



# WORLD MARTIAL ARTS COMMITTEE

## AMATEUR - TOURNAMENT RULES

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### Part 4: Kickboxing



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World Martial Arts Committee

# CONTENTS

WORLD MARTIAL ARTS COMMITTEE.....	1
AMATEUR - TOURNAMENT RULES .....	1
CONTENTS .....	2
WORLD MARTIAL ARTS COMMITTEE.....	3
PART 4 - Kickboxing.....	4
ARTICLE 24. GENERAL KICKBOXING RULES .....	4
ARTICLE 25. LIGHT CONTACT KICKBOXING .....	5
ARTICLE 25b. LIGHT CONTACT KICKBOXING WITH LOW-KICK (KICK-LIGHT) .....	8
ARTICLE 26. POINTS SPARRING .....	11
ARTICLE 27. K1.....	14
ARTICLE 28. THAI BOXING .....	17
ARTICLE 29. FULL CONTACT KICKBOXING .....	20
ARTICLE 30. LOWKICK.....	23

## Introduction:

*This Rulebook replaces all previously issued rules. It also reflects the official WMAC Amateur Competition Rules. These current rules are valid for all members. Consideration can be given to local legal requirements and obligations if required.*

*The official language of the IRC is English. This Rulebook can be translated 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 WMAC or the IRC, this Rulebook shall not be copied, published or distributed. This includes electronic, digital, physical or any other duplication forms.*

*This Rulebook can be ordered free through the official website of the WMAC*

# WORLD MARTIAL ARTS COMMITTEE

## Rules & Regulations



January, 2017

Dear Reader,

We are very pleased to release the 4.3 version of the Rules & Regulations governing the World Martial Arts Committee. This is definitely the most comprehensive Mixed Martial Arts Tournament Rule Book available today, and we are proud to make it available for your use. It was only made possible by the hard work and dedication of individuals from around the globe. In particular we would like to thank all individuals for their special contributions to this addition:

Harald Folladori (AUT)                    -Kickboxing  
Alberto Tedoldi (SUI)                    -Kickboxing

All rules and regulations contained within this document are intended for use at WMAC sanctioned events. In this case, they must not be deviated from, except in extraordinary circumstances and with the written permission of the IRC or Chief Referee (Supervisor) of the tournament. The Chief Referee's interpretation of these rules will be the only interpretation accepted in the event of a query/complaint regarding correct implementation of any rule (IRC).

The World Martial Arts Committee Rules and Regulations may also be used for non-sanctioned events. In this instance, we would ask that the promoter or user of these Rules & Regulations include the following line in their promotion "This tournament will be governed by the current Rules and Regulations of the World Martial Arts Committee."

The World Martial Arts Committee Movement is constantly evolving. And as we continue to grow our membership and expand our events, our need to revise the Rules and Regulations will continue. Please check back with us periodically to ensure that you have an up to date copy of our Tournament Rules and Regulations.

Yours truly,

Harald Folladori  
WMAC World President

# PART 4 - Kickboxing

## ARTICLE 24. GENERAL KICKBOXING RULES

### 24.1 Divisions:

24.1.1 **Gender** - Every division will be divided into Male and Female categories.

24.1.2 **Age Divisions** – from 7 to upper 45 years:

(Fullcontact categories from 15 to not older than 55 years)

Description	Age Grouping
Children	U10
Youth	U14
Junior	U18
Adults	- 35
Veterans	+35
Masters	+45

24.1.3 **Grade Divisions** – Due to the diversification of a mixed martial arts event, the colour of a belt, Japanese Kyu ranking or any other grouping may not apply to all. The following guide will serve as the basis for determining the appropriate grade division of an individual. Years of experience will be the common factor for determining a competitor's eligibility in an event:

Description	Martial Arts Years Experience	WMAC Belt Colour
Intermediate	1 to 3 years	Yellow - Blue
Advanced	Over 3 years	Red - Brown
Black Belt	Varies	Black

24.1. **Weight Divisions** – Weight division will be as outlined in the individual event (25.2.2).

### 24.2 Weighing-in

24.2.1 All contestants will be weighed in.

24.2.2 The contestant will bring his/her passport/Martial Art License or national photo identification card for members of the host nation to the weighing-in.

24.2.3 The weighing-in of contestants is handled by the head registrar in collaboration with the arranging and recording group and under the supervision of the members from the Referees/Rules Commission.

24.2.4 Contests shall be weighed at the time of the official weigh-in. The weighing-in of each contestant shall be completed within an hour. Contestants shall be bare of any clothing or only have their undergarments on when being weighed.

24.2.5 The contestants must bring all sparring equipment to the weigh-in. Their equipment will be inspected and if it is not up to WMAC Standards, the contestant will have until the start of their match to replace it with the appropriate WMAC approved gear.

24.2.6 The weighing-in will start from the lighter weight categories. A contestant, whose weight does not conform to the requirements of the category and cannot make weight within the time limit of the weighing-in, shall not be allowed to compete.

24.3 **Scoring** – Scoring will be as outlined under the individual event (25.16).

## ARTICLE 25. LIGHT CONTACT KICKBOXING

25.1 **Competition Description** - Light Contact Kickboxing is a controlled contact sport – Semi Contact. Semi-contact means that the maximum blow would only touch the surface of the clothing or protective equipment with no penetration.

### 25.2 Divisions:

Men/ Women	U10	-25kg, -30kg, -35kg, -40kg, -45kg, -50kg,+50kg
Men	U14	-40kg, -45kg, -50kg, -55kg,-60kg, -65kg, -70kg, +70kg
Women	U14	-40kg, -45kg, -50kg, -60kg, +60kg

Men	U18	-40kg, -45kg, -50kg, -55kg,-60kg, -65kg, -70kg, +70kg
Women	U18	-40kg, -45kg, -50kg, -60kg, +60kg

Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg,- 65 kg, +65 kg

Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg,- 65 kg, +65 kg

Men	Veterans/ Masters	-75 kg, -80 kg, -85 kg, +85kg
Women	Veterans/ Masters	-55 kg, -60 kg,- 65 kg, +65 kg

Weight divisions may be combined at the discretion of the Supervisor with the approval of the WMAC. ( Art. 2.3 )

### 25.2.1 Team Divisions (Team Fight & Tag Team):

25.2.1.1 **Age** – Under 10 years, Under 14 years, Under 18 years, Adults, Veterans, Masters

25.2.1.2 **Gender** – Male Teams and Female Teams , Mixed Teams

25.2.1.3 **Weight Divisions** – There will be no weight divisions.

25.2.1.4 **Number of Competitors** – 3 Persons , Mixed Teams 3+1 Person

25.2.1.5 **Scoring** - Teamfight:

Each member of the teams must spar against the others and the team with the most points will be declared the winning team. In the case of a tie on points, one member of each team will square off, and the winner of this match will be declared the winning team.

**Scoring** – Tag-Team:

In one round they can change not more then two times per touch gloves. The rest is the same as Teamfight.

