

SCHOOL GAMES FEDERATION OF INDIA

Rules & Regulation of Kickboxing

Introduction

This Rulebook is issued newly rules. It also reflects the official School Games Federation of India Competition Rules.

These current rules are valid for all affiliated states. Consideration can be given to local legal requirements and obligations if required. The official language of the SGFI T.C. is English. This Rulebook can be translated in to other languages by the SGFI T.C. In case of any discrepancies, the official English version shall prevail. Without the specific written consent of either WKF or the T.C., this Rulebook shall not be copied, published.

This Rulebook can be ordered free through the official website of the www.sgfibharat.com

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The School Games Federation of India is members of ISF

1.1 The SGFI T.C. is the School Games Federation of India Technical Committee. The T.C. consists of the one Head Referee plus four appointed A1 Referees. The T.C. can make alterations or omissions to the existing rules, as well as implement new ones. The T.C. can also be used as an arbitrary body in certain cases. The T.C. also handles the Referee affairs at larger tournaments. The T.C. Members are solely appointed from the School Games Federation of India Secretariat head office.

1.2. If a fighter thinks that he/she is listed on an online registration list, and shouldn't be, he/she must report it to the National School Games to the Organization.

1.3 Player cannot participate on Amateur events. If the Tournament Director 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 T.C. will decide upon the length of time.

1.4. Doping

1.4.1 It is not permitted to apply any substances to boost the performance, if such substance is banned by one of the appropriate Organizations as a doping substance.

(IOC, Anti: Doping Agency, National Olympic Committee, WADA etc.).

1.4.2 School Games Federation of India is conduct tournament and players Promoter and the NADA Doctor can and may perform controls. With the authorization of the SGFI, other qualified Organizations and persons may perform such controls where the law requires it.

1.4.3 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 SGFI.

1.4.4 The privacy, especially of Boys & Girls 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 T.C. of the same gender supervises the collection of the test sample.

1.5. Registration

1.5.1 Fighters who want to be admitted to any competition, tournament or gala, need to fulfil the following conditions:

- a) To possess a SGFI issued or accepted online registration (Identify Card)
- b) To have a valid recognized School Student for the current year applied in the tournament
- c) Proof of an appropriate entry in the online registration and Eligibility Form to show they are "Fit to Fight". A Medical assessment must not be older than 12 months. (Forms only 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 show a medical attest of a performed EEG examination, in case of experiencing 3 head knockouts within a period of less than 12 months. The EEG must be made after the banned period.

1.5.2 Entries into the Score Sheet and Sport Book

The Promoters of a tournament, a competition or a gala are responsible to check the following entries to the SGFI

- 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, SGFI, Area/Ring Supervisor, or in case of a Knockout, Stoppage or Surrender a doctor can make the entries.

1.5.3 Banning periods 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 (EEG 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 EEG examination result, before being admitted to any competition again.

1.5.4 Identification of the competitors

On SGFI events, the competitors have to prove their identity and nationality by showing Government issued ID. Competitors that show an ID card issued by the SGFI, displaying the 5:digit number, need not to produce further identification. The 5: digit number means that they have already had their registration or ID scanned.

A competitor who can prove his/her special relations to a Unit other than the one of his/her Concerning Unit must submit one of the following documents to the SGFI:

- a) Birth certificate of the Doctors of Medical Board
- b) School certificate with a citizen of the State of players.
- c) A permanent residence address of the State of players

1.6 Age Categories

For Mini Player is not less than sixth standard and more than 14 years on the FINAL DAY of Competition. Junior should have reached ninth standard but be less than 17 years on the FINAL DAY of Competition. Junior in Ring sport should have reached 15 years but be more than 17 years on the FINAL DAY of Competition Cadet. Senior Cadet should have reached eleventh standard but be less than 19 years on the FINAL DAY of Competition.

1.7 Weigh:In

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

1.7.2 SGFI Tournaments, Competitions or Galas Whenever possible, a selection of volunteer Referees that are preferably from different State/UT/Unit, supervise the weigh:in on International Competitions the day before the start of the competition.
national Referees & Judges

1.7.3 The minimum age is 18 years and the Referee or Judge must be a member of a School Games Federation of India. They must attend national seminars.

1.7.4 A basic knowledge of the English language is recommended, but not compulsory. All national Seminars will be held in English or Hindi.

1.7.5 Members of the SGFI Executive Committee are identified by a white ID:Card marked with "OFFICIAL".

1.7.6 Members of the national or international Rules Committee (T.C.) and Referees of the categories A, B and C are identified by a Blue ID:Card marked with "REFEREE".

1.7.7 To be nominated as A – Referee and A1 Supervisor The majority of the T.C. Members must support the nomination.

1.7.8 To be nominated as B – Referee The Board Chairman must support the nomination.

1.7.9 To be nominated as C – Referee the appropriate unit Head Referee or state Representative must support the nomination. A district Referee cannot gain national status without the permission of their competent authority.

1.7.10 The organizer can make the attendance of seminars, and/or the successful passing of a test, as well as sufficient command of English (the official language), as a condition for an A or B – Referee nomination. The nominations are to be confirmed periodically, at least every 3 years.

