



# WORLD MARTIAL ARTS COMMITTEE

## AMATEUR RULES FOR TOURNAMENTS

Version 4.7 - 2025

**Chapter 4: Kickboxing (Mats + Wrestling),  
Thai Boxing & Oriental Boxing**



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World Martial Arts Committee

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### **Introduction:**

*This rulebook replaces all previously issued rules and contains the official WMAC amateur competition rules. These rules are valid for all members. Local requirements and circumstances may be taken into consideration 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 discrepancies, only the official English version shall apply. Without special permission, this rulebook may not be copied, published or distributed without the written permission of the WMAC or the IRC. 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 and be loaded.*

## WORLD MARTIAL ARTS COMMITTEE

### International rules & guidelines



January 2025

Dear reader,

We are very pleased to version 4.7 of our World Martial Arts Committee Rules and Guidelines. This is definitely the most comprehensive tournament rulebook available today and we are proud to it for your use. This has been made entirely through hard work and dedication of individuals from around the world. We would like to thank everyone for their contribution to this comprehensive rulebook.

All of these rules and guidelines contained this document are to be applied at WMAC sanctioned events. In this case, they may not be deviated from except in exceptional circumstances then only with the written permission of the IRC in conjunction with the Chief Referee (Supervisor) of the respective event. The instructions and decisions of the IRC with regard to these rules are decisive and binding. In the event of complaints/protests, his decision is decisive and final.

This rulebook can also used for non-sanctioned events. In this case, the organizer of the event must the following statement in writing in the announcement: "This event is organized according to the official WMAC rules and regulations".

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

With best regards

Mit besten Grüßen



WMAC World President

# CHAPTER 4 - KICKBOXING

## ARTICLE 26. GENERAL RULES KICKBOXING

### 26.1 Categories:

26.1.1 **Gender** - Each category is divided into male and female.

26.1.2 **Age groups** - from 7 years - open!

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

Description	Age groups
Children	U12
Juniors	U15
Cadets	U18
Adults	+18
Veterans	+ 40
Master craftsman	+ 50

26.1.3 **Class division** - Due to the many differences in martial arts styles, the color of the belt (Japanese Kyu ranking other grading) may not apply to all.

The following guidance will as the **basis** determining the appropriate classification of an athlete. Years of experience will be the common factor in determining an athlete's eligibility 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
Master craftsman	Various	Black

26.1.4 **Weight classes** - Weight classes are divided into the specific classes see overview.

(see Article 14 - General Rules)

### 26.2 Weighing

26.2.1 Each athlete will be weighed at the registration desk before the competition (U13/U15 tolerance 1kg, rest 0 tolerance)

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

26.2.3 The weighing of the participants will be carried out by the registration in cooperation with the organizer team (scribes & helpers) and under the supervision of the WMAC event organization team.

26.2.4 Athletes must be weighed at the official weigh-in time. The weighing of the participants must be completed within the specified time. Participants may wear no clothes or only their underwear when they are weighed (ATTENTION: gender-specific weighing with visual protection)

26.2.5 Participants may (FREELY) bring their equipment to the weigh-in. Their equipment will be inspected. If it does not meet WMAC standards, the athlete must use appropriate WMAC-approved equipment by the start of the bout.

26.2.6 The weigh-in will start at the lower weight categories. A fighter 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 moved to the next higher category.

26.3 **Scoring** - The scoring is explained in the specific classes (27.16).

## ARTICLE 27. LIGHT CONTACT KICKBOXING (LC)

**27.1 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 a permitted KO (mat sport)

### **27.2 Class divisions:**

Weight classes may be combined and merged at the discretion of the Supervisor with the approval of the WMAC. (see Article 2.3 & General Rules)

### **27.2.3 Team categories Team Fight (TN) & Tag Team (TT):**

**27.2.3.1 Age** - children, juniors & adult teams

**27.2.3.2 Gender** - men's teams and women's teams or mixed teams

**27.2.3.3 Weight classes** - There is no division, but only 1 person/team/gender may be in the highest weight class

**27.2.3.4 Number of participants** - 3 men or women / mixed team 2 men+ 2 women (1 substitute is permitted in each case, but must provided BEFORE the start of the match) The team members may from a maximum of 2 clubs or NATIONS (World Championships). However, they may only compete in ONE team/category.