25.2.1.6 Rules – As per Light Contact Kickboxing Rules. Round time = 1 min.

25.3 **Uniform** - Competitors must wear a Martial Arts Bottoms with a Martial Arts Top, or T-Shirt. Competitors are not required to wear a belt during their match unless wearing a Traditional Gi. Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which is not in keeping with the practice of traditional Martial Arts. Competitors with long hair must to use a plain hair tie. Competitors are not permitted to wear any kind of glasses.

25.4 **Competition Area** - The competition area will be as outline in Article 3.3. (Mat 6/6 meters or Ring = upper U18 )

**25.5 Entering & Exiting the Contest Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Before the Competitors begin their match, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready. At this point they should make their way to their starting positions.

Before the start of each round, the contestants will bow to each other.

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow the judge on the platform with the judge returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

**25.6 Referees/Judges** - The match will be judged on a continuous basis by 2 judges seated at the ring corners and the Center referee in the middle, that will award points for scores they see made. The whole match will be overseen by a central Referee who will enforce the rules of the match.

**The Centre Referee's Main Responsibility Is Safety of the Competitors.**

**25.7 Safety Equipment:**

**25.7.1 Male** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Groin Guard, Shin Guards, Feet Guards (no Kickbox shoes allowed). U10/U14 competitors may use 8oz Boxing Gloves and Face Shield.

**25.7.2 Female** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Shin Guards, Feet Guards (no Kickbox shoes allowed), Chest Guard, Groin Guard. U10/U14 competitors may use 8oz Boxing Gloves and Face Shield.

**25.8 Safety of Competitors** - It will be the centre judge's responsibility to ensure safety at all times of competitors. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete.

**25.9 Time of Matches** - 120 Second (2 minutes) each round

**25.10 Number of Rounds** - 2 Rounds until the finals - Except U10, U14 (they have only 1 Round). For Finals also 2 rounds in all categories.

**25.11 Time Outs** - Only the centre referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He/She may also call time out at the request of one of the judges, the coach, one of the competitors or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

**25.12 Legal Targets** - Front of top of head, Sides of Head, Front & Sides of Body, Boot to Boot Sweeps, Face.

**25.13 Illegal Targets** – Back of Head, Top of Head, Throat, Sides & Back of Neck, Back, Groin, Anywhere Below the Waist

**25.14 Legal Techniques:**

**25.13.1 Hands** - Straight Punches, Hook Punches, Upper Cuts

**25.13.2 Legs** - Front Kicks, Round Kicks, Side Kicks, Back Kicks, Hook Kicks, Crescent Kicks, Axe Kicks,

Spinning Kicks, Jump & Jump Spinning Kicks, Sweeps.

**25.15 Illegal Techniques** - Any Blind Technique, Spinning Backfist, Elbow Strikes, Knee Strikes, Knife Hand, Backfist, Ridge Hand, Spear Hand, Claw Hand, Palm Strikes, Stamps, Wrestling Of Any Sort, Any Other Technique Deemed

Dangerous By The Referee & Judges On The Area, no 360° Sweeps.

**25.16 Scoring:**

All 3 referees scores after the fight with hand signs in the winning corner. The center referee call them "Referee Score".

A Score Is Made When A Legal Technique Strikes A Legal Target Providing That The Competitor Is Looking At The Target. Points Scored:

Any punch to a legal target	1 point
Kick to legal body target	1 point
Jump Kick to legal body target	2 points
Kick to legal head target	2 points
Jump Kick to legal head target	3 points

- Techniques must be delivered with control, but with sufficient power in reserve that had it been executed fully it would have been capable of doing damage to the opponent.
- Techniques must be delivered cleanly – no technique will be scored if it brushes off the opponent, or if it is blocked fully or partially by the opponent.
- Competitors cannot receive a warning for infringement of the rules and a score.
- Competitors cannot score unless the technique is delivered with balance.
- Competitors cannot score from the ground – a competitor will be deemed to be on the ground (downed) if any part of their body other than the soles of their feet is touching the ground.

**25.17 Warnings & Disqualifications** - Warnings will be issued to any competitor who:

1. Uses excessive contact
2. Uses blind techniques
3. Creates a situation which is dangerous for himself/herself or his/her opponent
4. Uses illegal techniques
5. Unsportsmanlike behaviour
6. Talking during the match
7. Failing to defend him/herself
8. Avoiding the match in any way
9. Turning his/her back to the opponent
10. Strikes a downed opponent – Where any part of the body other than the soles of the feet is touching the ground.
11. Leaving the competition area (unless pushed out by his/her opponents technique)
12. The centre referee, in consultation with the judges may disqualify any competitor who is deemed unfit/unable to sufficiently defend him/herself to such a degree as them being in danger of injury.
13. Any other technique/action which the referee and judges feel warrants a warning.

25.17.1 Warnings will be issued in the follow sequence:

1. Official Warning
2. Official Warning & Minus One Point ( 5 strikes for the opponent / clickers)
3. Official Warning & Minus Two Points ( 5 strikes for the opponent / clickers)
4. Official Warning & Disqualification

Depending on the nature of the rules violation, the centre referee may, in consultation with the judges on the area and the Chief Referee for the event, disqualify the competitor on any of the 4 warnings.

25.18.1 Should the competitor be unable to continue as the result of a legal strike that caused injury, they will automatically forfeit the match.

## ARTICLE 25b. LIGHT CONTACT KICKBOXING WITH LOW-KICK (KICK-LIGHT)

25.1b **Competition Description** - Light Contact Kickboxing is a controlled contact sport – Semi Contact. Semi- contact means that the maximum blow would only touch the surface of the clothing or protective equipment with no penetration.

### 25.2b Divisions:

Men/ Women	U10	-25kg, -30kg, -35kg, -40kg, -45kg, -50kg,+50kg
Men	U14	-40kg, -45kg, -50kg, -55kg,-60kg, -65kg, -70kg, +70kg
Women	U14	-40kg, -45kg, -50kg, -60kg, +60kg

Men	U18	-40kg, -45kg, -50kg, -55kg,-60kg, -65kg, -70kg, +70kg
Women	U18	-40kg, -45kg, -50kg, -60kg, +60kg

Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg,- 65 kg, +65 kg

Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg,- 65 kg, +65 kg

Men	Veterans/ Masters	-75 kg, -80 kg, -85 kg, +85kg
Women	Veterans/ Masters	-55 kg, -60 kg,- 65 kg, +65 kg

Weight divisions may be combined at the discretion of the Supervisor with the approval of the WMAC. ( Art. 2.3 )

25.2b**Uniform** - Competitors must wear a Martial Arts short Trousers with a Martial Arts Top, or T-Shirt. Competitors are not required to wear a belt during their match. Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which is not in keeping with the practice of traditional Martial Arts. Competitors with long hair must to use a plain hair tie. Competitors are not permitted to wear any kind of glasses.

25.3b**Competition Area** - The competition area will be as outline in Article 3.3. ( Mat 6 / 6 meters ) or Boxing Ring (see Article 3.3)

25.4b**Entering & Exiting the Contest Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Before the Competitors begin their match, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready. At this point they should make their way to their starting positions.

