



WORLD MARTIAL ARTS COMMITTEE

AMATEUR RULES FOR TOURNAMENTS

Version 4.6 - 2023

Chapter 4: Kickboxing (Mats + Wrestling)

Oriental Boxing & Thai Boxing



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World Martial Arts Committee

TABLE OF CONTENTS

PART 4 - KICKBOXING	4
ARTICLE 24. GENERAL RULES OF KICKBOXING.....	4
ARTICLE 25. LIGHT CONTACT KICKBOXING	5
ARTICLE 26. LOW-KICK LIGHT CONTACT (KICK-LIGHT)	9
ARTICLE 27. SEMI-CONTACT KICKBOXING (POINT-SPARRING).....	12
ARTICLE 28. KICKBOXES after K1.....	16
ARTICLE 29. THAIBOXING &.....	20
ARTICLE 30. FULL CONTACT - KICKBOXING.....	24
ARTICLE 31. LOWKICK.....	28
ARTICLE 32. ORIENTAL BOXING	32

Introduction:

This rulebook replaces all previously issued rules and incorporates the official WMAC Amateur Competition Rules. These rules are valid for all members. Local However, requirements and circumstances may be considered if necessary. The official language of the IRC is English. This rulebook may be translated into other languages by the IRC. However, in the event of any discrepancy, the official English version alone shall prevail. Without special written permission of the WMAC or the IRC, this rulebook may not be copied, published or distributed. This includes electronic, digital, physical and all other forms of reproduction. This rulebook can be downloaded free of charge from the official WMAC website as a PDF file. be loaded.

NATIONAL MARTIAL ARTS COMMITTEE International Rules & Guidelines



January 2023

Dear Reader,

we are very pleased to release version 4.6 of our World Martial Arts Committee Rules and Guidelines. This is definitely the most detailed set of rules for tournaments available today and we are proud to publish it for your use. This has been made possible entirely through the hard work and dedication of individuals from around the world. We would like to sincerely thank all individuals for their contribution to this detailed rulebook.

All these rules and guidelines, which can be found in this document, are to be applied at WMAC sanctioned events. In this case, they may not be deviated from except in exceptional circumstances and then only with the written permission of the Referee's Representative (IRC) in conjunction with the Supervisor of the event. The instructions and decisions of the Referee Supervisor regarding these rules are final and binding. In the event of complaints/protests, his decision shall be final and binding!

This rulebook can also be used for non-sanctioned events. In this case, the organiser of the event must include the following in writing in the announcement: "This event is organised according to the official WMAC rules".

The World Martial Arts Committee is constantly striving to develop further. We are constantly working on the development of our set of rules and their dissemination in events and tournaments. This set of rules should be checked before the events in order to discuss any changes with us and to incorporate them.

With best regards

Mit besten Grüßen



WMAC World President

PART 4 - Kickboxing

ARTICLE 24. GENERAL RULES KICKBOXING

24.1 Classes:

24.1.1 **Gender** - Each class is divided into male and female.

24.1.2 **Age groups** - from 7 to over 45 years:

(Full contact disciplines start at the age of 15 and end at the age of 55).

Description	Age groups
Children	U13
Juniors	U15
Cadets	U18
Adults	+18
Veterans	+ 35
Master	+ 45

24.1.3 **Class divisions** - Due to the many differences in martial arts styles, the colour of the belt (Japanese Kyu Ranking or other grading) may not apply to all.

The following guidance will serve as a **basis for** determining the appropriate classification of an athlete. Years of experience will be the common factor in determining an athlete's suitability in an event.

Description	Martial arts experience in years	WMAC belt
Beginners	1 to 3 years	Yellow - Blue
Advanced	More than 3 years	Red, Brown
Black belt	various	Black

24.1.4 **Weight classes** - Weight classes are divided into the specific classes see overview.
Article 14 - General Rules)

(see

24.2 Weighing

24.2.1 Each athlete will be weighed at the registration before the competition (U13 tolerance 1kg, rest 0 tolerance).

24.2.2 The participant must present a valid sports passport / passport or identity card and show it at registration and at the weigh-in.

- 24.2.3** The weighing of the participants will be carried out by the registration in cooperation with the organising team (scribes & helpers) and under the supervision of the WMAC event organisation team.
- 24.2.4** Athletes shall be weighed at the time of the official weigh-in. Weighing of competitors must be completed within the allotted time. Competitors may be without clothing or wearing only their underwear when they are weighed (ATTENTION: gender-specific weighing with visual protection).
- 24.2.5** Participants may (VOLUNTARILY) bring their equipment to the weigh-in. Their equipment will be inspected. If it does not meet WMAC standards, the athlete must obtain appropriate WMAC approved equipment by the start of the bout.
- 24.2.6** The weigh-in will start at the lower weight categories. A competitor whose weight does not meet the requirements of the category and cannot correct the weight within a time limit (end of weigh-in) of the weigh-in will be excluded from the tournament or will be placed in the next higher category.
- 24.3 Scoring** - Scoring is explained in the specific classes (25.16).

ARTICLE 25. LIGHT CONTACT KICKBOXING (LC)

25.1 Description of this discipline - Light contact kickboxing is a controlled contact sport - light contact means the maximum blow would only touch the surface of the clothing & skin or the protective equipment - without injury to the opponent and without permissible KO (mat sport).

25.2 Class divisions:

Men/ Women	U13	-25kg, -30kg, -35kg, -40kg, -45kg, -50kg,+50kg
Men	U15	-40kg, -45kg, -50kg, -55kg,-60kg, -65kg, -70kg, +70kg
Women	U15	-40kg, -45kg, -50kg, -60kg, -65kg, +65kg

Men	U18	-50kg, -55kg,-60kg, -65kg, -70kg, -75kg, -80kg, +80kg
Women	U18	-50kg, -60kg, -65kg, -70kg, +70kg

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

Men	Veterans/ Masters	-75 kg, -80 kg, -85 kg, -85kg
Women	Veterans/ Masters	-60 kg,- 65 kg, -70 kg, +70kg

Weight classes may be combined at the discretion of the Supervisor with the approval of the WMAC. (see Article 2.3)

25.2.3 Team categories Team Fight (TN) & Tag Team (TT):

25.2.3.1 Age - Under 13, Under 15, Under 18, Adults, Veterans, Masters

25.2.3.2 Gender - men's teams and women's teams or mixed teams

25.2.3.3 Weight classes - There is no subdivision.

25.2.3.4 Number of participants - 3 persons, mixed teams 3+1 person

25.2.3.5 Score - Team Fight:

Each member of the team must fight a member of the other team and the team with the most points will be declared the winning team. In the event of a tie, one member of each team will compete in a deciding match. The victory of this match will be used as the basis to declare the winning team.