Conflict of Interest

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

The Referees have the obligation to report themselves any possible conflict of interest. In case of an omission, the present organizing committee 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 T.C
Head Referee

At every competition, a Head Referee has to be designated. She/he is responsible for the whole Referee organization, and supervises the work on all fighting areas and/or rings.

Area Supervisor

On a competition with several fighting areas or rings, the Head Referee designates Area Supervisors who supervise all proceedings on their fighting area or ring. The Area Supervisor places the Referees on his fighting area or ring according to their unit or affiliation to a school, or particular fighter. He reports the results according to the instruction of the Head Referee. The Head Referee can exchange Referees who are obviously not neutral or who violate the official SGFI competition rules, and can overrule their decisions.

Protests

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

The decision of the official Doctor is not subject to protests. Protests are only possible in the following cases, and may only be placed after depositing a fee of 1000 rupees in cash with the area supervisor or the head referee:

1. A proven agreement 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 organizer rules were violated

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.

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

After hearing protest from both parties and the Referee involved, the Head Referee makes the final decision. No further discussion shall continue on the subject at the venue. Any further disputes must be emailed within seven days of the incident to

where the matter can be taken further. Any monies lost due to the decision of the Head Referee at the venue, shall be retained until a decision by the T.C has been reached.

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 Head Referee. After hearing both sides, he must only make his/her decision based upon the SGFI rules.

The protest fees, if the protest is not successful, shall flow into the general account of the SGFI for future development. If in the case of a protest being put in after the competition, the organiser then makes the decision after hearing protest from both parties and the referee involved. the final decision can only be given by the organizer/ jury chairman. All monies shall be returned in the case of a successful protest.

Referee Clothing

During the pre-elimination fights, up to the semi finals, a black T:shirt with the print "REFEREE " will be allowed. For the finals or Title Fights, all Referees must wear grey trousers, a blue shirt with print and a red bow tie. If necessary a dark blue blazer.

To eradicate injuries, it's forbidden to wear any jewelers, 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.

The organizer 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. Part - Semi Contact Fighting

2.1 Semi Contact Rules.

2.1.1 The Fighting Area

The fighting area should be matted, without damage and clean. There should be no spillages or debris on the surface. Minimum dimensions for the fighting area should be minimum six metres by six metres to maximum eight metres by metres. Where practicable, one metre of safety matting should be placed around each side. The fighting area may be larger than thirty:six square metres, but no larger than sixty : four square metres.

2.1.2 Rounds

The number of rounds and length of rounds is two rounds two minutes, (plus any extra time). In the event of a draw after the final round, a one minute break is followed by one minute 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.

2.1.3 Official SGFI Weight Categories

Name of Weight Category

Under 14 Years

Mini Boys

Mini Girls

Under 17 Years

Junior Girls

Junior Boys

Under 19 Years

Senior Boys
Senior Girls

Cadets in ringsport
Atomweight :
Bantam Weight :
Feather Weight :
Light Weight :
Light Welter Weight :
Welter Weight :
Light Middle Weight :
Middle Weight :
Light Heavy Weight :
Cruiser Weight :
Heavy Weight :
Super Heavy Weight

U – 17 Boys:- -35, -40, -45, -50, -55, -60, -65, -70, -75, +75.

U – 17 GIRLS:- -35, -40, -45, -50, -55, -60, +60.

U – 19 BOYS:- -44, -48, -52, -56, -60, -65, -70, -75, -80, +80.

U – 19 GIRLS:- -45, -48, -51, -54, -57, -63, +63.

Scoring

Punch to Head 1 point
Punch to Body 1 point
Foot Sweep 1 point
Kick to Body 1 point
Kick to Head 2 points
Jump Kick to Body 2 points
Any Jump Kick to Head 3 points

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

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

Illegal Areas
Top of Head
Neck
Arm
Hand
Back
Kidney Area

Below the Belt (other than below the ankle Foot 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.

Due to the higher points awarded in the scoring system, organiser have issued the following criteria for an automatic victory before the conclusion of the allotted time period. If any fight : difference of 10 points reached , result TKO

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) Ridge hand (to head and body) , Uppercut to the body 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, Spinning Hook Kick and Jump Spinning Hook Kick (to body and head) Back Kick , Spinning Back Kick and Jump Back Kick and Jump Spinning Back Kick (to the body and head)

Roundhouse Kick and Jump Round Kick (to the body and head) Inside & Outside Crescent Kick (to the body & head) Jump Inside & Outside Crescent Kick (to the body & head) Inside & Outside Axe Kick (to the body & head, including Jump Axe) Sweep to the inside and outside of the opponent's boot (performed with inside of foot to below ankle both legs)

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 and Strikes with the elbows Any Throw and 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 Forward Rolls, Hand Stands, Cart Wheels, any Blind Technique, any drop sweep

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

Fighter's Equipment Head: Guard Must cover the top of the head. Must be a Martial Arts type Head: Guard in good condition which fits well. No full: face or semi: face visor may be worn. Gum: Shield must be a Martial Arts or Boxing type. No Football / Rugby type. Semi Gloves must cover the fingers and thumbs up to the second knuckle. Boxing gloves are prohibited at all times for Semi: Contact. Kick Boots Must cover the Instep and heel. They must be full boots and not Shin: Guards with instep pads. Boots must cover the whole foot. Groin Guard for senior Boys & Girls, junior Boys and Girls Cadets. They are recommended for Junior Girls and Kids, but not essential. They must be worn under clothing, and not on top. Shin Guards Must is worn under clothing and not on top. Must not be worn higher than the knee Chest Guard must be worn under clothing and not on top. Essential for female juniors and Adults. Recommended for Female Kids (if obviously needed) but not essential.