Before the start of each round, the contestants will bow to each other.

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow the judge on the platform with the judge returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

25.5b **Referees/Judges** - The match will be judged on a continuous basis by 2 judges (mat) or 3 judges seated at the ring corners or seated by the site of the ring and the Center referee in the middle, that will award points for scores they see made. The whole match will be overseen by the central Referee who will enforce the rules of the match. **The Centre Referee's Main Responsibility Is Safety of the Competitors.**



25.6b **Safety Equipment:**

25.6.1b **Male** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Groin Guard, Shin Guards, Feet Guards (no Kickbox shoes allowed).

25.6.2b **Female** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Shin Guards, Feet Guards (no Kickbox shoes allowed), Chest Guard, Groin Guard.

25.7b **Safety of Competitors** - It will be the centre judge's responsibility to ensure safety at all times of competitors. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete.

25.8b **Time of Matches** - 120 Second (2 minutes) each round.

25.9b **Number of Rounds** - 2 Rounds until the finals - Except U10/U14 (they have only 1 Round). For Finals also 2 rounds in all categories.

25.11b **Time Outs** - Only the centre referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He/She may also call time out at the request of one of the judges, the coach, one of the competitors or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

25.12b **Legal Targets** - Front of top of head, Sides of Head, Front & Sides of Body, Boot to Boot Sweeps, Face, upper leg = LowKick.

25.13b **Illegal Targets** – Back of Head, Top of Head, Throat, Sides & Back of Neck, Back, Groin, Anywhere Below the Waist (except upper leg).

25.14b **Legal Techniques:**

25.14.1b **Hands** - Straight Punches, Hook Punches, Upper Cuts and controlled Spinning Backfist

25.14.2b **Legs** - Front Kicks, Round Kicks, Side Kicks, Back Kicks, Hook Kicks, Crescent Kicks, Axe Kicks, Spinning Kicks, Jump & Jump Spinning Kicks, Sweeps and controlled LowKicks

25.15b **Illegal Techniques** - Any Blind Technique, Backfist, Elbow Strikes, Knee Strikes, Knife Hand, Ridge Hand, Spear Hand, Claw Hand, Palm Strikes, Stamps, Wrestling Of Any Sort, Any Other Technique Deemed Dangerous By The Referee & Judges On The Area, no 360° Sweeps.

25.16b **Scoring:**

All 3 referees scores after the fight with hand signs in the winning corner. The center referee call them "Referee Score".

A Score Is Made When A Legal Technique Strikes A Legal Target Providing That The Competitor Is Looking At The Target.

Points Scored:

Any punch to a legal target	1 point
Kick to legal body target	1 point
Jump Kick to legal body target	2 points
Kick to legal head target	2 points
Jump Kick to legal head target	3 points

- Techniques must be delivered with control, but with sufficient power in reserve that had it been executed fully it would have been capable of doing damage to the opponent.
- Techniques must be delivered cleanly – no technique will be scored if it brushes off the opponent, or if it is blocked fully or partially by the opponent.
- Competitors cannot receive a warning for infringement of the rules and a score.
- Competitors cannot score unless the technique is delivered with balance.
- Competitors cannot score from the ground – a competitor will be deemed to be on the ground (downed) if any part of their body other than the soles of their feet is touching the ground.

25.17b **Warnings & Disqualifications** - Warnings will be issued to any competitor who:

1. Uses excessive contact
2. Uses blind techniques
3. Creates a situation which is dangerous for himself/herself or his/her opponent
4. Uses illegal techniques
5. Unsportsmanlike behaviour
6. Talking during the match
7. Failing to defend him/herself
8. Avoiding the match in any way
9. Turning his/her back to the opponent
10. Strikes a downed opponent – Where any part of the body other than the soles of the feet is touching the ground.
11. Leaving the competition area (unless pushed out by his/her opponents technique)
12. The centre referee, in consultation with the judges may disqualify any competitor who is deemed unfit/unable to sufficiently defend him/herself to such a degree as them being in danger of injury.
13. Any other technique/action which the referee and judges feel warrants a warning.

25.17.1b Warnings will be issued in the follow sequence:

1 <sup>st</sup>	Official Warning
2 <sup>nd</sup>	Official Warning & Minus One Point
3 <sup>rd</sup>	Official Warning & Minus Two Point
4 <sup>th</sup>	Official Warning & Disqualification

Depending on the nature of the rules violation, the centre referee may, in consultation with the judges on the area and the Chief Referee for the event, disqualify the competitor on any of the 4 warnings.

25.18.1b should the competitor be unable to continue as the result of a legal strike that caused injury, they will automatically forfeit the match.

## ARTICLE 26. POINTS SPARRING

26.1 **Competition Description** - Points Sparring is a controlled contact sport – Semi Contact. Semi- contact means that the maximum blow would only touch the surface of the clothing or protective equipment with no penetration.

26.2 **Divisions:**

Men/ Women	U10	-25kg, -30kg, -35kg, -40kg, -45kg, -50kg,+50kg
Men	U14	-40kg, -45kg, -50kg, -55kg,-60kg, -65kg, -70kg, +70kg
Women	U14	-40kg, -45kg, -50kg, -60kg, +60kg

Men	U18	-40kg, -45kg, -50kg, -55kg,-60kg, -65kg, -70kg, +70kg
Women	U18	-40kg, -45kg, -50kg, -60kg, +60kg

Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg,- 65 kg, +65 kg

Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg,- 65 kg, +65 kg

Men	Veterans/ Masters	-75 kg, -80 kg, -85 kg, +85kg
Women	Veterans/ Masters	-55 kg, -60 kg,- 65 kg, +65 kg

Weight divisions may be combined at the discretion of the Supervisor with the approval of the WMAC. ( Art. 2.3 )

### 26.2.1 Team Divisions (Team Fight & Tag Team):

26.2.1.1 **Age** – Under 10 years, Under 14 years, Under 18 years, Adults, Veterans, Masters

26.2.1.2 **Gender** – Male Teams and Female Teams , Mixed Teams

26.2.1.3 **Weight Divisions** – There will be no weight divisions.

26.2.1.4 **Number of Competitors** – 3 Persons , Mixed Teams 3+1 Person

26.2.1.5 **Scoring** - Teamfight:  
Each member of the teams must spar against the others and the team with the most points will be declared the winning team. In the case of a tie on points, one member of each team will square off, and the winner of this match will be declared the winning team.

**Scoring** – Tag-Team:

In one round they can change not more then two times per touch gloves. The rest is the same as Teamfight.

26.2.1.6 **Rules** – As per Light Contact Kickboxing Rules. Round time = 1 min.

26.3 **Uniform** - Competitors must wear a Martial Arts Bottoms with a Martial Arts Top, or T-Shirt. Competitors are not required to wear a belt during their match unless wearing a Traditional Gi. Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which is not in keeping with the practice of traditional Martial Arts. Competitors with long hair must to use a plain hair tie. Competitors are not permitted to wear any kind of glasses.