Scoring - Tag Team:

In a round, each team member can be substituted a maximum of once by clapping gloves after an interruption of the fight.

25.2.3.6 Rules - According to the rules of light contact kickboxing, time per round = 1 min.

25.3 Uniform - Competitors must wear appropriate martial arts/kickboxing trousers with a top or T-shirt. Athletes are not required to wear a belt during the bout unless they are wearing a traditional karate suit.

Competitors are not permitted to wear costumes/theatrical dresses, masks or other items that are not in keeping with the practice of kickboxing. Competitors with long hair must use a simple scrunchie. Glasses are NOT permitted.

25.4 Performance Area - Fighting takes place on a mat area of 6 by 6 metres or in the ring from U18 (see Article 3.3).

25.5 Entering & Exiting the Competition Area - Athletes will be shown where they are entering the competition area and may only do so at that point (RED or BLUE corner).

Before the BATTLE begins, the Referee will check that all Judges and table crew are ready. He will also check the area for any dirt or obstacles.

The Judges will check the athletes' protective equipment so that the contestants are ready. They should now move to the starting position in the centre for the HKR.

Before the start of each round, participants will go back to the starting point in the middle.

When the bout is over and the winner has been announced, they bow first to each other, then to the judges who return the bow. The athletes then go to the opposing coach and bow in thanks. They return the salute. Finally, the athletes leave the area where they entered it.

25.6 Referees & Judges - The competition will be judged by min.2 max.3 Judges and 1 Referees will officiate in the "fight through" mode. The judges placed at the corners count the points seen. The bout itself is conducted by a Referee who moves around the area with the contestants. He is responsible for ensuring that the rules are observed.

His main responsibility is the safety of the athletes.

25.7 Protective equipment:

25.7.1 Men - head guard which also protects the upper area, mouth guard, 10oz gloves, groin guard, shin guard, foot guard (kickboxing shoes allowed). U13 athletes may wear 8oz gloves and an additional face guard (plexiglass only allowed - must be shown to the MR before the bout).

25.7.2 Women - head guard that also protects the upper area, mouth guard, 10oz gloves, chest guard, shin guard, foot guard, groin guard (kickboxing shoes allowed). U13's may also use 8oz gloves and a face shield (plexiglass only - must be shown to the Referee prior to the start of the bout). ATTENTION: Chest protectors are recommended in all classes but are only required if the chest is visible!

(only allowed with plexiglass - must be shown to the Referee before the match).

25.8 Safety of Athletes - It is the Referee's central responsibility to ensure the safety of the athletes. He is obliged to carry out the doctor's instructions in the event of injury and, if necessary, not to allow the contestant to continue fighting.

25.9 Competition time - 120 seconds (2 minutes) per round.

25.10 Number of rounds - 2 rounds until the final and in the final also 2 rounds, except U13/U15 = only one round.

25.11 Time-Out - Only the Referee has the right to stop a bout if it has already started. He must call a time-out whenever there has been a violation of the rules. The bout will be stopped until the Referee gives the order to continue. He may stop the bout at the request of one of the Judges, the coaches, the competitors or any other official. The Referee alone decides on time-outs and need not be compelled to do so by outside sources. (EXCEPTIONS Doctor & Supervisor)

If the competitor does not enter the competition area with the required complete safety equipment, he/she will be given one minute to get fully equipped. Thereafter, minus points will be awarded at the rate of one minus point per minute until the competitor is disqualified. This rule applies also to non-announced STAYING AWAY from the bout. After the 3rd call by loudspeaker the time will be stopped and the rule will come into force. Exception = announced late arrival, e.g. double start on another area. In this case the Referee may bring forward a complete bout to give the competitor time to get ready.

25.12 Permitted striking areas - front of head and face, sides of head, front and side of body, foot sweep at foot guard level = foot outside or inside.

25.13 Areas not permitted to be hit - back of head, top of head, neck, nape of neck, back, anything below the belt. Excluding the outside and inside of the foot.

25.14 Legal techniques:

25.14.1 Hand - straight fist techniques, hooks, uppercuts

25.14.2 Legs - forward kick, round kick, side kick, back kick, hook kick, diagonal kick, axe kick, twisted kicks, jump kicks, jumped twist kicks, foot sweep

25.15 Prohibited Techniques - blind punching, twisted fist back, front fist back, elbow, knee, hand edge, palm edge, finger tips, scratching, palm of the hand, choking, clinch, 360° foot sweep and any other technique which may be deemed dangerous by the Referee.

25.16 Scoring:

Victory is awarded when the majority of the three judges award to one corner. The Referee calls "JUDGES - SCORE". Then all Judges score by hand signals to the respective corner of the winner. They will stand with their backs to the Referee Table. ATTENTION: A count in the Light contact is only permissible due to massive condition weaknesses, but not due to too hard striking contact.

The Referee may EVALUATE in the middle, if necessary - this is legitimate but should be the Exception remain. If all 3 side judges are available, the HCR may NOT score. Only 3 judges are allowed to score.

A hit is when a legal technique reaches a legal hitting area with the athlete controlling and observing the technique.

Scoring: ATTENTION all Referees Except the Referee must count their scores with "clickers". NO score keeping in mat sports!

any fist	technique1 point
Kick to the body	1 point
jumped kick to the body	2 points
kick to the	head2
points	
Jump kick to the	head3 points

- Techniques must be executed in a controlled manner, with non-injurious force.
- Clear and clean techniques will be scored, but no wiping techniques or pushed fist techniques.
- Athletes cannot receive a warning and a point for a technique at the same time.
- Athletes cannot score if the technique hits in the fall.
- Athletes cannot receive points for techniques that are performed from the floor. (No wheels Capoeira kicks etc.) Only the soles of the feet may touch the floor during the fight.