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 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 may be used on the hand, and bandages of the hand are recommended by tournament director for safety purposes. The Referee may judge inappropriate if too much is used. 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 jewelers 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, from the same gender if possible. If there is no female Judge / referee in duty, a female official can check all female competitors. No referee can touch any fighter during the equipment check.

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 third and fourth exit Warning. The Referee must disqualify a Fighter for the fifth Exit Warning. 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 organizer and to the SGFI Head Office within seven days by the attended head referee. The Fighter must remain suspended until the matter has been dealt with by the Observer. A permanent expulsion from SGFI is a highly likely outcome.

Recording The Scores There must 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. Referee Warnings (for excess power etc), must be recorded on paper by the Scorer. 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 Referee per fight area. The Line Judges must move and not remain static. The Judges and Referee must act as a team as the 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 Referee by calling "Stop". The fighters return to their start point, and the 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, is there only "no score" possible.

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 Referee is not sure about what the Judges are scoring, he may stop the time and 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 Referee must indicate his opinion. A Referee has the same responsibility to indicate, with his raised hand and fingers, the points that he wishes to score. A 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.

Start of the fight. Fighters may be assisted by ONE Coach who must remain seated. The checks are to be done by the line judges, prior to allowing them in to the centre 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".

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, 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 Referee. Time does not stop until the Referee indicates t

he 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.

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.

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 organizer but not compulsory. All Fighters

compete at their own risk. No local aesthetics, plasters or bandages may be administered before or during any contest.

Hand Signals

The following are for use by Judges & Referee

OPINION HAND SIGNAL

- 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 but no score Both hands crossed in front of legs
- 4 Competitor stepped out Run open hand along in the direction of the area border
- 5 Both fighters scored 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. Blind score (not looking at target) Turn the body and punch away without looking
9. Holding or grappling Holding own arm and pull to indicate a holding technique
10. Turning the body or running away Mimic the action or rotate hand

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

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

The Referee Warning System and

The Area Warning System 1st Warning 2nd Warning 3rd Warning = Equaling a minus point 4th Warning = Equaling a second minus point 5th 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 centre 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 fingers 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.

Injury rule If a fighter gets injured and cannot continue, the 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 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 decides "foul", the Referee must penalize the offender. If the MAJORITY decides that there was an accident, there will be no penalty.

The Doctor 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 change any of the SGFI rules, and cannot overrule the Medical Decision.

The Paperwork Referee and 3 x Scoring Judges (Seated) 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.

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 3rd Warning, but the Minus Point is to be deducted from the round TOTAL. A Judge may issue a JUDGE'S 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 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 Referee doesn't see.

Judging a Judge must consider the following before issuing a starting SCORE...Best defense / Best attack / Best counter: attacking / Best use of ring and space / Points scored by using legal techniques, to a legal area, using legal power / Fitness / Variation of techniques and scoring areas / Number of kicks landed / Fitness and condition of the Fighter at the end of the round The number of points scored by a Fighter can be irrelevant if the Fighter only uses his/her hand techniques. Seventy punches and no kicks is not a display of Kickboxing, and should be judged as such. Regardless of other factors, if a Fighter does not kick, they cannot win the round.

Continual Kicking Rule There is no Minimum Kick Count for Light Contact under SGFI 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 Centre Referee. This is at the discretion of the Centre Referee, and may escalate to a Minus Point for repeated Warnings.

Part – Full Contact

Draw Lists Heats must be seeded at all World level competitions wherever rankings are available. Each fighter's name, country and number must be listed. A minimum of four fighters per weight class is obligatory. If there are less than four fighters per category, they must move up to the next

higher weight category. In that case each country must get a minimum of one copy of all Drawing Lists and Name Lists of contestants for free. They should get it at least a few hours before the start of the tournament. There is no way to protest after the drawing.