26.4 **Competition Area** - The competition area will be as outline in Article 3.3.

- 26.5 **Entering & Exiting the Contest Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Before the Competitors begin their match, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready. At this point they should make their way to their starting positions. Before the start of each round, the contestants will bow to each other.

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow the judge on the platform with the judge returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

- 26.6 **Referees/Judges** - The match will be judged on a point stop basis by 2 judges standing at the ring corners in front of the center referee that will award points for scores they see made. The Referee call "Stop" and the judges show him their vote with finger system, it is important that all 3 Referees show immediately after the call stop their votes. The whole match will be overseen by a center Referee who will enforce the rules of the match. **The Centre Referee's Main Responsibility Is Safety of the Competitors.**

- 26.7 **Safety Equipment:**

26.7.1 **Male** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves or Open Hands Gloves with closed finger, Groin Guard, Shin Guards, Feet Guards (no Kickbox shoes allowed). U10/U14 competitors may use 8oz Boxing Gloves and Face Shield.

26.7.2 **Female** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Shin Guards, Feet Guards (no Kickbox shoes allowed), Chest Guard, Groin Guard. U10/U14 competitors may use 8oz Boxing Gloves and Face Shield.

- 26.8 **Safety of Competitors** - It will be the centre judge's responsibility to ensure safety at all times of competitors. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete.

- 26.9 **Time of matches:**

26.9.1 **Time per Round** - 2 Minutes. Match will end early if the following occurs:

One competitor accumulates 10 points (except final)

- 26.10 **Number of Rounds** – 2 Rounds until the finals - Except U10, U14 (they have only 1 Round). For Finals also 2 rounds in all categories.

- 26.11 **Time Outs** - Only the centre referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He/She may also call time out at the request of one of the judges, the coach, one of the competitors or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

- 26.12 **Legal Targets** – Front of Top of Head, Sides of Head, Front & Sides Of Body, Boot to Boot Sweeps, Face, back of Headguard.

- 26.13 **Illegal Targets** – top of Head, Throat, Sides & Back of Neck, Back, Groin, Anywhere Below the Waist.

26.14 **Legal Techniques:**

26.14.1 **Hands** - Straight Punches, Hook Punches, Backfist.

26.14.2 **Legs** - Front Kicks, Round Kicks, Side Kicks, Back Kicks, Hook Kicks, Crescent Kicks, Axe Kicks, Spinning Kicks, Jump & Jump Spinning Kicks, and Sweeps.

26.15 **Illegal Techniques** - Any Blind Technique, Spinning Backfist, Elbow Strikes, Knee Strikes, Knife Hand, Ridge Hand, Spear Hand, Claw Hand, Palm Strikes, Stamps, Wrestling Of Any Sort, Any Other Technique Deemed Dangerous By The Referee & Judges On The Area, Upper Cuts, no 360° Sweeps

26.16 **Scoring:** A Score Is made when a legal technique strikes a legal target providing that the competitor is looking at the target. Points Scored:

Any punch to a legal target	1 Point
Kick to legal body target	1 point
Jump Kick to legal body target	2 points
Kick to legal head target	2 points
Jump Kick to legal head target	3 points

- Techniques must be delivered with control, but with sufficient power in reserve that had it been executed fully it would have been capable of doing damage to the opponent.
- Techniques must be delivered cleanly – no technique will be scored if it brushes off the opponent, or if it is blocked fully or partially by the opponent.
- Competitors cannot receive a warning for infringement of the rules and a score.
- Competitors cannot score unless the technique is delivered with balance.
- Competitors cannot score from the ground – a competitor will be deemed to be on the ground (downed) if any part of their body other than the soles of their feet is touching the ground.

26.17 **Warnings & Disqualifications** - Warnings will be issued to any competitor who:

1. Using excessive contact
2. Using blind techniques
3. Creating a situation which is dangerous for himself/herself or his/her opponent
4. Uses illegal techniques
5. Unsportsmanlike behaviour
6. Talking during the match
7. Failing to defend him / herself
8. Avoiding the match in any way
9. Turning his/her back to the opponent
10. Strikes a downed opponent – Where any part of the body other than the soles of the feet is touching the ground.
11. Leaving the competition area (unless pushed out by his/her opponents technique)
12. The centre referee, in consultation with the judges may disqualify any competitor who is deemed unfit/unable to sufficiently defend him/herself to such a degree as them being in danger of injury.
13. Any other technique/action which the referee and judges feel warrants a warning.

26.17.1 Warnings will be issued in the follow sequence:

1 <sup>st</sup>	Official Warning
2 <sup>nd</sup>	Official Warning & Minus One Point (5 strikes for the opponent / clickers)
3 <sup>rd</sup>	Official Warning & Minus Two Points (5 strikes for the opponent / clickers)
4 <sup>th</sup>	Official Warning & Disqualification

Depending on the nature of the rules violation, the centre referee may, in consultation with the judges on the area and the Chief Referee for the event, disqualify the competitor on any of the 4 warnings.

26.18.1 Should the competitor be unable to continue as the result of a legal strike that caused injury, they will automatically forfeit the match.

## ARTICLE 27. K1

**27.1 Description of this discipline** - K1 is a controlled contact sport - full contact means the maximum impact may touch the opponent or the protective equipment - injury must be avoided, the KO the opponent is desired and allowed.

### 27.2 Divisions:

Men/ Women	U10	NOT allowed (full contact discipline)
Men	U14	NOT allowed (full contact discipline)
Women	U14	NOT allowed (full contact discipline)

### **ATTENTION: minimum age: 15 years and confirmation of guardians needed**

Men	U18	-40kg, -45kg, -50kg, -55kg, -60kg, -65kg, -70kg, +70kg
Women	U18	-40kg, -45kg, -50kg, -60kg, +60kg

Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg, -65 kg, +65 kg

Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg, -65 kg, +65 kg

Men	Veterans/ Masters	-75 kg, -80 kg, -85 kg, +85kg (up to max.55 years)
Women	Veterans/ Masters	-55 kg, -60 kg, -65 kg, +65 kg (up to max.55 years)

Weight divisions may be combined at the discretion of the Supervisor with the approval of the WMAC. ( Art. 2.3 )

**27.3 Uniform** - competitors must appropriate short martial arts / kickboxing pants with a top (Women). Men's Waist free. It is NOT permitted to wear a belt.

It's competitors are not allowed to wear costumes / Theatre dresses, masks or other items that are not in line with the practice of kickboxing. Competitors with long hair need to use a simple hair tie. Glasses are not allowed.

**27.4 Competition area** - is a boxing ring at least 6 by 6 meters (see Article 3.3)

**27.5 Entering & Exiting the competition area** - competitors will be called where they enter the ring (colored corner) and may do so only at this point.

Before the fighter begins, the Main Referee of the area will check that all the judges and the timekeeper are ready and that the area is clear of obstruction.

When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready.

Before the start of each round, the contestants will bow to each other.