### **27.2.3.5 Scoring Teamfight:**

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 as the basis to declare the winning team. In the **Tag Team classification**, each team member may change gloves a maximum of two times per round. The CHANGE AREA must be marked on the mat. Each athlete who has already fought must kneel down so that there is no confusion when changing with the athletes who have not changed.

In both variants, the points are counted until the winner is determined at the end. If there is a draw, 1 round is extended. If there no winner here either, the match will be decided by SUDDEN DEATH by the last two athletes on the mat= No substitutions ALLOWED.

ATTENTION: If 2 fighters / TEAM are on the mat during the changeover, they will be penalized with the minus point RULE! Only SEX SPECIFIC pairings are allowed to fight. (Exception only with the agreement of the coaches)

**27.2.3.6 Rules** - according to the rules of light contact kickboxing, time per round= 2 min

**27.3 Uniform** Participants must wear appropriate martial arts/kickboxing pants with a top or t-shirt. Athletes are not required to wear a belt during the match unless they are wearing a traditional karate suit.

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

**27.4 Performance area** - Fighting takes place on a mat area of 6 by 6 meters or in the ring from U18 (see article 3.3).

**27.5 Entering & leaving the competition area** - athletes will be shown where they enter the competition area and may only do so at this point (RED or BLUE corner)

Before the BATTLE begins, the head judge will check that all judges table crew are ready. He will also check the area for any dirt and obstacles.

The judges check the athletes' protective equipment so that the fighters are ready. They should now to the starting position in the middle of the MRC.

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

When the match over and the winner has been announced, they bow first to each other and then to the judges, who reciprocate. The athletes then go to the opposing coach and bow in thanks. They return the greeting. Finally, the athletes leave the area at the point they entered it.

**27.6 Referee & Judges** - The competition will be judged by a minimum of 2 and a maximum of 3 judges and 1 referee. Referee in "fight through" mode. The KR placed at the corners count the points seen. The fight itself is led by a main referee who moves around the area with the fighters. He is responsible for ensuring that the rules are adhered to.

**His main responsibility is the safety of the athletes.**

**27.7 Protective equipment:**

**27.7.1 Men** - head protection that also protects the upper area, mouth guard, 10oz gloves, groin guard, Shin protection, foot protection (kickboxing shoes are prohibited - transitional rule). U12 athletes are allowed to wear 8oz gloves and an additional face protection (only allowed with plexiglass - must be shown to the MRef before the fight). become).

**27.7.2 Women** - head protection that also protects the upper area, mouth protection, 10oz gloves, chest protection, shin protection, foot protection, groin protection (kickboxing shoes are prohibited - transitional regulation). U12 may also use 8oz gloves and face protection (only allowed in plexiglass - must be shown to the Referee before the start of the fight). ATTENTION Chest protection is recommended in all classes, but only mandatory if the chest is visible!

**Face protection (only allowed with plexiglass - must be shown to the MRef before the fight).**

**27.8 Athlete safety** - It is the main responsibility of the Referee to ensure the safety of the athletes. He is obliged to follow the doctor's instructions in the event of injuries and, if necessary, to stop the fighters from continuing to fight.

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

**27.10 Number of rounds** - 2 rounds up to the final and also 2 rounds in the final, except U13/U15= only one round.

**27.11 Time-out** - Only the Referee has the right to stop a bout once it started. He must always call a time-out if there has been a violation of the rules. The bout is 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 another official. The Referee alone decides on time-outs and does not have to be forced to do so from outside. (EXCEPTIONS Doctor & Supervisor)

If the participant does not enter the competition area with the required complete safety equipment, he/she will be given one minute to get fully equipped. After that, minus points will be awarded at a rate of one minus point per minute until the competitor is disqualified. This rule also applies to unannounced ABSENCE from the fight. After the 3rd call by means of the SPEAKER, the time is also stopped here and the regulation comes into effect. Exception= announced late arrival e.g. double start on another area. In this case, the Referee brings forward a complete bout to give the athlete time to get ready.

**27.12 Permitted hit areas** - front of head and face, sides of head, front and side of body, foot sweep at foot guard height = outside or inside of foot.

**27.13 Not allowed hit areas** - back of the head, top of the head, neck, nape, back, everything below the belt line. Except for the outside and inside of the foot.