Physical Examination All fighters must submit to a physical examination by the designated attending physician. At the examination, the fighter must present his/her international fight book (sport pass), which must have been signed by the National Association Physician, no longer than 12 months ago. The attendance of a Doctor in Full Contact, Lowkick, K:1, Thai Boxing and MMA is obligatory, a first Aid Team is not enough! The Official Physician who mandatory attends every match, is the final authority in questions of the safety of the Fighters. He or she may, at any time, stop or terminate a match at his or her discretion. Any match must be supervised by an approved Doctor (Physician). Any and all directions and/or orders from the attending Physician must be immediately complied with. The attending Physician must be qualified as a General Practitioner. If there are more than 200 fighters, a second Physician is obligatory. The attending Physician must follow the rules and regulation of the National Health Board in question as well as be approved by the authorities where such rules apply. No match may start or proceed before the attending Physician is in place, and the Physician may not leave his/her place prior to the decision in the last match. The attending Physician shall be ready to assist if a serious emergency arises, and to administer First Aid in the event of less serious injuries. The Doctor has the right to interrupt or stop a contest by ringing the bell or calling "stop" to the Referee if he /she thinks a Fighter is in danger, and the Referee has not stopped the fight. He/she is also responsible to respond when a Referee calls him/her in case of an injured Fighter. Nobody may attempt to aid a Fighter during a round before the attending Physician has had the opportunity to see the injured fighter. This includes Seconds. If the Doctor enters the ring or he/she must examine the presumed injury, the fight is over and the Judges have to finish the score cards. The result is "won by TKO" or "Disqualification" by unanimous or majority decision. Doctor decisions are in any case final decisions, there is no protest possible. If a fighter is not in possession of his or her fight book with the annual WKF license stamp at the time of the physical examination and the weigh-in, he or she shall not be permitted to fight.

5.1.3 DIVISIONS AND ROUNDS

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

The Fighters must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Male Fighters with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair that applies to female fighters. Male and female junior fighters are not allowed to fight real matches before the age of 15 in junior division. Only with the written approval of the Physician, parents and the coach. From the age of 15 :16 years, (after 14th birthday and before 16th birthday) and providing the local laws allow, Fighters can participate in Junior ring sport division. This include Full contact, Lowkick, K:1 and a chest protector must be worn from all fighters, male and female. From the age of 17 :19 years, (after 16th birthday and before 19th birthday) and providing the local laws allow, Fighters can participate in Cadets ring sport division. This include Full contact, Lowkick, K:1 and a chest protector must be worn from all fighters, male and female.

Clothing for the six Kickboxing fighting categories (quick look up)

Semi Contact Kicks above the waist Long trousers with T:shirt or ladies Top Light Contact Kicks above the waist Long trousers with T:shirt or ladies Top Full Contact Kicks above the waist Long trousers with bare upper body or Top Kickboxing with Low Kicks Kicks to inner/outer thigh Thai shorts and bare upper body or Top K:1 rules Kicks to legs, knees to body Thai shorts and bare upper body to Kicks to legs, Knees, elbows to body Thai shorts and bare upper body

Rounds In all Full Contact / Low Kick / K:1 and Fight will be conducted over 3 rounds of 2 minutes. There is a break of 1 minute duration between rounds. No match featuring juniors and Cadets may

go over more than 3 rounds of 2 minutes. No match featuring Amateur Fighters may go over more than 5 rounds of 2 minutes.

Rules of conduct inside and outside of the ring. 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 centre 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 Fighter's bow to the Referee in recognition of his/her efforts.

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

The Fighter, all Fighters shall be clean and proper. It is the sole prerogative of the organizer to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the Fighters, or poses an obstacle to the unhindered observation of the match. The Referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net. Excessive use of grease or similar substances is prohibited. The Referee can insist that Vaseline, grease or any other similar substances be removed before the fight can start or proceed.

The Fighter's Equipment

All fighters must be equipped in all divisions with approved safety equipment in the form of padded protectors.

1. Individually fitted breast: protector for all Females eligible to fight Full Contact
2. Individually fitted groin: protector for all Male & Females eligible to fight Full Contact
3. Foot protectors which must cover all of the upper foot, and the heel.
4. Shin protectors (but not football type)
5. Individually fitted Head: Protector (Helmet). The top of the head must be protected too. Open helmets are forbidden. No visors or faceguards are allowed.
7. Individually fitted tooth: protector (gum shield)
8. Hand: bandages to a maximum of 2.5 meters
9. Boxing Gloves. 10 OZ in all weight categories

The fighters have the responsibility of bringing their own personal equipment and that of their Seconds to all WKF matches and tournaments. The hands of the fighters must be protected by band ages of soft elastic material, no more than 2 inches (5.08 cm) wide.

Adhesive plaster may be applied directly to the skin in such a manner that it protects the part of the hand closest to the wrist. Its direct application may not exceed 1 (one) unbroken winding on the hand, although it is permitted that the plaster cross the back of the hand 2 (two) times. It may not be placed higher on the hand than at a distance of 1 (one) inch (2.54 cm) from the knuckles when the hand is made into a fist. Over this a layer of elastic bandage is applied and held in place by self: adhesive plaster. The bandages must be approved by the Referee or by the Tournament Director. All fighters with long hair may wear approved hair bands or metal free holders. They must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.

Fighters, No Fighter may participate in any match. Officials shall verify that Fighters compete in their proper weight class. The count of victories is made by adding the number of victories the individual fighter has had (not the number of matches which are irrelevant) and then classifying the fighter accordingly. In order to qualify for a professional status, fighters must have competed in at least 3 approved and verified 3 to 5 round bouts as amateurs.

FIGHTERS CLASSIFICATION

Fighters will be separated by class, N (novice) class to A class, Classification will be defined by the numbers of bouts a fighter wins, not the number of bouts they have had. Fighters will be classified as follows:

N class :3 wins

C class +3 wins

B class +6 wins

A class +12 wins

After having signed a professional contract and having fought as a professional it is no longer possible to revert to amateur status. Except after the first pro fight, the fighter could request for revert in re:amateur status in written form to the T.C.