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow the judge on the platform with the judge returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

**27.6 Referees/Judges** - The match will be judged on a continuous basis by 3 judges at the ring seated by the site of the ring and the Center referee in the middle, that will award points for scores they see made. The whole match will be overseen by the central Referee who will enforce the rules of the match. **The Centre Referee's Main**

## **Responsibility Is Safety of the Competitors.**

### **27.7 Safety Equipment:**

27.7.1 **Male** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Groin Guard, Shin and clamping protection (no Kickbox shoes allowed).

27.7.2 **Female** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Shin and clamping protection (no Kickbox shoes allowed), Chest Guard, Groin Guard.

27.8 **Safety of Competitors** - It will be the centre judge's responsibility to ensure safety at all times of competitors. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete.

27.9 **Time of Matches** - 120 Second (2 minutes) each round.

27.10 **Number of Rounds** - - 2 rounds up to the finals and in the final 3 rounds

27.11 **Time Outs** - Only the centre referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He/She may also call time out at the request of one of the judges, the coach, one of the competitors or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

27.12 **Legal Targets** - Front of top of head, Sides of Head, Front & Sides of Body, Boot to Boot Sweeps, Face, upper leg = Low Kick

27.13 **Illegal Targets** – Back of Head, Top of Head, Throat, Sides & Back of Neck, Back, Groin, Anywhere Below the Waist (except upper leg).

### **27.14 Legal Techniques:**

27.14.1 **Hands** - Straight Punches, Hook Punches, Upper Cuts and controlled Spinning Backfist clinching to 5 seconds allowed only one technique

27.14.2 **Legs** - Forward foot kick, round kick, Lateral. Kick, reverse kick, hook kick, diagonal kick, Axekick Turned kicks, jump kicks, cracked turning kicks, foot sweep, Lowkick, stop kick, knee, keeping the foot with a sequence technique (1-2 seconds) is allowed.

27.15 **Illegal Techniques** - Any Blind Technique, Backfist, Elbow Strikes, Knee Strikes, Knife Hand, Ridge Hand, Spear Hand, Claw Hand, Palm Strikes, Stamps, Wrestling Of Any Sort, Any Other Technique Deemed Dangerous By The Referee & Judges On The Area, no 360° Sweeps and any other technique that can be classified as dangerous by the Main referee. No ground contact with other parts of the body except the soles!

### **27.16 Scoring:**

The fight will be for the 10: 9 procedures counted by points list. Each judge wearing all ratings of the Main referee as W = Warning / caution or C = Counting / stall count. The winner of each round gets 10 points, the loser 9. Knockdown's as for C must be subtracted 1 point of the result. Also in the warnings. Then all rounds points are added up and the result is compared. The winner will be circled on the points log. Each PP has to be signed. If a fighter 3 times / round for the count or 4 times throughout the fight, the fight must be stopped. Would bring the case of serious hits a health hazard with the referee may stop the fight immediately. The referee may only begin to count



when the counterparty is in the neutral corner. It is counted every second. Each partly executed impact of the measures promoted to the ground or leaves to apparent deterioration in the military behavior is to count. The count goes from 1-8 then, except where the counted capable of is (gloves in front of face) be fought. Counting to 10 is the end from the fight. Warning after resound the gongs must be ready counted.

The Main referee may well already after the first putting on reasonably Cancel (imminent danger, health etc.). If the injured fighter can be seen in the ring of the Main referee may approve an assessment by the ringside doctor in the neutral corner - but there must be no treatment.

A Score Is Made When A Legal Technique Strikes A Legal Target Providing That The Competitor Is Looking At The Target.

Points Scored:

Any punch to a legal target	1 point
Kick to legal body target	1 point
Knee to the body	1 point
Jump Kick to legal body target	2 points
Kick to legal head target	2 points
Jump Kick to legal head target	3 points

- Techniques must be delivered with control, but with sufficient power in reserve that had it been executed fully it would have been capable of doing damage to the opponent.
- Techniques must be delivered cleanly – no technique will be scored if it brushes off the opponent, or if it is blocked fully or partially by the opponent.
- Competitors cannot receive a warning for infringement of the rules and a score.
- Competitors cannot score unless the technique is delivered with balance.
- Competitors cannot score from the ground – a competitor will be deemed to be on the ground (downed) if any part of their body other than the soles of their feet is touching the ground.

**27.17 Warnings & Disqualifications** - Warnings will be issued to any competitor who:

1. Uses excessive contact
2. Uses blind techniques
3. Creates a situation which is dangerous for himself/herself or his/her opponent
4. Uses illegal techniques
5. Unsportsmanlike behaviour
6. Talking during the match
7. Failing to defend him/herself
8. Avoiding the match in any way
9. Turning his/her back to the opponent
10. Strikes a downed opponent – Where any part of the body other than the soles of the feet is touching the ground.
11. Leaving the competition area (unless pushed out by his/her opponents technique)
12. The centre referee, in consultation with the judges may disqualify any competitor who is deemed unfit/unable to sufficiently defend him/herself to such a degree as them being in danger of injury.
13. Any other technique/action which the referee and judges feel warrants a warning.

**27.17.1** Warnings will be issued in the following sequence:

1 <sup>st</sup>	Official Warning
2 <sup>nd</sup>	Official Warning & Minus One Point
3 <sup>rd</sup>	Official Warning & Minus Two Point
4 <sup>th</sup>	Official Warning & Disqualification

Depending on the nature of the rules violation, the centre referee may, in consultation with the judges on the area and the Chief Referee for the event, disqualify the competitor on any of the 4 warnings.

**27.17.2** Should the competitor be unable to continue as the result of a legal strike that caused injury, they will automatically forfeit the match.



## ARTICLE 28. THAI BOXING

**28.1 Description of this discipline** – Thai boxing is a controlled contact sport - full contact means the maximum impact may touch the opponent or the protective equipment - injury must be avoided, the KO the opponent is desired and allowed.

### 28.2 Divisions:

Men/ Women	U10	NOT allowed (full contact discipline)
Men	U14	NOT allowed (full contact discipline)
Women	U14	NOT allowed (full contact discipline)

### **ATTENTION: minimum age: 15 years and confirmation of guardians needed**

Men	U18	-40kg, -45kg, -50kg, -55kg, -60kg, -65kg, -70kg, +70kg
Women	U18	-40kg, -45kg, -50kg, -60kg, +60kg

Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg, -65 kg, +65 kg

Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg, -65 kg, +65 kg

Men	Veterans/ Masters	-75 kg, -80 kg, -85 kg, +85kg (up to max.55 years)
Women	Veterans/ Masters	-55 kg, -60 kg, -65 kg, +65 kg (up to max.55 years)

Weight divisions may be combined at the discretion of the Supervisor with the approval of the WMAC. ( Art. 2.3 )

**28.3 Uniform** - competitors must appropriate short martial arts / kickboxing pants with a top (Women). Men's Waist free. It is NOT permitted to wear a belt.

It's competitors are not allowed to wear costumes / Theatre dresses, masks or other items that are not in line with the practice of kickboxing. Competitors with long hair need to use a simple hair tie. Glasses are not allowed.