25.17 Warnings and Disqualification - Warnings will be given:

1. if contact is too hard
2. for blind techniques
3. When a technique poses a danger to the opponent or oneself
4. when illegal techniques are used
5. in the event of unsportsmanlike conduct
6. when speaking during the fight
7. when not being able to defend oneself
8. when trying to avoid the fight
9. when the back is turned
10. when deliberately touching the ground with the hands for the purpose of an illegal technique
11. when deliberately leaving the fighting area
12. The Referee, in consultation with the Judges, may prevent a competitor from continuing at any time if the competitor appears to be unfit or unable to defend him/herself or is a danger to him/herself or others (RSC or disqualification).
13. Any other technique that HKR and SKR deem unqualified or dangerous warrants a warning.

25.17.1 Warnings shall be given as follows:

1. Official warning (NO PUNISHMENT = ATTENTION!)
2. Official warning & 1 point minus (= 5 hits FOR the opponent / clicker)
3. Official warning & 1 point minus (= 5 hits FOR the opponent /clicker)
4. Official Warning & Disqualification

Depending on the nature of the infraction, the Referee, in consultation with the Judges and the Event Supervisor, may disqualify for the first INSPORTS INFRINGEMENT.

25.18. Should the competitor not be able to continue due to a permissible hit resulting in an injury, the bout is automatically considered lost for the injured person. Medical Time is allowed for a maximum of one round =2 min. However, if the injury is caused by a violation of the rules or deliberately too hard contact, the offender is to be penalised (e.g. minus point or disqualification). In this case BOTH are eliminated from the competition.

ARTICLE 26. LIGHT CONTACT WITH LOW-KICK = KICK-LIGHT (KL)

26.1 Description of this discipline - Light contact kickboxing with low kick is a controlled contact sport. Light contact means the maximum blow would only touch the surface of the clothing/skin or the protective equipment without causing injury to the opponent. There is no permissible KO in this discipline (mat sport).

26.2 Class divisions:

Men/ Women	U13	-25kg, -30kg, -35kg, -40kg, -45kg, -50kg, +50kg
Men	U15	-40kg, -45kg, -50kg, -55kg, -60kg, -65kg, -70kg, +70kg
Women	U15	-40kg, -45kg, -50kg, -60kg, -65kg, +65kg

Men	U18	-50kg, -55kg, -60kg, -65kg, -70kg, -75kg, -80kg, +80kg
Women	U18	-50kg, -55kg, -60kg, -65kg, -70kg, +70kg

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

Men	Veterans/ Masters	-75 kg, -80 kg, -85 kg, +85kg
Women	Veterans/ Masters	-60 kg, -65 kg, -70 kg, +70kg

Weight classes may be combined at the discretion of the Supervisor with the approval of the WMAC. (see Article 2.3)

26.3 Uniform - Competitors must wear appropriate martial arts/kickboxing shorts with a top or T-shirt. Athletes are not required to wear a belt during the fight.

Competitors are not permitted to wear costumes/theatrical dresses, masks or other items that are not in keeping with the practice of kickboxing. Competitors with long hair must use a simple scrunchie. Glasses are NOT permitted. Contact lenses are permitted.

26.4 Performance Area - Fighting takes place on a mat area of 6 by 6 metres or in a boxing ring from U18 (see Article 3.3).

26.5 Entering & leaving the competition area - Entering & leaving the competition area - Athletes will be shown where they enter the competition area and may only do so at that point (RED or BLUE corner).

Before the BATTLE begins, the Referee will check that all Judges and table crew are ready. He will also check the area for any dirt or obstacles.

The Judges will check the athletes' protective equipment so that the contestants are ready. They should now move to the starting position in the centre for the HKR.

Before the start of each round, participants will go back to the starting point in the middle.

When the bout is over and the winner has been announced, they bow first to each other, then to the judges who return the bow. The athletes then go to the opposing coach and bow in thanks. They return the salute. Finally, the athletes leave the area where they entered it.

26.6 Referees & Judges - The competition will be judged by min. 2 to max. 3 judges in the mode of "Fighting through" guided. The SKRs placed at the corners or sides of the ring count points seen. The bout itself is officiated by a Referee who moves around the area with the contestants. He is responsible for ensuring that the rules are followed. **His main responsibility is the safety of the contestants.**

26.7 Protective equipment:

26.7.1 Men - head guard that also protects the upper area, mouth guard, 10oz gloves, groin guard, shin guard, foot guard (kickboxing shoes allowed). U13's may also use 8oz gloves and a face shield (plexiglass only - must be shown to the Referee prior to the start of the bout).

26.7.2 Women - head guard that also protects the upper area, mouth guard, 10oz gloves, chest guard, shin guard, foot guard, groin guard (kickboxing shoes allowed). U13's may also use 8oz gloves and a face shield (plexiglass only - must be shown to the Referee prior to the start of the bout). ATTENTION: Chest protectors are recommended in all classes but are only required if the chest is visible!

26.8 Safety of Athletes - It is the central responsibility of the Referee to ensure the safety of the opponents. In the event of injury, the Referee is obliged to follow the instructions of the medical staff and, if necessary, to stop the athlete from continuing to compete. The doctor may only treat on the FLOOR in an EMERGENCY, otherwise he may only diagnose whether the athlete can/should continue to fight. For this purpose there is the Medical Time = max.2min.

26.9 Competition time - 120 seconds (2 minutes) per round.

26.10 Number of rounds - 2 rounds until the final and in the final also 2 rounds, except U13/U15 = only one round.

26.11 Time-Out - Only the Referee has the right to stop a bout if it has already started. He must call a time-out whenever there has been a violation of the rules. The bout will be stopped until the Referee gives the order to continue. He may stop the bout at the request of the Judges, the coaches, the competitors or any other official. The Referee alone decides on time-outs and does not have to be coerced by outside parties. (EXCEPT Doctor & Supervisor)

If the competitor does not enter the competition area with the required complete safety equipment, he/she will be given one minute to get fully equipped. Thereafter, one minus point per minute will be deducted, up to and including disqualification. This rule also applies to unannounced absence from the bout after the 3rd loudspeaker call.