**27.14 Legal techniques:**

**27.14.1 Hand** - straight fist techniques, hooks, uppercuts

**27.14.2 Legs** - forward kick, round kick, side kick, backward kick, hook kick, diagonal kick, axe kick, spinning kicks, jump kicks, jumping spinning kicks, foot sweeps

**27.15 Prohibited techniques** - blind punching, spinning back fist, front fist, elbow, knee, hand edge, palm edge, fingertips, scratching, ball of the hand, choke, clinch, 360° foot sweep and any other technique that may be deemed dangerous by the Referee.

**27.16 Scoring:**

Victory is awarded when the majority of the three judges award a corner. The main referee calls "JUDGES - SCORE". Then all judges score by hand signals to the respective corner of the winner. They stand with their backs to the judges' table. ATTENTION A score in light contact is only permitted due to a massive lack of fitness, but not due to too hard contact.

The Referee may also be allowed to co-score in the center - this is legitimate but should remain the exception. If all 3 side judges are available, the Referee may NOT score. ONLY 3 judges are allowed to score.

A hit occurs when a legal technique reaches a legal target area and the athlete controls and observes the technique.

**Scoring:** ATTENTION all referees except the HKR must count their scores with a "clicker". NO scoring protocols in mat sports!

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, with non-injurious force.
- Clear and clean techniques are 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 points if the technique hits in the fall.
- Athletes cannot receive points for techniques that are performed from the ground. (No wheel capoeira kicks etc.) Only the soles of the feet may touch the ground during the fight.

**27.17 Warnings and disqualification** - Warnings are issued:

1. if the 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. for unsportsmanlike conduct
6. when speaking during the fight
7. not being able to defend yourself
8. trying to avoid the fight
9. when the back is turned
10. deliberately touching the ground with your hands for the purpose of an unauthorized technique
11. when deliberately leaving the fighting area
12. The Referee, in consultation with the Judges, may prevent an athlete from continuing at any time athlete appears to be unfit or unable to defend himself or poses a danger to himself or others (RSC or disqualification)
13. Any other technique that the HKR and SKR deem unqualified or dangerous warrants a warning.
14. Failure to appear at the competition area - after at least 2 calls (time window of approx. 1 minute) the time is set to 1 minute, if the athlete is still not there after 1 minute the first minus point is awarded. After the 2nd minute and the third time the athlete is called out, the athlete is DISQUALIFIED from the competition= lost.
15. Incorrect protective equipment/adjustment on the surface can be penalized immediately with a warning. Then 1 minute time and then the 1st minus point another minute runs and the 2nd minus point follows - if he is still not ready to fight after 2 minutes, the athlete is DISQUALIFIED from the FIGHT - lost.
16. Protective equipment does not fit properly (HEAD PROTECTION) and keeps falling to the ground or slipping. After the 2nd time ask to adjust. If the same thing happens again, the first warning and 1 minute time to change! Then the 1st minus point, if it happens again after that 2nd minus point or DISQUALIFICATION - lost.
17. NOTE a FIGHT DISQUALIFICATION according to the opponent loses his fight due to irregularities WITHOUT malicious intent or UNUSUAL behavior is counted as a LOST FIGHT. This means he is allowed to fight again and remains in the medal ranks. DISQUALIFICATION from the tournament due to gross unsportsmanlike, insulting, or HARMFUL behavior will result in disqualification from the event and ALL medal ranks.

**27.17.1 Warnings are given as follows:**

1. Official warning (NO PENALTY= ATTENTION!)
2. Official warning & 1 point minus (= 5 points FOR the opponent / clicker)
3. Official warning & 1 point minus (= 5 points 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 INFRINGEMENT.

**27.18.** Should the competitor not be able to continue due to an admissible hit that results in an injury, the fight is automatically considered lost for the injured party. Medical time is permitted for a maximum of one round = 2 minutes. However, if the injury is caused by an infringement of the rules or deliberate contact that is too hard, the perpetrator must be penalized (e.g. minus point or disqualification). In this case, BOTH are from the competition.



## **ARTICLE 28. LIGHT CONTACT WITH LOW-KICK= KICK-LIGHT (KL)**

**28.1 Description of this discipline** - Light contact kickboxing with low kick is a controlled contact sport. Light contact means that 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).

### **28.2 Class divisions:**

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

#### **28.2.1 Team categories Team Fight (TN) & Tag Team (TT):**

**28.2.2 Age** - children, juniors & adult teams

**28.2.3 Gender** - men's teams and women's teams or mixed teams

**28.2.4 Weight classes** - There is no general division, but only 1 person/team/gender may be in the highest weight class.