Seconds

The Second may give up on behalf of his/her Fighter if he/she deems it irresponsible to let the fight continue. This is indicated by the second throwing a towel into the ring.

Prior to every tournament the Head Referee shall call a meeting with all the Judges, Referees and Seconds to clear up any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

Seconds shall support and advise their Fighters during the intermission between rounds. Each fighter may have 2 seconds and only one of these may enter the ring during the intermission.

During the rounds neither of the Seconds may enter the ring, or in any other manner hinder or disturb the proper proceeding of the fight. Seconds shall comply with any and all directions by the Referee. Prior to each round the Seconds must remove buckets, stools, towels from the ring, and if necessary wipe the floor clean of spill water.

The Seconds shall have at their disposal a towel, a sponge, water and grease for the fighter.

During the rounds the seconds may give advice (just in a proper manner), help or in any way encourage the Fighter. Should a Second violate this rule, the Referee can issue a warning or expel the Second, or disqualify the Fighter. A Second who has been expelled may not function as Second in the remaining part of the tournament. A match starts when the Referee gives the command "fight" to begin the first round, and it finishes when the Referee stops the fight in the last round. Only the Fighters and the Referee may be present in the ring during the match. If any other person enters the ring, the fight is immediately over and cannot continue again.

Legal Techniques Full Contact

1. All forms of Boxing in combination with kicks above the waist to the body and the head. The use of Spinning Back Fist only with focus on the opponent
2. Rear (reverse) kicks to the body or the head, spinning back kicks to the body and to the head with full contact to knock out the opponent. Foot sweeps are permitted.

Warnings and Minus Points In case of a serious 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. The Referee shall clearly indicate which fighter has received the warning by pointing his hand. If a Fighter has got a "Warning" because of a foul, no point is to be deducted by the Judges, but they should immediately award

the other fighter with one extra successful punch. If a fighter has got a second Warning because of a foul, no point is to be deducted, but the Judges shall immediately award the other fighter with another two successful punches. Following a Warning the referee shall let the match proceed by commanding „Fight“. Should a fighter receive 3 warnings in one match, immediately he/she gets penalized simultaneously with the first Minus Point (Penalty Point), and one point must be deducted by the Judges on the Scorecard. After three Minus Points in a match, he/she shall immediately be disqualified simultaneously with the last Minus Point being issued.

The Warnings and Penalty (Minus) Points are given for using any illegal technique or doing prohibited actions. This also applies to the Coach or Second.

Illegal Techniques (Fouls)

Full Contact All forms of biting are prohibited. All strikes, blows and punches executed with the palm side of the gloves are prohibited. All kicks to the back and the back of the neck are prohibited. Any form of butting with the head is prohibited. All attacks (strikes, punches, kicks) against the joints are prohibited, Kicks to the groin are prohibited.

Attacking a downed Opponent is prohibited. Also attacking an Opponent who touches the floor with his gloves is prohibited. Spitting out one's tooth protector (gum:shield) is prohibited. Any kind of throwing Holding the ropes and attacking an opponent, any form of clinching or holding the opponent is prohibited. All types of strikes with the elbows are prohibited, any form of kicking with the knees is prohibited. All kicks against the thighs or under the waistline are prohibited, excluding Foot Sweep. Punching to the back or top of the head is prohibited. Punching or Kicking after the Referee calls Stop, or after the bell.

INTENTIONAL EVASION OF CONTEST

A Fighter intentionally avoiding any physical contact with his opponent will receive a Warning from the Referee. If a Fighter continues to avoid a confrontation with his opponent after receiving a Warning during that round, he may be penalized by the Referee with a Minus Point. If the Fighter continues to evade action, either in the same round or in any round, the Referee may, at his discretion, award more penalties, or stop the bout and declare a Technical Knockout. In an instance where the Fighter is purposely going down without being hit, the Referee will automatically administer a Standing 8:count, as specified in the rule on Knock downs.

SGFI amateur division scoring rules. The SGFI Amateur Division's scoring rules in matches have 10 points as the maximum score and 6 points as a minimum score. The use of "clickers", point adding machines, is recommended. The points are awarded to the Fighters by the Judges during each round. Points are given for clean hits according to the following criteria: any legal strike or punch to the body or to the head, to a legal area 1 point any legal foot sweep if the opponent is downed, 1 point any legal kick to the body, to a legal area, 1 point any legal kick to the head, to a legal area, 2 points any legal jumping kicks to the body, 2 points any legal jumping kicks to the head 3 points The Judges shall base their evaluation of the fight on the following guidelines: Best technique / Effective Parries and Counterattacks / Best combinations / Fighting spirit and initiative / Good sportsmanship and fair play / Number of clean hits scored / Number of minus points and knock downs / Defense / Ring:Craft / Fitness To score points all effective legal kicks or punches must hit directly without being blocked or parried on any legal area. For punches and blows the technique must be delivered with the striking zone of the closed glove.

