving forwards, backwards, sideways or against the ropes.

If the number of strikes scored by each competitor is equal, and one competitor was clearly more proactive in attempting to attack during the bout, they should win the bout

If the number of strikes scored by each competitor is equal and no contestant has clearly attacked more, the contestant who shows better offensive skills, defensive skills, elusive skills, or counterattacking skills using Muay Thai arts and techniques wins the bout

If contestants are otherwise equal and one contestant clearly fouls consistently, that contestant who violates the rules loses the bout

### **MMA**

Please Note: we are still in the process of editing the MMA rules