**28.2.5 Number of participants** - 3 men or women / mixed team 2 men+ 2 women (1 substitute is permitted in each case, but must be provided BEFORE the start of the match) The team members may from a maximum of 2 clubs or NATIONS (World Championships). However, they may only compete in ONE team/category.

#### **28.2.6 Scoring Teamfight:**

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 as the basis to declare the winning team. In the **Tag Team classification**, each team member may change gloves a maximum of two times per round. The CHANGE AREA must be marked on the mat. Every athlete who has already fought must kneel down so that there is no confusion when changing with the athletes who have not changed.

In both variants, the points are counted until the winner is determined at the end. If there is a draw, 1 round is extended. If there no winner here either, the match will be decided by SUDDEN DEATH by the last two athletes on the mat= No substitutions ALLOWED.

ATTENTION: If 2 fighters / TEAM are on the mat during the changeover, they will be penalized with the minus point RULE! Only SEX SPECIFIC pairings are allowed to fight.

**28.2.7 Rules** - according to the rules of light contact kickboxing, time per round= 2 min

**28.3 Uniform** - Participants must wear appropriate martial arts/kickboxing shorts with a top or t-shirt. Athletes are not required to a belt during the fight.

Competitors are not permitted to wear costumes/theatrical dresses, masks or other items that not consistent with the practice of kickboxing. Competitors with long hair must use a simple hair tie. Eyeglasses are NOT permitted. Contact lenses are allowed.

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

**28.5 Entering & leaving the competition area** - Athletes are shown where they enter the competition area and may only do so at this point (RED or BLUE corner)

Before the BATTLE begins, the head judge will check that all judges table crew are ready. He will also check the area for any dirt and obstacles.

The judges check the athletes' protective equipment so that the fighters are ready. They should now to the starting position in the middle of the MRC.

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

When the match over and the winner has been announced, they bow first to each other and then to the judges, who reciprocate. The athletes then go to the opposing coach and bow in thanks. They return the greeting. Finally, the athletes leave the area at the point they entered it.

**28.6 Referee & Judges** - The competition will be judged by a minimum of 2 to a maximum of 3 judges in the mode "Fight through" guided. The SKR placed at the corners or sides of the ring count the points seen. The fight is led by a main referee who moves around the area with the fighters. He is responsible for ensuring that the rules are observed. **His main responsibility is the safety of the athletes.**

**28.7 Protective equipment:**

**28.7.1 Men** - head protection that also protects the upper area, mouth guard, 10oz gloves, groin guard, shin guard, foot protection (kickboxing shoes are prohibited - transitional regulation). U12 may also use 8oz gloves and face protection (only allowed in plexiglass - must be shown to the Referee before the start of the fight).

**28.7.2 Women** - head protection that also protects the upper area, mouth protection, 10oz gloves, chest protection, shin protection, foot protection, groin protection (kickboxing shoes are prohibited - transitional regulation). U12 may also use 8oz gloves and face protection (only allowed in plexiglass - must be shown to the Referee before the start of the fight). ATTENTION Chest protection is recommended in all classes, but only mandatory if the chest is visible!

**28.8 Athlete safety** - It is the main responsibility of the Referee to ensure the safety of the athletes. In the event of injury, he is obliged to follow the instructions of the medical staff and, if necessary, not to allow athletes to continue competing. The doctor may only treat on the FIELD in an EMERGENCY, otherwise only diagnose whether the athlete can/may continue to compete. There is a medical time for this= max.2min.

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

**28.10 Number of rounds** - 2 rounds up to the final and also 2 rounds in the final, except U12/U15= only one round.

**28.11 Time-out** - Only the Referee has the right to stop a bout once it started. He must always call a time-out if there has been a violation of the rules. The bout is stopped until the Referee gives the order to continue. He may the bout at the request of the judges, coaches, competitors or another official. The Referee alone decides on time-outs and does not have to be forced to do so from outside. (EXCEPT doctor & supervisor)

If the participant does not enter the competition area with the required complete safety equipment, they will be given one minute to get fully equipped. After that, one minus point per minute up to disqualification. This rule also applies to unannounced absences from the bout after the 3rd announcement by loudspeaker.

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

**28.13 Not allowed hit areas** - back of head, top of head, neck, nape, back, everything below the belt - except ankles & thighs.