**28.4 Competition area** - is a boxing ring at least 6 by 6 meters (see Article 3.3)

**28.5 Entering & Exiting the competition area** - competitors will be called where they enter the ring (colored corner) and may do so only at this point.

Before the fighter begins, the Main Referee of the area will check that all the judges and the timekeeper are ready and that the area is clear of obstruction.

When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready.

Before the start of each round, the contestants will bow to each other.

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow the judge on the platform with the judge returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

**28.6 Referees/Judges** - The match will be judged on a continuous basis by 3 judges at the ring seated by the site of the ring and the Center referee in the middle, that will award points for scores they see made. The whole match will be overseen by the central Referee who will enforce the rules of the match. **The Centre Referee's Main Responsibility Is Safety of the Competitors.**

**28.7 Safety Equipment:**

28.7.1 **Male** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Groin Guard, Shin and clamping protection (no Kickbox shoes allowed).

28.7.2 **Female** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Shin and clamping protection (no Kickbox shoes allowed), Chest Guard, Groin Guard.

**28.8 Safety of Competitors** - It will be the centre judge's responsibility to ensure safety at all times of competitors. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete.

**28.9 Time of Matches** - 120 Second (2 minutes) each round.

**28.10 Number of Rounds** - 2 rounds up to the finals and in the final 3 rounds

**28.11 Time Outs** - Only the centre referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He/She may also call time out at the request of one of the judges, the coach, one of the competitors or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

**28.12 Legal Targets** - Front of top of head, Sides of Head, Front & Sides of Body, Boot to Boot Sweeps, Face, upper leg = Low Kick

**28.13 Illegal Targets** – Back of Head, Top of Head, Throat, Sides & Back of Neck, Back, Groin, Anywhere Below the Waist (except upper leg).

**28.14 Legal Techniques:**

28.14.1 **Hands** - Straight Punches, Hook Punches, Upper Cuts and controlled Spinning Backfist and elbow strikes to the body. Clinching Allows remains active.

28.14.2 **Legs** - Forward foot kick, round kick, Lateral. Kick, reverse kick, hook kick, diagonal kick, Axekick Turned kicks, jump kicks, cracked turning kicks, foot sweep, Lowkick, stop kick, knee, keeping the foot with a sequence technique (1-2 seconds) is allowed, Flat throws allowed.

**28.15 Illegal Techniques** - Any Blind Technique, Backfist, Elbow Strikes, Knee Strikes, Knife Hand, Ridge Hand, Spear Hand, Claw Hand, Palm Strikes, Stamps, Wrestling Of Any Sort, Any Other Technique Deemed Dangerous By The Referee & Judges On The Area, no 360° Sweeps and any other technique that can be classified as dangerous by the Main referee. No ground contact with other parts of the body except the soles!

## 28.16 Scoring:

The fight will be for the 10: 9 procedures counted by points list. Each judge wearing all ratings of the Main referee as W = Warning / caution or C = Counting / stall count. The winner of each round gets 10 points, the loser 9. Knockdown's as for C must be subtracted 1 point of the result. Also for the warnings. Then all rounds points are added up and the result is compared. The winner will be circled on the points log. Each PP has to be signed. If a fighter 3 times / round for the count or 4 times throughout the fight, the fight must be stopped. Would bring the case of serious hits a health hazard with the referee may stop the fight immediately. The referee may only begin to count when the counterparty is in the neutral corner. It is counted every second. Each partly executed impact of the measures promoted to the ground or leaves to apparent deterioration in the military behavior is to counten. The count goes from 1-8 then, except where the counted capable of is (gloves in front of face) be fought. Counting to 10 is the end from the fight. Warning after resound the gongs must be ready counted.

The Main referee may well already after the first putting on reasonably Cancel (imminent danger, health etc.). If the injured fighter can be seen in the ring of the Main referee may approve an assessment by the ringside doctor in the neutral corner - but there must be no treatment.

A Score Is Made When A Legal Technique Strikes A Legal Target Providing That The Competitor Is Looking At The Target.

Points Scored:

Any punch to a legal target	1 point
Kick to legal body target	1 point
Knee to the body	1 point
Jump Kick to legal body target	2 points
Kick to legal head target	2 points
Jump Kick to legal head target	3 points

- Techniques must be delivered with control, but with sufficient power in reserve that had it been executed fully it would have been capable of doing damage to the opponent.
- Techniques must be delivered cleanly – no technique will be scored if it brushes off the opponent, or if it is blocked fully or partially by the opponent.
- Competitors cannot receive a warning for infringement of the rules and a score.
- Competitors cannot score unless the technique is delivered with balance.
- Competitors cannot score from the ground – a competitor will be deemed to be on the ground (downed) if any part of their body other than the soles of their feet is touching the ground.

## 28.17 Warnings & Disqualifications - Warnings will be issued to any competitor who:

1. Uses excessive contact
2. Uses blind techniques
3. Creates a situation which is dangerous for himself/herself or his/her opponent
4. Uses illegal techniques
5. Unsportsmanlike behaviour
6. Talking during the match
7. Failing to defend him/herself
8. Avoiding the match in any way
9. Turning his/her back to the opponent
10. Strikes a downed opponent – Where any part of the body other than the soles of the feet is touching the ground.
11. Leaving the competition area (unless pushed out by his/her opponents technique)
12. The centre referee, in consultation with the judges may disqualify any competitor who is deemed unfit/unable to sufficiently defend him/herself to such a degree as them being in danger of injury.
13. Any other technique/action which the referee and judges feel warrants a warning.

28.17.1 Warnings will be issued in the follow sequence:

1<sup>st</sup> Official Warning

2 <sup>nd</sup>	Official Warning & Minus One Point
3 <sup>rd</sup>	Official Warning & Minus One Point
4 <sup>th</sup>	Official Warning & Disqualification

Depending on the nature of the rules violation, the centre referee may, in consultation with the judges on the area and the Chief Referee for the event, disqualify the competitor on any of the 4 warnings.

**28.17.2** Should the competitor be unable to continue as the result of a legal strike that caused injury, they will automatically forfeit the match.

## ARTICLE 29. FULL CONTACT KICKBOXING

**29.1 Description of this discipline** – Full contact Kickboxing is a controlled contact sport - full contact means the maximum impact may touch the opponent or the protective equipment - injury must be avoided, the KO the opponent is desired and allowed.

### 29.2 Divisions:

Men/ Women	U10	NOT allowed (full contact discipline)
Men	U14	NOT allowed (full contact discipline)
Women	U14	NOT allowed (full contact discipline)

### **ATTENTION: minimum age: 15 years and confirmation of guardians needed**

Men	U18	-40kg, -45kg, -50kg, -55kg, -60kg, -65kg, -70kg, +70kg
Women	U18	-40kg, -45kg, -50kg, -60kg, +60kg

Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg, -65 kg, +65 kg

Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg, -65 kg, +65 kg

Men	Veterans/ Masters	-75 kg, -80 kg, -85 kg, +85kg (up to max.55 years)
Women	Veterans/ Masters	-55 kg, -60 kg, -65 kg, +65 kg (up to max.55 years)

Weight divisions may be combined at the discretion of the Supervisor with the approval of the WMAC. ( Art. 2.3 )

**29.3 Uniform** - Competitors must wear a Martial Arts Bottoms. Women wear a top or T-shirt. Men's Waist free. It is NOT permitted to wear a belt.