26.12 Permitted hit areas - front and face of head, sides of head, front and side of body, inside/outside ankle for foot sweep at foot guard level, inside/outside thigh.

26.13 Not allowed to hit areas - back of the head, top of the head, neck, back, anything below the belt - except ankles & thighs.

26.14 Legal techniques:

26.14.1 Hand - straight fist techniques, hooks, uppercuts.

26.14.2 Legs - Forward kick, round kick, side kick, back kick, hook kick, diagonal kick, axe kick, twisted kicks, jump kicks, jumped twist kicks, foot sweep, low kick.

26.15 Prohibited Techniques - blind punching, spinning back fist, front fist, elbow, knee, hand edge, palm edge, finger tips, scratching, palm of the hand, choking, clinch, 360° foot sweep and any other technique which may be deemed dangerous by the Referee.

26.16 Scoring:

The point is then awarded when the majority of the three Judges award to a corner. The Referee calls: "JUDGES- SCORE!" Then all Judges score by hand signals to the respective corner. At the same time they turn their backs to the Referee table. A count in this discipline is only possible due to a massive lack of fitness, but not due to too much impact.

The Referee may score in the centre if 3 Judges are not available, but this is an EXCEPTION and should not be the rule. Scoring will be identical to the SKR by a simultaneous show of hands.

A hit occurs when a legal technique reaches a legal hitting area and the athlete controls and observes the technique while doing so.

Scoring: all points must be scored by "clicker". NO score sheets will be used (mat sport).

any fist	technique1 point
Kick to the body	1Point
Kick to the thigh	1 point
jumped kick to the	body2 points
Kick to the	head2 points
Jump kick to the	head3 points

- Techniques must be executed in a controlled manner without causing injury.
- Clear and clean techniques will be scored, but no wiping techniques or shoved
- Fist techniques.
- Athletes cannot receive a warning and a point for a technique at the same time.
- Athletes cannot score if the technique hits in the fall.
- Athletes cannot be awarded points for techniques that are performed from the floor. (No wheels, kicks from the roll etc.) Only the soles of the feet may touch the fighting surface.

26.17 Warnings and Disqualification - Warnings will be given:

1. if contact is too hard
2. for blind techniques
3. When a technique poses a danger to the opponent or oneself
4. when illegal techniques are used
5. in the event of unsportsmanlike conduct
6. when speaking during the fight
7. when not being able to defend oneself
8. when trying to avoid the fight
9. when the back is turned

10. when deliberately touching the ground with the hands for the purpose of an illegal technique
11. when deliberately leaving the fighting area
12. The Referee, in consultation with the Judges, may remove a competitor from the competition at any time if the competitor appears to be unfit, or appears unable to defend himself or herself, or poses a danger to himself or herself or others. (RSC or Diquelification)
13. Any other technique that HKR and SKR deem unqualified or dangerous warrants a warning.

26.17.1 Warnings will be given as follows:

1. Official warning (NO PUNISHMENT = ATTENTION)
2. Official warning & 1 point minus (= 5 hits FOR the opponent / clicker)
3. Official warning & 1 point minus (= 5 hits FOR the opponent / clicker)
4. Official Warning & Disqualification

Depending on the nature of the infraction, the Referee may disqualify on the basis of THE FIRST INSPORTIVE INFRINGEMENT.

26.18. Should the competitor not be able to continue due to a permissible hit resulting in an injury, the bout is automatically considered lost for the injured person. Medical Time is allowed for a maximum of one round =2 min. However, if the injury is caused by a violation of the rules or deliberately too hard contact, the offender is to be penalised (e.g. minus point or disqualification). In this case BOTH are eliminated from the competition.

ARTICLE 27. SEMI-CONTACT KICKBOXING = POINTFIGHT (PF)

27.1 Description - Semi-contact Kickboxing is a controlled contact sport in which hits are made with semi-contact. Semi-contact means that the technique would have an effect if executed effectively and regularly. But in this version, the technique may only hit the body and head with light contact. Thus the clothing and the skin are hit in a controlled manner without injury. An inadmissible too hard contact and also a KO is not allowed (mat sport).

Weight classes:

Men/ Women	U13	-25kg, -30kg, -35kg, -40kg, -45kg, -50kg,+50kg
Men	U15	-40kg, -45kg, -50kg, -55kg,-60kg, -65kg, -70kg, +70kg
Women	U15	-40kg, -45kg, -50kg, -60kg, -65kg, +65kg

Men	U18	-50kg, -55kg,-60kg, -65kg, -70kg, -75kg, -80kg, +80kg
Women	U18	-50kg, -55kg, -60kg, -65kg, -70kg, +70kg

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

Men	Veterans/ Masters	-75 kg, -80 kg, -85 kg, +85kg
Women	Veterans/ Masters	-60 kg,- 65 kg, -70 kg, +70kg

27.2.1 Team Categories:

27.2.1.1 Age - under 13 years, under 15 years, under 18 years, 18 years and over

27.2.1.2 Gender - men's teams and women's teams and mixed teams

27.2.1.3 Weight classes - There is no subdivision.

27.2.1.4 Number of participants - 3 persons / Mixed Team 3 + 1 person

27.2.1.5 Score Team Fight:

Each member of the team must fight a member of the other team and the team with the most points will be declared the winning team. In the event of a tie, one member of each team will compete in a deciding match. The victory of this match will be used as the basis to declare the winning team. In the **Tag Team** competition, each team member may change gloves a maximum of twice per round.

27.2.1.6 Rules - According to rules semi-contact kickboxing / time per round = 1min

27.3 Uniform - Competitors must wear appropriate martial arts/kickboxing trousers with a top or T-shirt. Athletes are not required to wear a belt during the bout unless they are wearing a traditional karate suit. Competitors are not permitted to wear costumes/theatrical dresses, masks or other items that are not in keeping with the practice of kickboxing. Competitors with long hair must use a simple scrunchie. Glasses are NOT permitted. The Referee may, by means of demarcation/distinction of contestants, place a coloured belt on a contestant.

27.4 Performance Area - Fighting will take place on a mat area of 6 by 6 metres (see Article 3.3).

27.5 Entering & Exiting the Competition Area - Athletes will be shown where they are entering the competition area and may only do so at that point (RED or BLUE corner).