**28.14 Legal techniques:**

**28.14.1 Hand** - straight fist techniques, hooks, uppercuts.

**28.14.2 Legs** - forward kick, round kick, side kick, backward kick, hook kick, diagonal kick, axe kick, spinning kicks, jump kicks, jumped spinning kicks, foot sweep, low kick with the top of the foot NOT the shin.

**28.15 Prohibited techniques** - blind punch, spinning backfist, front fist, elbow, knee, hand edge, palm edge, fingertips, scrapes, ball of the hand, choke, clinch, 360° foot sweep and any other technique that may be deemed dangerous by the Referee.

**28.16 Scoring:**

The point is awarded when the majority of the three judges award a corner. The referee calls: "JUDGES- SCORE!" - Then all judges score by hand signals to the respective corner. They turn their backs to the main referee table. A count in this discipline is only possible due to a massive lack of fitness, but not due to excessive impact.

The Referee may also score in the middle if 3 judges are not available, but this is an EXCEPTION and should not be the rule. The scoring is done identically to the SKR by a simultaneous show of hands.

A hit occurs when a legal technique reaches a legal target area and the athlete controls and observes the technique.

**Scoring:** all points must be scored using the "clicker". NO scoring protocols are used (mat sport)

any fist technique	1 point
Kick to the body	1 point
Kick to the thigh	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 without causing injury.
- Clear and clean techniques are scored, but no wiping techniques or pushed techniques.
- Fist techniques.
- Athletes cannot receive a warning and a point for a technique at the same time.
- Athletes cannot score points if the technique hits in the fall.
- Athletes cannot receive points for techniques that are performed from the ground. (No wheels, kicks from the roll, etc.) Only the soles of the feet may touch the fighting surface.

**28.17 Warnings and disqualification** - Warnings are issued:

1. if the 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. for unsportsmanlike conduct
6. when speaking during the fight
7. not being able to defend yourself
8. trying to avoid the fight
9. when the back is turned
10. deliberately touching the ground with your hands for the purpose of an unauthorized technique
11. deliberately leaving the fighting area
12. The Referee may, in consultation with the Judges, an athlete from the competition at any time if athlete appears to be unfit or unable to defend him/herself or poses a danger to him/herself or others. (RSC or disqualification)
13. Any other technique that the HKR and SKR deem unqualified or dangerous warrants a warning.
14. Failure to appear at the competition area - after at least 2 calls (time window of approx. 1 minute) the time is to 1 minute, if the athlete is still not there after 1 minute the first minus point is awarded. After the 2nd minute and the third time the athlete is called out, the athlete is DISQUALIFIED from the competition = lost.
15. Incorrect protective equipment/adjustment on the surface can be penalized immediately with a warning. Then 1 minute time and then the 1st minus point, another minute runs and the 2nd minus point follows - if he is still not ready to fight after 2 minutes, the athlete is DISQUALIFIED from the FIGHT - lost.
16. Protective equipment does not fit properly (HEAD PROTECTION) and keeps falling to the ground or slipping. After the 2nd time ask to adjust. If the same thing happens again, the first warning and 1 minute time to change! Then the 1st minus point, if it happens again after that 2nd minus point or DISQUALIFICATION - lost.
17. NOTE a FIGHT DISQUALIFICATION according to the opponent loses his fight due to irregularities WITHOUT malicious intent or UNUSUAL behavior is considered a LOST FIGHT. This means he is allowed to fight again and remains in the medal ranks. DISQUALIFICATION from the tournament due to gross unsportsmanlike conduct, offenses, or MANDATORY conduct will result in disqualification from the event and ALL medal ranks.

**28.17.1 Warnings** are given as follows:

1. Official warning (NO PENALTY = ATTENTION)
2. Official warning & 1 point minus (= 5 POINTS FOR the opponent / clicker)
3. Official warning & 1 point minus (= 5 POINTS FOR the opponent / clicker)
4. Official warning & disqualification

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

**28.18.** Should the competitor not be able to continue due to an admissible hit resulting in an injury, the fight is automatically considered lost for the injured party. Medical time is permitted for a maximum of one round = 2 minutes. However, if the injury is caused by an infringement of the rules or deliberately too hard contact, the perpetrator must be penalized (e.g. minus point or disqualification). In this case, BOTH are from the competition.