It's competitors are not allowed to wear costumes / Theatre dresses, masks or other items that are not in line with the practice of kickboxing. Competitors with long hair need to use a simple hair tie. Glasses are not allowed.

**29.4 Competition area** - is a boxing ring at least 6 by 6 meters (see Article 3.3)

**29.5 Entering & Exiting the competition area** - competitors will be called where they enter the ring (colored corner) and may do so only at this point.

Before the fighter begins, the Main Referee of the area will check that all the judges and the timekeeper are ready and that the area is clear of obstruction.

When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready.

Before the start of each round, the contestants will bow to each other.

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow the judge on the platform with the judge returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

**29.6 Referees/Judges** - The match will be judged on a continuous basis by 3 judges at the ring seated by the site of the ring and the Center referee in the middle, that will award points for scores they see made. The whole match will be overseen by the central Referee who will enforce the rules of the match. **The Centre Referee's Main Responsibility Is Safety of the Competitors.**

**29.7 Safety Equipment:**

29.7.1 **Male** Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Groin Guard, Shin Guards, Feet Guards (no Kickbox shoes allowed).

29.7.2 **Female** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Shin Guards, Feet Guards (no Kickbox shoes allowed), Chest Guard, Groin Guard

**29.8 Safety of Competitors** - It will be the centre judge's responsibility to ensure safety at all times of competitors. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete.

**29.9 Time of Matches** - 120 Second (2 minutes) each round.

**29.10 Number of Rounds** - - 2 rounds up to the finals and in the final 3 rounds

**29.11 Time Outs** - Only the centre referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He/She may also call time out at the request of one of the judges, the coach, one of the competitors or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

**29.12 Legal Targets** - Front of top of head, Sides of Head, Front & Sides of Body, Boot to Boot Sweeps, Face.

**29.13 Illegal Targets** – Back of Head, Top of Head, Throat, Sides & Back of Neck, Back, Groin, Anywhere Below the Waist

**29.14 Legal Techniques:**

29.14.1 **Hands** - Straight Punches, Hook Punches, Upper Cuts and controlled Spinning Backfist

29.14.2 **Legs** - Forward foot kick, round kick, Lateral. Kick, reverse kick, hook kick, diagonal kick, Axekick Turned kicks, jump kicks, cracked turning kicks, foot sweep,

**29.15 Illegal Techniques** - Any Blind Technique, Backfist, Elbow Strikes, Knee Strikes, Knife Hand, Ridge Hand, Spear Hand, Claw Hand, Palm Strikes, Lowkick, Elbow techniques, Stamps, Wrestling Of Any Sort, Any Other Technique Deemed Dangerous By The Referee & Judges On The Area, no 360° Sweeps and any

other technique that can be classified as dangerous by the Main referee. No ground contact with other parts of the body except the soles!

#### 29.16 Scoring:

The fight will be for the 10: 9 procedures counted by points list. Each judge wearing all ratings of the Main referee as W = Warning / caution or C = Counting / stall count. The winner of each round gets 10 points, the loser 9. Knockdown's as for C must be subtracted 1 point of the result. Also in the warnings. Then all rounds points are added up and the result is compared. The winner will be circled on the points log. Each PP has to be signed. If a fighter 3 times / round for the count or 4 times throughout the fight, the fight must be stopped. Would bring the case of serious hits a health hazard with the referee may stop the fight immediately. The referee may only begin to count when the counterparty is in the neutral corner. It is counted every second. Each partly executed impact of the measures promoted to the ground or leaves to apparent deterioration in the military behavior is to counten. The count goes from 1-8 then, except where the counted capable of is (gloves in front of face) be fought. Counting to 10 is the end from the fight. Warning after resound the gongs must be ready counted. The Main referee may well already after the first putting on reasonably Cancel (imminent danger, health etc.). If the injured fighter can be seen in the ring of the Main referee may approve an assessment by the ringside doctor in the neutral corner - but there must be no treatment.

A Score Is Made When A Legal Technique Strikes A Legal Target Providing That The Competitor Is Looking At The Target.

Points Scored:

Any punch to a legal target	1 point
Kick to legal body target	1 point
Knee to the body	1 point
Jump Kick to legal body target	2 points
Kick to legal head target	2 points
Jump Kick to legal head target	3 points

- Techniques must be delivered with control, but with sufficient power in reserve that had it been executed fully it would have been capable of doing damage to the opponent.
- Techniques must be delivered cleanly – no technique will be scored if it brushes off the opponent, or if it is blocked fully or partially by the opponent.
- Competitors cannot receive a warning for infringement of the rules and a score.
- Competitors cannot score unless the technique is delivered with balance.
- Competitors cannot score from the ground – a competitor will be deemed to be on the ground (downed) if any part of their body other than the soles of their feet is touching the ground.

#### 29.17 Warnings & Disqualifications - Warnings will be issued to any competitor who:

1. Uses excessive contact
2. Uses blind techniques
3. Creates a situation which is dangerous for himself/herself or his/her opponent
4. Uses illegal techniques
5. Unsportsmanlike behaviour
6. Talking during the match
7. Failing to defend him/herself
8. Avoiding the match in any way
9. Turning his/her back to the opponent
10. Strikes a downed opponent – Where any part of the body other than the soles of the feet is touching the ground.
11. Leaving the competition area (unless pushed out by his/her opponents technique)
12. The centre referee, in consultation with the judges may disqualify any competitor who is deemed unfit/unable to sufficiently defend him/herself to such a degree as them being in danger of injury.
13. Any other technique/action which the referee and judges feel warrants a warning.

29.17.1 Warnings will be issued in the following sequence:

1<sup>st</sup> Official Warning

- 2<sup>nd</sup> Official Warning & Minus One Point
- 3<sup>rd</sup> Official Warning & Minus One Point
- 4<sup>th</sup> Official Warning & Disqualification

Depending on the nature of the rules violation, the centre referee may, in consultation with the judges on the area and the Chief Referee for the event, disqualify the competitor on any of the 4 warnings.

**29.17.2** Should the competitor be unable to continue as the result of a legal strike that caused injury, they will automatically forfeit the match.

## ARTICLE 30. LOWKICK

**30.1 Description of this discipline** -Lowkick is a controlled contact sport - full contact means the maximum impact may touch the opponent or the protective equipment - injury must be avoided, the KO the opponent is desired and allowed.