KICKBOXING SCORING CRITERIA - The kicker will always have the advantage

Scoring and points in Full Contact decisions shall be made after the following guidelines: Victory on points (P) If no Fighter dominates and the round is even, the score for the round is 10:10. Following this, points are subtracted from each Fighter's score according to the number of Min us points they have been awarded by the Referee. The winning Fighter of a round gets 10 Points, his/her

opponent gets 9 points. If a Fighter offers no reply during the round, a score of 10:8 can be recorded by the Judges even if there are no Minus Points or Knockdowns. If an official warning was given because of a "foul", the Judges shall immediately mark these warnings with the letter W Warning under "fouls" on the scorecard to indicate that the Fighter has received a Warning. If an official Minus Point was given because of a "foul" and not just a warning, each Judge must deduct 1 point from the scorecard of the involved fighter, immediately when the round is over. (i.e. 10:9 assuming neither Fighter dominated). The Judges shall always mark these points with the letter M (for Minus Point) under "fouls" on the scorecard to indicate that the Fighter has received a Minus Point. If a second official Minus Point was given in the same round, each Judge must deduct 2 points from the score of the involved fighter, immediately when the round is over. (i.e. 10:8 assuming neither Fighter dominated) In case of a third official Minus Point in that match, the fight is over immediately by Disqualification. If a Fighter gets counted, each Judge must deduct 1 point from the Scorecard, immediately when the round is over (i.e. 10:9 becomes 10:8 because of the Knockdown). The Judges shall always mark this knockdown with the letter K (for Knockdown) under "KD" in the Scorecard to indicate that the Fighter has received a Knockdown. At the conclusion of the match all rounds are added up to the final score (i.e. 30:27) and the Fighter with more points on the Scorecards shall be declared the winner. Should a Judge observe a violation that has apparently escaped the notice of the Referee, and if he/she subsequently imposes a reasonable sanction upon the fighter committing the violation, he/she shall indicate that he/she has done just that by marking the points of the violating fighter with the letter J (for judge's minus) and in writing state his/her reasons for the sanction. This incurs a Minus Point for the Fighter concerned. Victory by attending Physician stopping the contest or because of injury (DOD) The attending Physician is the supreme authority in

questions relating to the safety of the Fighters, and may demand that the match be stopped. If one of the Fighters is injured, it is only the Doctor's decision to stop the fight, or the Fighter him/herself or his/her Coach wants to retire from the fight. The attending Physician may stop any match regardless of it being a World or European championship or any other important match. Should the attending Physician wish to stop a match to examine a fighter, he/she must first inform the Referee. The Referee then stops the match until the Physician has examined the Fighter, but only to decide that the fight can continue or not. This examination must take place in the ring and have a maximum duration of one minute. Any kind of treatment of the Fighter is explicitly forbidden and would finish the fight immediately. Should this time not be sufficient, the Referee shall end the match. If one of the Fighters is injured and the fight is over because of a foul, the innocent Fighter is declared the winner. In case of an accident, the Judges have to finish their Scorecards, and the contestant with the highest number of points is declared the winner. If both Fighters are injured or knocked out simultaneously, and neither is able to continue the match, the Judges shall add up each Fighter's points, up to the time the fight was stopped, and the fighter leading on points shall be declared the winner.

Should this situation occur in the first round, the match shall be declared "No Contest" and no winner is declared. Giving Up (SUR)

In cases where a Fighter voluntarily gives up because of injuries, or for any other reason, or if he or she does not resume fighting immediately after the intermission between rounds, the opponent shall be declared the winner. In these cases the Second shall throw a towel into the ring to signal that his/her Fighter gives up. Victory by Referee stopping contest (RSC) The Referee may stop a match if a Fighter is clearly outmatched or if he/she is a hazard to his/her own safety after the following guidelines: If a Fighter in the judgment of the Referee is clearly overmatched and will face unnecessary punishment in the ring should the match be allowed to go on. If a Fighter in the judgment of the Referee is unable to continue the match due to injuries or for any other physical reasons, the Referee must stop the match and call the official match Doctor to the ring.

No referee can decide how seriously a fighter is injured, He / She must call the doctor .

No Contest (NC) A match may be stopped by the Referee before the prescribed time due to circumstances beyond the control of the Fighters or the Referee:

1. The referee has to stop the match before the first round has finished.
2. The safety equipment of the ring has been damaged.
3. The ring is unsafe for use.
4. The lighting over the ring is failing
5. Weather conditions force the referee to stop the match.

Under such circumstances the match shall be stopped and a "no contest", with no winner is declared. Victory by Walk:Over (WO) If one Fighter is present in the ring and ready to fight and his/her opponent fails to show after his/her name has been called

over the loudspeaker, the Referee shall signal the Referee's Table to start with the running of 1 minute. If the opponent has not entered the ring within a time limit of 1 minute, the Timekeeper shall strike the gong to signal that the match has been stopped. The Referee shall then announce the Fighter who was first in the ring & declare him/her the winner by "Walk:Over".

The Judges shall note this on their cards, which are then collected. The Judges shall then summon the fighter who has won on Walk:Over to the centre of the ring, and thereafter the announcement of the decision, raise his/her hand and declare him/her the winner.