## ARTICLE 29. SEMI-CONTACT KICKBOXING= POINTFIGHT (PF)

29.1 Description - Semi-contact Kickboxing is a controlled contact sport in which kicks are made with semi-contact. Semi-contact means that the technique would have an effect if executed effectively and regularly. However, in this version the technique may only hit the body and head with light contact. The clothing and skin are therefore hit in a controlled manner without causing injury. Unacceptable contact that is too hard and a KO are not permitted (mat sport).

### **Weight classes:**

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

### **29.2.1 Team categories:**

29.2.1.1 **Age** - children, juniors and adult teams

29.2.1.2 **Gender** - men's teams and women's teams as well as mixed teams

29.2.1.3 **Weight classes** - There is no division, but only 1 person/team/gender may be in the highest weight class

29.2.1.4 **Number of participants** - 3 men or women / mixed team 2 men+ 2 women (1 substitute is permitted in each case, but must provided BEFORE the start of the match) The team members may from a maximum of 2 clubs or NATIONS (World Championships). However, they may only compete in ONE team/category.

### **29.2.1.5 Scoring Teamfight:**

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 as the basis to declare the winning team. In the **Tag Team classification**, each team member may change gloves a maximum of two times per round. The CHANGE AREA must be marked on the mat. Every athlete who has already fought must kneel down so that there is no confusion when changing with the athletes who have not changed.

In both variants, the points are counted until the winner is determined at the end. If there is a draw, 1 round is extended. If there no winner here either, the match will be decided by SUDDEN DEATH by the last two athletes on the mat= No substitutions ALLOWED.

ATTENTION: If 2 fighters / TEAM are on the mat during the changeover, they will be penalized with the minus point RULE! Only SEX SPECIFIC pairings are allowed to fight.

29.2.1.6 **Rules** - according to the rules of semi-contact kickboxing / time per round= 2min

29.3 **Uniform** - Participants must wear appropriate martial arts/kickboxing pants with a top or t-shirt. Athletes are not required to wear a belt during the match unless they are wearing a traditional karate suit. Competitors are not permitted to costumes/theatrical dresses, masks or other items that not consistent with the practice of kickboxing. Competitors with long hair must use a simple hair tie. Glasses are NOT permitted. The Referee may assign a colored belt to a competitor by means of demarcation / differentiation of the fighters.

29.4 **Performance area** - Fighting takes place on a mat area of 6 by 6 meters.

**29.5 Entering & leaving the competition area** - athletes will be shown where they enter the competition area and may only do so at this point (RED or BLUE corner)

Before the BATTLE begins, the head judge will check that all judges table crew are ready. He will also check the area for any dirt and obstacles.

The judges check the athletes' protective equipment so that the fighters are ready. They should now to the starting position in the middle of the MRC.

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

When the match over and the winner has been announced, they bow first to each other and then to the judges, who reciprocate. The athletes then go to the opposing coach and bow in thanks. They return the greeting. Finally, the athletes leave the area at the point they entered it.

**29.6 Main & judges** - The competition is conducted by 2 judges (SKR) and one main judge (HKR) in "point stop" mode. The referee moving on the fighting area or the judges placed at the front corners the recognized points immediately by pointing with their fingers without any time delay. The point to the starting point - the respective corner of the fighter - is displayed. Depending on the hit, 1, 2 or 3 fingers are used and clearly displayed above the referee's shoulder height. The fight itself is controlled by a main referee who moves with the fighters in the area and 2 judges who move independently on the sidelines. The Referee is responsible for ensuring that the rules are followed and the points are awarded. **His main responsibility is the safety of the athletes.**

#### **29.7 Protective equipment:**

**29.7.1 Men** - head protection that also protects the upper area, mouth protection, 10oz gloves/open hands, groin protection, shin protection, foot protection (kickboxing shoes are prohibited - transitional regulation). U12 athletes are allowed to wear 8oz gloves and an additional face guard (only plexiglass allowed - must be shown to the MRef before the fight).

**29.7.2 Women** - head protection that also protects the upper area, mouth protection, 10oz gloves or open hands (closed fingertips), chest protection, groin protection, shin protection, foot protection (kickboxing shoes are prohibited - transitional regulation). U12 athletes are allowed to wear 8oz gloves and an additional face protection (only plexiglass allowed - must be shown to the Referee before the fight). ATTENTION the chest protector is recommended in all age groups but becomes mandatory with a recognizable chest attachment.