Before the BATTLE begins, the Referee will check that all Judges and table crew are ready. He will also check the area for any dirt or obstacles.

The Judges will check the athletes' protective equipment so that the contestants are ready. They should now move to the starting position in the centre for the HKR.

Before the start of each round, the participants will go back to the starting point in the middle.

When the bout is over and the winner has been announced, they bow first to each other, then to the judges who return the bow. The athletes then go to the opposing coach and bow in thanks. They return the salute. Finally, the athletes leave the area where they entered it.

27.6 Referee & Judges - The bout will be officiated by two Judges and one Referee in "Point Stop" mode. The Referee moving on the competition area or the Judges placed at the front corners will immediately indicate the recognised points by pointing without delay. The point to the starting point - respective corner of the fighter is displayed. Depending on the hit, 1, 2 or 3 fingers are used and clearly displayed above the shoulder height of the referee. The bout itself will be officiated by a Referee who will move with the contestants in the area and two Judges who will move independently along the edge. The Referee is responsible for ensuring that the rules are adhered to and that the points are given. **His main responsibility is the safety of the athletes.**

27.7 Protective equipment:

27.7.1 Men - head guard which also protects the upper area, mouth guard, 10oz gloves/open hands, groin guard, shin guard, foot guard (kickboxing shoes allowed). U13 athletes may wear 8oz gloves and an additional face guard (plexiglass only allowed - must be shown to the MR before the bout).

27.7.2 Females - head guard that also protects the upper area, mouth guard, 10oz gloves or open hands (closed fingertips), chest guard, groin guard, shin guard, foot guard (kickboxing shoes allowed). U13 athletes may wear 8oz gloves and an additional face guard (plexiglass only allowed -must be shown to MR before the match). ATTENTION: Chest protectors are recommended in all age groups but are compulsory when the chest is visible.

27.8 Safety of Athletes - It is the central responsibility of the Referee to ensure the safety of the opponents. In the event of injury, the Referee is obliged to follow the instructions of the medical staff and, if necessary, not allow the athletes to continue fighting. ATTENTION: Athletes may only be treated on the competition floor in an emergency. The doctor may only give advice within the scope of his duties. The medical time = 2min. is used for this purpose.

27.9 Competition time:

27.9.1 Round time - 2 minutes. The bout may end prematurely if a contestant reaches 10 points difference early. This rule applies to all International tournaments but NOT to the FINALS!

27.10 Number of rounds - 2 x 2 minutes elimination and final (except U13/U15 = only one round each).

27.11 Time-Out - Only the Referee has the right to stop a bout if it has already started. He/she must call a time-out whenever there has been a violation of the rules. The bout will be stopped until the Referee gives the order to continue. He / She may stop the bout at the request of the Judges, Coaches, Competitors or any other Official. The Referee alone decides on time-outs and does not have to be coerced by outside parties. (EXCEPT Doctor & Supervisor)

If the competitor does not enter the competition area with the required complete safety equipment, he/she will be given one minute to get fully equipped. Thereafter, each minute will result in minus points up to and including disqualification. This rule also applies to unannounced absence from the bout after the 3rd loudspeaker call.

27.12 Permitted hit areas - front of head, sides of head, front and sides of body, foot sweep at ankle level inside & outside, face, back of head guard (back of head).

27.13 Areas not permitted to be hit - top of the head - fontanel, neck, nape of the neck, back, below the belt - excluding ankles.

27.14 Legal techniques:

27.14.1 Hand - straight fist techniques, hooks, back of the fist, palm edge

27.14.2 Legs - Forward kick, round kick, side kick, back kick, hook kick, diagonal kick, axe kick, twisted kicks, jump kicks, jumped twist kicks, foot sweep.

27.15 Prohibited Techniques - blind punching, spinning fist, elbow, knee, outside hand edge, fingertips, scratching, palming, choking, clinch, uppercut, 360 degree foot sweep, low kick and any other technique deemed dangerous by the Referee.

27.16 Scoring: A hit occurs when a legal technique is used to reach a legal scoring area and the athlete controls and observes the technique while doing so.

Scoring: all points must be scored by "clicker". any fist technique 1 point

Kick to the body	1 point
jumped kick to the	body 2 points
Kick to the	head 2 points
Jump kick to the	head 3 points

- Techniques must be executed in a controlled manner and must not lead to injuries.
- Clear and clean techniques will be scored, but no wiping techniques or pushed fist techniques.
- Athletes cannot receive a warning and a point for a technique at the same time.
- Athletes cannot score if the technique hits in the fall.
- Athletes cannot receive points for techniques that are executed from the floor. (No wheels, Capoeira kicks etc.) Only the soles of the feet may touch the floor during the fight.

27.17 Warnings and Disqualification - Warnings will be given:

1. if contact is too hard
2. for blind techniques
3. When a technique poses a danger to the opponent or oneself
4. when illegal techniques are used
5. in the event of unsportsmanlike conduct
6. when speaking during the fight
7. when not being able to defend oneself
8. when trying to avoid the fight
9. when the back is turned

10. when deliberately touching the ground with the hands for the purpose of an illegal technique
11. when deliberately leaving the fighting area
12. The Referee, in consultation with the Judges, may remove a competitor from the competition at any time if the competitor appears to be unfit, or appears unable to defend him/herself, or poses a danger to him/herself or others. (RSC or disqualification)
13. Any other technique that HKR and SKR deem unqualified or dangerous warrants a warning.

27.17.1 Warnings will be given as follows:

1. Official warning (NO PUNISHMENT = ATTENTION)
2. Official warning & 1 point minus
3. Official warning & 1 point minus
4. Official Warning & Disqualification

Depending on the nature of the infraction, the Referee may disqualify on the first UNSPORTABLE INFRINGEMENT.

27.18.1 Should the competitor not be able to continue due to a permissible hit resulting in injury, the bout is automatically considered lost for the injured party. Medical Time is allowed for a maximum of one round =2 min. However, if the injury is caused by a violation of the rules or deliberately too hard contact, the offender is to be penalised (e.g. minus point or disqualification). In this case BOTH are eliminated from the competition.