The Three Knockdown Rule There will be a "Three Knockdown Rule" in effect in any bout. The Referee will in all circumstances have to stop the contest when 3 knockdowns or Standing 8 counts in one round, or 4 standing counts in the fight occur. Before a

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

Minimum Kicking Requirement : MKR Rule In all matches there will be no Minimum Kicking Requirement. Kicking Judges will not be required.

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 Fighter who was knocked down.

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

A fighter may not be saved by the bell, even in the last round. However, if the bell sounds, ending a round, before a Fighter begins to fall, the Fighter will be allowed to return to his corner, being helped, if necessary, by only one of his Seconds. 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 Fighter does not rise before the count of ten, he will be declared Knocked Out and the bout will be awarded to his opponent. 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 Fighter's corner personnel and the Ring Physician to attend the downed Fighter.

A Fighter will be declared Knocked Down if any portion of his body other than his feet touch the floor. A Fighter will not be declared Knocked Down if he is pushed or accidentally slips to the floor. The decision as to whether a contestant has been pushed or slipped to the floor, rather than being knocked down, will be made by the Referee.

If the fighter taking the count is still down when the Referee calls the count of ten, the Referee will wave both arms to indicate that he has been Knocked Out, and will signal that the opponent is the winner. A round's ending before the Referee reaches the count of ten, will have no bearing on the count. There is no saving by the bell. In all bouts, the fallen Fighter must rise before the count of ten to avoid being knocked out. The Referee may determine during the rest period between rounds, that a Fighter is unable to continue the bout safely and is thus the loser of the bout by Technical Knockout. The Referee may, at his discretion, request that the ringside Physician examine a Fighter during the bout. Should the examination occur during the course of a round, the clock shall be stopped until the examination is complete. If both Fighters go down simultaneously, counting will be continued as long as one of them is down. If both fighters remain down until the count of ten, the bout will be stopped, and the decision will be a Technical Draw. If one Fighter rises before the count of ten and the other Fighter remains down, the first Fighter to rise shall be declared the winner by Knockout. If both Fighters rise before the count of ten, the round will continue. If a Fighter gets counted, each Judge must deduct 1 point from the scorecard, immediately when the round is over. The Judges shall always mark this knockdown with the letter K (for knockdown) under "KD" in the Score: Card to indicate that the Fighter has received a knockdown.

6. Part – Kickboxing with Low Kicks

Lowkick rules called freestyle rules. The rules for this style are as per Full Contact except for...

All forms of Boxing in combination with kicks above the waist to the body and the head. The use of Spinning Back Fist only with focus on the opponent. Kicks are allowed (Low Kicks) to the thighs, inside and outside. (Tibia) Kicks are only allowed higher than four inches above the knee and not to the calf. Foot and Shin Protectors are compulsory (not voluntary) in Kickboxing with Low Kicks Fighters must wear Thai Shorts. Under Lowkick (Freestyle) rules, leg checking is allowed within the parameters defined by the rules that govern leg kicks and strategies for blocking with the legs. It is the Fighter's choice whether or not to follow :up his legal sweeping attempt. Follow:up techniques must land on the opponent prior to any part of his body touching the floor (other than the soles of his feet). As always, striking a downed opponent is illegal. A successful sweep is not considered a knockdown.

7. Part K-1 Rules

The rules for K-1 style are the same as for Lowkick except...

Shin Protectors are compulsory (not voluntary) in K:1 style rules Clinching is not allowed. Under K:1 Rules, limited "neck wrestling" is permitted for the purpose of executing knee strikes to the front or sides of the torso (lower limit the waistline, level with the navel : upper limit the chest, immediately below the line of the clavicle). A fighter may not continue a "neck wrestling" strategy after the first knee strike under K:1 Rules. The Referee has immediately to break the fighters or stop the fight after the first knee strike in clinch situations. Under K:1 rules, supporting one leg for a single attempt to kick out the other is allowed, provided that the attempt is made within five seconds in the Referee's estimation. Only one such attempt is allowed and must be executed away from the illegal area around the knee joint. Under K:1 rules, leg checking is allowed within the parameters defined by the rules that govern leg kicks and strategies for blocking with the legs. It is the Fighter's choice whether or not to follow :up his legal sweeping attempt. Follow:up techniques must land on the opponent prior to any part of his body touching the floor (other than the soles of his feet). As always, striking a downed opponent is illegal. A successful sweep is not considered a knockdown. Full Contact Kicks against the opponents guard in K:1 Rules shall be scored, when they have a damaging effect upon the opponent.

8. Part – Thai Boxing

The rules for this style are as per K-1 rules except for...

The following are acceptable techniques...

1. Knee attacks to the body and kicks with the shin to the thighs, body and the head (and the arm if used with force).
2. Clinching (holding) and attacking at the same time with knees and elbows or any strikes.
3. Elbow strikes to the body.
4. Flat throws below the waist line, only in clinching situations.
5. The use of Spinning Back Fist only with focus on the opponent.
6. The use of Kicks to the whole leg above or below the knee.