### 30.2 Divisions:

Men/ Women	U10	NOT allowed (full contact discipline)
Men	U14	NOT allowed (full contact discipline)
Women	U14	NOT allowed (full contact discipline)

### **ATTENTION: minimum age: 15 years and confirmation of guardians needed**

Men	U18	-40kg, -45kg, -50kg, -55kg, -60kg, -65kg, -70kg, +70kg
Women	U18	-40kg, -45kg, -50kg, -60kg, +60kg

Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg, -65 kg, +65 kg

Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg, -65 kg, +65 kg

Men	Veterans/ Masters	-75 kg, -80 kg, -85 kg, +85kg (up to max.55 years)
Women	Veterans/ Masters	-55 kg, -60 kg, -65 kg, +65 kg (up to max.55 years)

Weight divisions may be combined at the discretion of the Supervisor with the approval of the WMAC. ( Art. 2.3 )

**30.3 Uniform** - competitors must appropriate short martial arts / kickboxing pants with a top (Women). Men's Waist free. It is NOT permitted to wear a belt.

It's competitors are not allowed to wear costumes / Theatre dresses, masks or other items that are not in line with the practice of kickboxing. Competitors with long hair need to use a simple hair tie. Glasses are not allowed.

**30.4 Competition area** - is a boxing ring at least 6 by 6 meters (see Article 3.3)

**30.5 Entering & Exiting the competition area** - competitors will be called where they enter the ring (colored corner) and may do so only at this point.



Before the fighter begins, the Main Referee of the area will check that all the judges and the timekeeper are ready and that the area is clear of obstruction.

When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready.

Before the start of each round, the contestants will bow to each other.

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow the judge on the platform with the judge returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

**30.6 Referees/Judges** - The match will be judged on a continuous basis by 3 judges at the ring seated by the site of the ring and the Center referee in the middle, that will award points for scores they see made. The whole match will be overseen by the central Referee who will enforce the rules of the match. **The Centre Referee's Main Responsibility Is Safety of the Competitors.**

**30.7 Safety Equipment:**

30.7.1 **Male** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Groin Guard, Shin and clamping protection (no Kickbox shoes allowed).

30.7.2 **Female** - Head Guard which covers the Top of the Head, Gum Shield, 10 oz Boxing Gloves, Shin and clamping protection (no Kickbox shoes allowed), Chest Guard, Groin Guard.

**30.8 Safety of Competitors** - It will be the centre judge's responsibility to ensure safety at all times of competitors. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete.

**30.9 Time of Matches** - 120 Second (2 minutes) each round.

**30.10 Number of Rounds** - - 2 rounds up to the finals and in the final 3 rounds

**30.11 Time Outs** - Only the centre referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He/She may also call time out at the request of one of the judges, the coach, one of the competitors or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

**30.12 Legal Targets** - Front of top of head, Sides of Head, Front & Sides of Body, Boot to Boot Sweeps, Face, upper leg = Low Kick

**30.13 Illegal Targets** – Back of Head, Top of Head, Throat, Sides & Back of Neck, Back, Groin, Anywhere Below the Waist (except upper leg).

**30.14 Legal Techniques:**

30.14.1 **Hands** - Straight Punches, Hook Punches, Upper Cuts and controlled Spinning Backfist

30.14.2 **Legs** - Forward foot kick, round kick, Lateral. Kick, reverse kick, hook kick, diagonal kick, Axekick Turned kicks, jump kicks, cracked turning kicks, foot sweep, Lowkick,

**30.15 Illegal Techniques** - Any Blind Technique, Backfist, Elbow Strikes, Knee Strikes, Elbow techniques, Knife Hand, Ridge Hand, Spear Hand, Claw Hand, Palm Strikes, Stamps, Wrestling Of Any Sort, Any Other Technique Deemed Dangerous By The Referee & Judges On The Area, no 360° Sweeps and any other technique that can be classified as dangerous by the Main referee. No ground contact with other parts of the



body except the soles!

### 30.16 Scoring:

The fight will be for the 10: 9 procedures counted by points list. Each judge wearing all ratings of the Main referee as W = Warning / caution or C = Counting / stall count. The winner of each round gets 10 points, the loser 9. Knockdown's as for C must be subtracted 1 point of the result. Also in the warnings. Then all rounds points are added up and the result is compared. The winner will be circled on the points log. Each PP has to be signed. If a fighter 3 times / round for the count or 4 times throughout the fight, the fight must be stopped. Would bring the case of serious hits a health hazard with the referee may stop the fight immediately. The referee may only begin to count when the counterparty is in the neutral corner. It is counted every second. Each partly executed impact of the measures promoted to the ground or leaves to apparent deterioration in the military behavior is to counten. The count goes from 1-8 then, except where the counted capable of is (gloves in front of face) be fought. Counting to 10 is the end from the fight. Warning after resound the gongs must be ready counted.

The Main referee may well already after the first putting on reasonably Cancel (imminent danger, health etc.). If the injured fighter can be seen in the ring of the Main referee may approve an assessment by the ringside doctor in the neutral corner - but there must be no treatment.

A Score Is Made When A Legal Technique Strikes A Legal Target Providing That The Competitor Is Looking At The Target.

Points Scored:

Any punch to a legal target	1 point
Kick to legal body target	1 point
Knee to the body	1 point
Jump Kick to legal body target	2 points
Kick to legal head target	2 points
Jump Kick to legal head target	3 points

- Techniques must be delivered with control, but with sufficient power in reserve that had it been executed fully it would have been capable of doing damage to the opponent.
- Techniques must be delivered cleanly – no technique will be scored if it brushes off the opponent, or if it is blocked fully or partially by the opponent.
- Competitors cannot receive a warning for infringement of the rules and a score.
- Competitors cannot score unless the technique is delivered with balance.
- Competitors cannot score from the ground – a competitor will be deemed to be on the ground (downed) if any part of their body other than the soles of their feet is touching the ground.

### 30.17 Warnings & Disqualifications - Warnings will be issued to any competitor who:

1. Uses excessive contact
2. Uses blind techniques
3. Creates a situation which is dangerous for himself/herself or his/her opponent
4. Uses illegal techniques
5. Unsportsmanlike behaviour
6. Talking during the match
7. Failing to defend him/herself
8. Avoiding the match in any way
9. Turning his/her back to the opponent
10. Strikes a downed opponent – Where any part of the body other than the soles of the feet is touching the ground.
11. Leaving the competition area (unless pushed out by his/her opponents technique)
12. The centre referee, in consultation with the judges may disqualify any competitor who is deemed unfit/unable to sufficiently defend him/herself to such a degree as them being in danger of injury.
13. Any other technique/action which the referee and judges feel warrants a warning.

30.17.1 Warnings will be issued in the following sequence:

1<sup>st</sup> Official Warning

2 <sup>nd</sup>	Official Warning & Minus One Point
3 <sup>rd</sup>	Official Warning & Minus One Point
4 <sup>th</sup>	Official Warning & Disqualification

Depending on the nature of the rules violation, the centre referee may, in consultation with the judges on the area and the Chief Referee for the event, disqualify the competitor on any of the 4 warnings.

**30.17.2** Should the competitor be unable to continue as the result of a legal strike that caused injury, they will automatically forfeit the match.