ARTICLE 28. KICKBOXES after K1 (K1)

28.1 Description of this discipline - K1 Kickboxing is a controlled FULL CONTACT SPORT - full contact means the maximum punch may touch the opponent or the protective equipment - injuries are to be avoided, the knockout of the opponent is desired and allowed. It is therefore permitted to practise techniques with FULL CONTACT within the framework of the rules and regulations (ring sport).

28.2 Class divisions:

ATTENTION MINIMUM age 15 years and confirmation of parent/guardian

Men	U18	-50kg, -55kg,-60kg, -65kg, -70kg, -75k, -80kg,+80kg
Women	U18	-50kg, -55kg, -60kg, -65kg, -70kg, +70kg

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

Men	Veterans/ Masters	-75 kg, -80 kg, -85 kg, +85kg
Women	Veterans/ Masters	-60 kg,- 65 kg, -70 kg, +70kg

Weight classes may be combined at the discretion of the Supervisor with the approval of the WMAC. However, special attention should be paid to the fact that in RINGSPORT there should be no weight differences of more than 10kg outside the highest weight class (see Article 2.3).

28.3 Uniform - Competitors must wear appropriate martial arts/kickboxing shorts (leggings are allowed - but NO compression shorts with inserts) with a top (women), men torso free. It is NOT permitted to wear a belt. Competitors are not permitted to wear costumes/theatrical dresses, masks or other items that are not in keeping with the practice of kickboxing. Competitors with long hair must use a simple scrunchie. Glasses are NOT permitted.

28.4 Performance area - Fighting takes place in a boxing ring or similar (octagon etc.) of at least 6 by 6 metres (see Article 3.3).

28.5 Entering & Exiting the Competition Area - Athletes will be shown / announced where they are entering the ring (coloured corners) and are only allowed to do so at this point.

Before the match starts, the referee will check that all judges and table crew are ready. He will also check the area for any dirt or obstacles.

If everything is to his satisfaction, he holds up his hand to show that the fighters can start as soon as they are ready. Now they should get into the starting position.

Before the start of each round, the participants will bow to each other or touch gloves.

When the fight is over and the winner has been announced, the fighters say goodbye to each other in a sporting manner. The athletes then go to the opposing coach and bow in thanks. They return the salute. Finally, the athletes leave the area at the point where they entered it.

28.6 Starting and ending a fight:

ONLY THE REFEREE (RR) CAN "START" AND "FINISH" THE MATCH.

The ringside doctor may look at a fighter after request of the referee (RR) or also on his own initiative, but ONLY from the outside at the ring ropes, if possible ONLY in the NEUTRAL = white corner. He then decides whether the fighter can or may continue to fight. He may not treat the fighter (except in case of danger to life) but only advise and diagnose. The maximum time for this is 2 minutes medical time. This is ONLY necessary in exceptional situations as treatment is NOT allowed Example = low blow. However, ONLY the Referee will stop the fight. (in this case DOD DOCTOR DECISION).

The coach may signal the referee that the contestant wants/needs to stop the bout by throwing a towel or sponge. However, again ONLY the RR can stop the fight. (In this case SUR = SURRENDER)

The contestant himself may signal to the Referee that he wishes to stop the bout by raising his arm or verbally (speaking). However, again ONLY the RR may stop the bout. (Also SUR)

The round signal (gong, bell or other signal) ONLY signals the end of the round time, it does NOT automatically end the bout or any count. The end of the bout will again ONLY be pronounced by the RR.

28.6.1 Ending the fight:

No coach or other person may enter the ring before the RR has finished and released the bout, e.g. by clearly crossing his hands above his head in the event of a stoppage.

Should a coach or other person enter the ring before the referee has finished:

- a.) the fight to be ended immediately by the RR.
- b.) the contestant of the corner from which persons enter the ring early shall be penalised either with 1 MINUS or with DISQUALIFICATION. The decision as to the amount of the penalty shall be made by the Referee in consultation with the Supervisor.
- c.) Should it be the doctor, the fight must be stopped immediately, as it is likely that immediate intervention by the doctor has become necessary.

28.6.2 Rules during a fight:

- a.) During a match ONLY 3 persons are allowed in the ring.
1 fighter from the red corner
1 fighter from the blue corner
1 referee
- b.) During the break between rounds 5 persons are legally allowed in the ring. Exceptions = ring announcer or persons approved by the RR / Supervisor (ring girls).

1 contestant and 1 coach in the red corner (the 2nd coach or cutmen may only assist from the outside)
1 contestant and 1 coach in the blue corner (the 2nd coach or cutmen may only assist from the outside)
1 Referee

28.7 Referees & Judges - The competition will be judged by 3 Judges (SKR) in "fight through" mode. The judges placed at the tables will count points seen. The bout itself will be officiated by a Referee (RR) who will move around the RING/FIGHTING AREA with the contestants. He is responsible for ensuring that the rules are observed. The Referee or Supervisor is also seated at the Referee table and evaluates the score sheets of the 3 SCRs. The Referee or SUPERVISOR may also act as a 3rd Referee and co-judge. **The main responsibility of the judging teams is the safety of the athletes.**

28.8 Protective equipment:

28.8.1 Men - head guard that also protects the upper area, mouth guard, 10oz gloves, groin guard, shin guard and instep guard.

28.8.2 Women - head guard that also protects the upper area, mouth guard, 10oz gloves, chest guard, shin guard, instep guard and groin guard.

28.9 Safety of Athletes - It is the central responsibility of the Referee to ensure the safety of the athletes. In the event of injury, medical staff must always be consulted as to whether the athletes can continue to compete or not. ATTENTION Bandages - it is not permitted to tape the ankles in amateur competition. Only standard bandages may be used for this purpose. Exceptions = CUTMEN on site who will look after all athletes.

28.10 Competition time - 120 seconds (2 minutes) per round.

28.11 Number of rounds - 2 rounds until the final and 3 rounds in the final.

28.12 Time-Out - Only the referee has the right to stop a match if it has already started. He / She must call a time-out whenever there has been a violation of the rules. It is stopped until the referee gives the order to continue fighting. He / She may stop the bout at the request of the judges, coaches, competitors or any other official. The RR alone decides on time-outs and does not have to be coerced into doing so from outside. (EXCEPT doctor & supervisor)

If the competitor does not enter the competition area with the required complete safety equipment, he/she will be given one minute to get fully equipped. Thereafter, each minute will result in a penalty point up to and including disqualification. This rule also applies to unannounced absence from the bout after the 3rd loudspeaker call.

