

# **RULES AND REGULATIONS FOR AMATEUR FULL CONTACT K1**

## **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 (Physician) in Full Contact, Low kick, K1, Oriental, MMA and Thai Boxing 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 point sheets (point 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 ISKA license stamp at the time of the physical examination and the weigh-in, he or she shall not be permitted to fight.

## **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 apply to female fighters.

Male and female junior fighters are not allowed to fight real matches except for Light Contact before the age of 14, and then only on condition of having at least 1 year of fighting experience as well as the written approval of the National Association Physician.

From the age of 14 years, and providing the local laws allow, Fighters can participate in Cadet Full Contact which have separate rules to be adhered to.

<b>K1</b>	Thai shorts and bare upper body
<b>Thai-Boxing</b>	Thai shorts and bare upper body
<b>MMA</b>	MMA shorts and bare upper body
<b>Rounds</b>	

In all Kickboxing / Thai / K1 divisions fought in the ring, the Fight will be conducted over 3 rounds of 2 minutes (1 ½ minutes for junior). 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 Fighters bow to the Referee in recognition of his/her efforts.

Violation of ISKA 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 ISKA 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 and Females eligible to fight Full Contact
3. Shin protectors (but not football type)
4. Individually fitted Head-Protector (Helmet). The top of the head must be protected too. Open helmets are forbidden. No visors or faceguards are allowed.
5. Individually fitted tooth-protector (gum shield)
6. Hand-bandages to a maximum of 2.5 meters or Tape/Bandage (no excessive bumpers see below\*)
7. 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 WMO matches and tournaments.

\*The hands of the fighters must be protected by bandages 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 and Seconds**

No Fighter may participate in any match without an up-to-date fight book with official annual ISKA license stamp.

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 or 4 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.**

### **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 spilt 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 stop's 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**

1. All forms of Boxing in combination with kicks above the waist to the body and the head.
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.
3. Under K1 Rules contestants are allowed to knee to the body or legs only and to use only one hand to clinch the head with. After knee attempts the clinch will be broken immediately and the contest then resumed.
4. Under K1 rules, supporting one leg for a single attempt to kick out the other is not allowed.
5. Kicks to the thighs are allowed (Tibia Kicks), inside and outside higher than four inches above the knee. Full Contact Kicks against the opponent's legs in K1 Rules shall be scored, as long as they have a damaging effect upon the opponent.
6. Under K1 AM rules, leg checking is allowed within the parameters defined by the rules that govern leg kicks and strategies for blocking with the legs
7. Under K1 AM rules knee strikes to the body and legs are permitted BUT NOT to the head
8. Shin and In-Step pads must be ISKA Approved "Hard" pads and NOT elasticated sock type and be no higher than the knee.
9. Fighters must wear Thai/kickboxing Shorts and bare chest

10. There is no follow up to a successful sweep and striking a downed opponent is illegal. A successful sweep is not considered a knockdown.

## **11. NO SPINNING BACKFISTS allowed as this is AMATEUR NOT PROFESSIONAL**

### **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 but 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.
- Spinning Back Fist for any other class than A & B Class Fighters
- Punching to the back or top of the head is prohibited.

- Punching or Kicking after the Referee calls Stop, or after the bell.
- Back Fist

### **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 Knockdowns.

### **ISKA Amateur Division Scoring Rules.**

The ISKA 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 not recommended as this only scores offence & not Ring-Craft, Defense etc.

The points are awarded to the Fighters by the Judges during each round.

The Judges shall base their evaluation of the fight on the following guidelines:

1. Number of clean hits scored.
2. Effective Parries and Counterattacks.
3. Best combinations.
4. Fighting spirit and initiative.
5. Good sportsmanship and fair play.
6. Best technique
7. Number of minus points and knock downs.
8. Defence
9. Ring-Craft
10. 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**

#### **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 Minus 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 (for 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 stop the match and declare the opponent the winner.

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 as fighter safety is paramount. The Referee will in all circumstances have to stop the contest when a 3rd Knockdown or Standing 8 count 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.

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

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.