



Amateur Championship Tournament

Ring Sports

K-1, Unified Rules and Muay Thai

January 2025

Introduction

This Rulebook is specific to Ring Sports, K-1, Unified Rules and Muay Thai and supersedes all previously issued versions. Please refer to the Overview of Regulations for Competitors, Coaches and Officials for general information surrounding the Amateur Championship Tournament, and Tatami Sports Rules for the current Regulations and Rulings.

Content

K1 – K-1
UR – Unified Rules
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K-1 Rules

K-1 Kickboxing discipline modified for Amateurs.

Uniform

Kickboxing Shorts, Females will wear fitted t-shirt, rash guard that doesn't extend below the elbow. Males are permitted to not wear a covering on their top half.

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 Males

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 Strike: to the body and legs only.

Illegal Techniques

Single hand and two-handed clinching to deliver a knee strike.

Spinning or turning back-fist.

Elbow or forearm strikes.

Passive clinching or holding.

Catching an opponent's foot or leg.

Throwing.

Sweeps.

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.

Unified Rules

Unified Kickboxing Rules discipline modified for Amateurs.

Uniform

Kickboxing Shorts, Females will wear fitted t-shirt, rash guard that doesn't extend below the elbow. Males are permitted to not wear a covering on their top half.

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 Males

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 Strike: to the body and legs only.

Grabbing or holding an opponent's foot or leg, followed by an immediate single strike or kick.

Holding and hitting, such as holding with one hand and hitting with the other hand.

Grabbing or holding for any reason other than to immediately attack with a knee strike (or strikes) is a foul, this includes holding to rest or grabbing an opponent in order to stop them from striking.

A fighter may clinch in order to immediately attack with a legal knee strike (or strikes). If the knee attack and/or counterattack by the opponent is continuous and productive the referee may allow it to continue in their estimation for up to five seconds, otherwise, the fighters should disengage from the clinch and continue to fight. If a fighter clinches and fails to immediately attack with a legal knee strike or completes the knee attack and does not release the clinch this may be considered as "holding" which is a foul and will result in a caution, warning or penalisation.

"Repositioning" during the clinch in order to make your knee attack more effective is legal, if in the referee's evaluation the fighter is maintaining the attack. When "repositioning" the fighter must follow with an immediate strike of the knee or risk being cautioned for attempting to "down your opponent" with a method other than a legal strike.

Illegal Techniques

Spinning or turning back-fist.

Elbow or forearm strikes.

Passive clinching or holding.

Throwing.

Sweeps.

Unified 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.)

Muay Thai

Traditional Muay Thai rules modified for Amateurs.

Uniform

Thai boxing or Kickboxing Shorts. Females will wear fitted t-shirt, rash guard that doesn't extend below the elbow. Males are permitted to not wear a covering on their top half.

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 Males

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 kneeing 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.

Muay Thai Scoring Criteria

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

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

To be considered effective techniques need to cause a loss of an opponent's balanced position, they are moved physically either due to the power of the strike, good timing or because of an opponent's 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 the kicking leg is caught by their opponent the kicker scores a point. However, if after their kick is caught, they get kicked to them and 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.

K-1, Unified and Muay Thai Fighting Equipment (Visual)

Head Guards - Allowed.



Head Guards – Not allowed.



Shin/Leg Protection – Allowed.



Shin/Leg Protection – Not allowed.



Elbow Protection – Allowed, MT Only.



Hand Protection – Allowed.



Hand Protection – Not allowed.