28.13 Permitted areas to hit - front and face of head, sides of head, front and side of body, inner and outer ankles & thighs.

28.14 Not permitted hit areas - back of the head, top of the head - fontanel, neck, nape of the neck, back, below the belt excluded - see permitted hit areas.

28.15 Legal techniques:

28.15.1 Hand - straight fist techniques, hook, uppercut, twisted fist back strike, active clinching up to 3 seconds followed by max. 1 technique are allowed.

28.15.2 Legs - Forward kick, round kick, side kick, back kick, hook kick, diagonal kick, axe kick, twisted kicks, jump kicks, jumped twist kicks, foot sweep, low kick, knee to body, holding the foot with a follow up technique (1-2 seconds) are allowed.

28.16 Prohibited Techniques - Knees to the head or thigh, blind punching, front fist sweeps, elbows, hand edges, finger tips, scraping, palms, choking, 360° foot sweeps and any other technique that may be deemed dangerous by the referee. No ground contact with any part of the body other than the foot surfaces is permitted!

28.17 Scoring:

The bout will be scored according to the 10:9 method by means of a "clicker" on a score sheet. Each referee carries all the scores of the referee such as W = Warning or C = Counting. The winner of each round gets 10 points, the loser 9 points. If an opponent is very badly outclassed, the round may be scored 10:8. Penalty points (for C and W) must be deducted from the result. Then all round points are added and the result is compared. The winner is then circled on the score sheet. Each score sheet must be signed and filled out correctly.

If a contestant is counted 3 times/round or 4 times in the whole bout, the bout must be stopped. In the case of heavy hits that would endanger health, the referee may stop the bout immediately. The referee may only start counting when the opponent is in the neutral corner. The count is made every second. Any fully executed punch that knocks the opponent to the ground or causes obvious impairment to the opponent's ability to defend himself shall be counted.

The count is 1-8, then, if the person being counted on is able to do so (gloves in front of the face or at chest level - ready to fight), the fight can continue. If the count is 10, the fight is over. Attention, even after the gong has sounded, the count must be finished. The gong does NOT protect from counting on or off!

However, the RR can also stop at any time after the first count for valid reasons (imminent danger, health, etc.).

If the contestant is visibly injured in the ring, the RR may allow an examination by the ring doctor in the neutral corner - but no treatment may take place. During the breaks the cutmen may treat the wounds, but he is NOT allowed to give any medical treatment.

A hit occurs when a legal technique reaches a legal hitting area and the athlete controls and observes the technique. In the sport of wrestling only techniques that have been executed with force (regardless of body weight) are to be scored.

Scoring: may only be scored with "clicker" and these results must also be entered under HITS.

any fist	technique1 point
Kick to the body	1Point
Knee to body	1 point
jumped kick to the	body2 points
Kick to the head	2Points
Jump kick to the	head3 points

- Techniques must be executed in a controlled manner and may be used with full force.
- Clear and clean techniques will be scored, but no wiping techniques or pushed fist techniques.
- Athletes cannot receive a warning for a technique and a point for it at the same time.
- Athletes cannot score if the technique hits in the fall or the person lying on the floor.
- Athletes cannot receive points for techniques that are made up from the floor. (No wheels Capoeira kicks etc.) Only the soles of the feet touch the floor.

28. 18Warnings and Disqualification - Warnings will be given:

1. in the event of unauthorised /illegal contact
2. for blind techniques
3. When a technique poses a danger to the opponent or oneself
4. when illegal techniques are used
5. in the event of unsportsmanlike conduct
6. when speaking during the fight
7. when not being able to defend oneself
8. when trying to avoid the fight
9. when the back is turned
10. deliberately touching the ground or the ring ropes with the hands for the purpose of an illegal technique.
11. when deliberately leaving the fighting area
12. The RR, in consultation with the Judges, may remove an athlete from competition at any time if the athlete appears to be unfit, or appears unable to defend him/herself, or poses a danger to him/herself or others. (RSC or DIS)
13. Any other technique that HKR deems unqualified or dangerous warrants a warning.

28.18.1 Warnings will be given as follows:

1. Official warning (NO PUNISHMENT = ATTENTION)
2. Official warning & 1 point minus
3. Official warning & 1 point minus
4. Official Warning & Disqualification

Depending on the nature of the infraction, the Referee may disqualify for UNSPORTABLE INFRINGEMENT.

28.18.2 Should the competitor be unable to continue due to a permissible hit resulting in injury, the bout is automatically considered lost for the injured party.
The medical time may not exceed the duration of one lap =2min! If the injury is caused by a deliberate violation of the rules, the offender will be penalised - minus points or disqualification.

ARTICLE 29. THAIBOXING (TB) DIFFERENCES from K1

29.1 Description of this discipline - THAIBOXING is a controlled FULL CONTACT RINGING SPORT - full contact means the maximum blow is allowed to touch the opponent or the protective equipment - injuries are to be avoided, the KO of the opponent is desired and allowed. FULL CONTACT and permissible KO is desired in this SPORT.

29.8.1 Men - head guard that also protects the upper area, mouth guard, 10oz gloves, groin guard, shin and instep guard, elbow guard.

29.8.2 Women - head guard that also protects the upper area, mouth guard, 10oz gloves, chest guard, shin guard, instep guard, groin guard & elbow guard.

29.13 Permitted Hit Areas - Front of Head and Face, Sides of Head, Front and Side of Body, Foot Sweep at Ankle Level, Inner & Outer Thighs.

29.14 Non-permissible hit areas - back of the head, top of the head, neck, nape of the neck, back, below the belt- except see "Permissible hit areas".

29.15 Legal techniques:

29.15.1 Hand - straight fist techniques, hooks, uppercuts and controlled twisted back fist strikes and elbow strikes to the body - also twisted, clinching is allowed in all variations, inactive clinching is separated.

29.15.2 Legs - forward kick, round kick, side kick, back kick, hook kick, diagonal kick, axe kick, Spun k i c k s , jump kicks, jumped spinning kicks, foot sweep, low kick, stop kick, knee to body & thigh. Flat throws allowed, holding the foot with a follow up technique (1-2 seconds) are allowed.