Under Thai rules, supporting one leg for a single attempt to kick out the other is allowed, provided that the attempt is made within five seconds in the Referee's estimation. Only one such attempt is allowed and must be executed away from the illegal area around the knee joint. Under Thai rules, leg checking is allowed within the parameters defined by the rules that govern leg kicks and strategies for blocking with the legs. It is the Fighter's choice whether or not to follow up his legal sweeping attempt. Follow-up techniques must land on the opponent prior to any part of his body touching the floor (other than the soles of his feet). As always, striking a downed opponent is illegal. A successful sweep is not considered a knockdown. Full Contact Kicks against the opponent's guard in Thai Boxing shall be scored, as they have a damaging effect upon the opponent. Shin Protectors are compulsory (not voluntary) in Thai Boxing

The Following are Fouls in Thai Boxing...

All forms of biting are prohibited.

All strikes, blows and punches executed with the palm side of the gloves are prohibited.

All kicks to the back and the back of the neck are prohibited.

Any form of butting with the head is prohibited.

All attacks (strikes, punches, kicks) against the joints are prohibited. Kicks to the groin are prohibited.

Attacking a downed Opponent or an Opponent who touches the floor with his/her gloves is prohibited. Spitting out one's tooth protector (gum:shield) is prohibited.

Any kind of throwing above the waistline Holding the ropes and attacking an opponent, also in clinching situations Punching to the back or top of the head Linear or striking/ kicking to the spine Strikes and kicks after the Referee calls stop, or after the bell.

Thai Boxing Scoring Criteria

The winner of a bout is determined by two main scoring criteria:

a) The number of clean Muay Thai techniques striking a legitimate target, or used successfully against an opponent. Muay Thai techniques include all punching technique using the fist and forearm, all elbow strikes, all knee strikes, Round Kicks, Front, Side and Back Push Kicks and Muay Thai throws. Legitimate targets include all areas of the body (except deliberately striking the groin area or any part of the back), the tibia (shin) when used in a blocking action, and the fore arm when used in a blocking action.

Note :- a) strong Kicks to the upper arm score. b) The effectiveness of the techniques.

Effectiveness

Effective techniques are defined as Muay Thai techniques delivered on balance and have a physical effect on a competitor. To be considered effective techniques, strikes or throwing actions are to comprise of one of the following.

i) to cause a loss of a Fighter's balanced position. (They are moved physically either due to the power of the strike, good timing or because of a Fighter's loss of balance) or...

ii). to cause them to show physical or psychological distress, (showing fear or pain).

iii). Round Kicks delivered with force cleanly hitting the body or neck 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.

iv). All Elbow Strikes that cut are considered effective without any other obvious effect.

v). If a Fighter 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 are knocked down to the canvas by a kick, the Fighter kicking their opponent to the canvas scores as well. However, if the Kicker with his kicking leg caught by an opponent pretends to fall down on the ring floor, they are considered guilty of violating the rules. In this case, no Fighter scores a point.

Notes: The winner of a bout is the Fighter 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 Fighter was clearly more proactive in attempting to attack during the bout, they should win the bout. If the number of strikes scored by each Fighter is equal and no contestant has clearly attacked more, the Fighter who shows better offensive skills, defensive kills, elusive skills, or counterattacking skills using Muay Thai arts and techniques wins the bout. If Fighters are otherwise equal and one Fighter clearly fouls consistently, that Fighter who violates the rules loses the bout. If neither Fighter delivers any effective strikes, the Fighter that lands more ineffective strikes should be awarded the bout.

7.1.4 Fouls

Biting, head butting, eye poking, sticking out the tongue to taunt an opponent. Using Judo and Wrestling throws. Hyper:extending an opponent's spine using a "back breaking type hold" is to be considered a Foul. Catching an opponent's leg and pushing forwards more than two steps without either contestant using any attacking techniques.

After a Fighter gets their leg caught, they deliberately drop to the floor to avoid being hit.

Any knee strike to an opponent's protective cup is a Foul. If the Referee considers this to be a forceful strike, they can award up to a maximum of five minutes to recover. After this period, if the injured Fighter refuses to continue, the Judges must decide whether it was a purposeful Foul or an accidental Foul. The rules on injuries are the same as for

Full Contact (Section 5.2.5). Deliberately kicking upwards, targeting the protective cup is considered a Foul. However, if the protective cup is kicked accidentally when attempting to kick another target, this is not a foul and the injured Fighter must continue. Disobeying the Referee's commands cannot be allowed, and will be treated as a Foul.

Impeding an opponent from rising from the canvas or getting back into the ring is also to be considered a Foul.

Scoring procedure for the contest A Full ten (10) points are given to the winner of the round and his opponent may be given 9 : 8 : 7 points in proportion.

a) For an even round, both boxers score full ten (10) points (10:10)

b) The winner scores ten (10) points and the loser scores nine (9) points (10:9)

c) The clear winner of a round scores ten (10) points and the loser scores eight (8) points (10:8)

d) The winner of a round with his opponent having been counted once in that round scores ten (10) points and the loser scores eight (8) points (10:8).

e) The clear winner of a round with his opponent having been counted once in that round scores ten (10) points and the loser scores seven (7) points (10:7)

f) The winner of a round with his opponent having been counted twice in that round scores ten (10) points and the loser scores seven (7) points (10:7)

g) The Fighter who has been cautioned must not get full ten points in that round. The Referee's Caution can cost one (1) point each.