29.16 Prohibited techniques - blind punching, front fist sweep, hand edge, palm edge, fingertips, scratching, palm of the hand, choking, 360° foot sweep, elbow to the head and any other technique that is **prohibited** by the Referee may be considered dangerous.

A hit occurs when a legal technique reaches a legal hitting area with the athlete controlling and observing the technique. The TECHNIQUE must be executed with hard contact and be an obvious hit. Regardless of the weight class of the athletes.

Scoring: additionally in THAIBOXING

Knee to	thigh1 point
any elbow technique	1 point
Throwing technique	1 point

ARTICLE 30. FULL CONTACT - KICKBOXES (FC) DIFFERENCES to K1

30.1 Description of this discipline - Full Contact Kickboxing is a controlled FULL CONTACT RINGING SPORT - full contact means the maximum punch may touch the opponent or protective equipment - injuries are to be avoided, knockout of the opponent is desired and permitted. FULL CONTACT and permissible KO is desired in this SPORT.

30.3 Uniform - Females and males of all age categories shall wear standard LONG KICKBOX PANTS. The trousers must have no pockets or zips, cords must be on the inside of the trousers.

Female participants wear a short-cut, sleeveless, tight-fitting top made of synthetic fibre or cotton. The chest protector must be worn under the top.

Male participants fight with naked upper body.

30.8 Protective equipment:

30.8.1 Men - head guard that also protects the upper area, mouth guard, 10oz gloves, groin guard, shin guard and foot guard.

30.8.2 Women - head guard that also protects the upper area, mouth guard, 10oz gloves, groin guard, shin guard, foot guard and chest guard.

30.13 Permitted striking areas - front of head and face, sides of head, front and side of body, foot sweep at ankle level,

30.14 Areas not permitted to be hit - back of the head, top of the head - fontanel, neck, nape of the neck, back, below the belt excluding ankle height.

30.15 Legal techniques:

30.15.1 Hand - straight fist techniques, hooks, uppercuts, twisted fist backs

30.15.2 Legs - Forward kick, round kick, side kick, back kick, hook kick, diagonal kick, axe kick, twisted kicks, jump kicks, jumped twist kicks, foot sweep.

30.16 Prohibited Techniques - Blind punching, front fist strike, elbow, knee, hand edge, palm edge, fingertips, scratching, palm strike, choking, clinch, 360° foot sweep and any other technique which may be deemed dangerous by the Referee.

ARTICLE 31. LOWKICK (LK) DIFFERENCES from K1

31.1 Description of this discipline - Low Kick is a FULL CONTACT RINGING SPORT - full contact means the maximum blow is allowed to touch the opponent or the protective equipment - injuries are to be avoided, the KO of the opponent is desired and allowed. FULL CONTACT and permissible KO is desired in this SPORT.

31.3 Uniform - Female and male contestants in all age categories shall wear standard Thai or kickboxing pants of satin or cotton, ending at least 10 cm above the knee but covering at least half of the thigh.

The trousers must not have pockets or zips, cords must be inside the trousers.

Female participants wear a short-cut, sleeveless, tight-fitting top made of synthetic fibre or cotton. The chest protector must be worn under the top.

Male participants fight with naked upper body.

31.8 Protective equipment:

31.8.1 Men - head guard that also protects the upper area, mouth guard, 10oz gloves, groin guard, shin guard and instep guard.

31.8.2 Women - head guard that also protects the upper area, mouth guard, 10oz gloves, chest guard, shin and instep guards, groin guard.

31.13 Permitted areas to hit - front of head and face, sides of head, front and side of body, foot sweep at ankle level, inner & outer thigh.

31.14 Non-permissible hit areas - back of the head, top of the head, neck, nape of the neck, back, below the belt- except see "Permissible hit areas".

31.15 Legal techniques:

31.15.1 Hand - straight fist techniques, hooks, uppercuts and controlled twisted fist backstroke

31.15.2 Legs - forward kick, round kick, side kick, back kick, hook kick, diagonal kick, axe kick, twisted kicks, jump kicks, jumped twist kicks, foot sweep, low kick,

31.16 Prohibited Techniques - Blind Striking, Front Fist Sweep, Hand Edge, Inside Hand Edge, Fingertips, Scratching, Ball of the Hand, Choking, 360° Foot Sweep and any other technique which may be deemed dangerous by the Referee.

ARTICLE 32. Oriental Boxing (OB) DIFFERENCES to K1

32.1 Description of this discipline - Oriental Boxing, OB for short, is a full contact wrestling sport where no kicks are allowed - it combines classical boxing with elements from full contact kickboxing & K1 to create an extremely attractive combat sport. Full contact means the maximum punch may touch the opponent or protective equipment - injuries are to be avoided, knocking out the opponent is desired and allowed.

32.3 Uniform - Female and male fighters in all age categories shall wear standard boxing or Thai boxing trousers of satin or cotton, ending at least 10 cm above the knee but covering at least half the thigh.

The trousers must not have pockets or zips, cords must be inside the trousers.

Female participants wear a short-cut, sleeveless, tight-fitting top made of synthetic fibre or cotton. The chest protector must be worn under the top.

Male participants fight with naked upper body.

32.8 Protective equipment:

32.8.1 Men - head protection, face mask, 10oz gloves, groin protector, shin and instep guards recommended!

32.8.2 Women - head protection, mouth protection, 10oz gloves, chest protection, groin protection, shin and instep protection recommended!

32.13 Permitted striking areas - front of head and face, sides of head, front and side of body, foot sweep at ankle height.

32.14 Non-permissible hit areas - back of the head, top of the head, neck, nape of the neck, back, below the belt- except see "Permissible hit areas".

32.15 Legal techniques:

32.15.1 Hand - straight fist techniques, hook, uppercut and controlled twisted back fist punch, jumped in fist punch.

32.15.2 Legs all leg techniques are FORBIDDEN except for foot sweeps inside & outside from the front (NO CIRCLE = 360DEGREE SWEEPS)

32.16 Prohibited Techniques - blind punching, front fist sweep, hand edge, palm edge, fingertips, scraping, palming, clinching, choking, 360° foot sweep and any other technique which may be deemed dangerous by the Referee.