**29.8 Safety of the athletes** - It is the main responsibility of the Referee to ensure the safety of the opponents. He is obliged to follow the instructions of the medical staff in the event of injuries and, if necessary, stop athletes from continuing to fight. ATTENTION Athletes may only be treated on the fighting area in an emergency. The doctor may only give advice within the scope of his work. The medical time= 2min is used for this purpose.

#### **29.9 Competition time:**

**29.9.1 Round time** - 2 minutes. The fight can end prematurely if a fighter has reached 10 points difference prematurely. This rule applies to all international tournaments but NOT to the FINALS!

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

**29.11 Competition interruptions (time-outs)** - Only the main referee has the right to stop a match if it already started. He/she must always call a time-out if there has been a violation of the rules. The bout is stopped until the referee gives the order to continue. He/she may stop the bout at the request of the judges, coachescompetitors or another official. The Referee alone decides on time-outs and does not have to forced to do so from outside. (EXCEPT doctor & supervisor)

If the competitor does not enter the competition area with the required complete safety equipment, they will be given one minute to get fully equipped. After that, minus points per minute will be added up to disqualification. This rule also applies to unannounced absences from the bout after the 3rd announcement by loudspeaker.

**29.12 Permitted hit areas** - front of head, sides of head, front and side of body, foot sweep at ankle height inside & outside, face, back of head guard (back of head)

**29.13 Not permitted hit areas** - top of head - fontanel, neck, nape, back, below the belt - except ankles.

**29.14 Legal techniques:**

**29.14.1 Hand** - straight fist techniques, hooks, fist back, palm edge

**29.14.2 Legs** - forward kick, round kick, side kick, backward kick, hook kick, diagonal kick, axe kick, spinning kicks, jumping kicks, jumping spinning kicks, foot sweep.

**29.15 Prohibited techniques** - blind punching, spinning back fist, elbow, knee, outside hand edge, fingertips, scraping, ball of the hand, choke, clinch, uppercut, 360 degree foot sweep, low kick and any other technique deemed dangerous by the Referee.

**29.16 Scoring:** A score is if a legal technique is used to reach a legal scoring area and the athlete controls and observes the technique.

**29.16.1 Scoring:** all points must be scored using the "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 are 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 points if the technique hits in the fall.
- Athletes cannot receive points for techniques that are performed from the ground. (No wheels, capoeira kicks etc.) Only the soles of the feet may touch the ground during the fight.

**29.17 Warnings and disqualification** - Warnings are issued:

1. if the 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. for unsportsmanlike conduct
6. when speaking during the fight
7. not being able to defend yourself
8. trying to avoid the fight
9. when the back is turned
10. deliberately touching the ground with your hands for the purpose of an unauthorized technique
11. when deliberately leaving the fighting area
12. The Referee may, in consultation with the Judges, remove an athlete from the competition at any time if athlete appears to be unfit or unable to defend him/herself or poses a danger to him/herself or others. (RSC or disqualification)
13. Any other technique that the HKR and SKR deem unqualified or dangerous warrants a warning.
14. Failure to appear at the competition area - after at least 2 calls (time window of approx. 1 minute) the time is set to 1 minute, if the athlete is still not there after 1 minute the first minus point is awarded. After the 2nd minute and the third time the athlete is called out, the athlete is DISQUALIFIED from the competition= lost.
15. Incorrect protective equipment/adjustment on the surface can be penalized immediately with a warning. Then 1 minute time and then the 1st minus point, another minute runs and the 2nd minus point follows - if he is still not ready to fight after 2 minutes, the athlete is DISQUALIFIED from the FIGHT - lost.
16. Protective equipment does not fit properly (HEAD PROTECTION) and keeps falling to the ground or slipping. After the 2nd time ask to adjust. If the same thing happens again, the first warning and 1 minute time to change! Then the 1st minus point, if it happens again after that 2nd minus point or DISQUALIFICATION - lost.
17. NOTE a FIGHT DISQUALIFICATION according to the opponent loses his fight due to irregularities WITHOUT malicious intent or UNUSUAL behavior is considered a LOST FIGHT. This means he is allowed to fight again and remains in the medal ranks. DISQUALIFICATION from the tournament due to gross unsportsmanlike conduct, offenses, or MANDATORY conduct will result in disqualification from the event and ALL medal ranks.

**29.17.1 Warnings are given as follows:**

1. Official warning (NO PENALTY = 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 the first INFRINGEMENT.

**29.18.1** If the competitor unable to continue due to a permissible hit that results in an injury, the fight is automatically considered lost for the injured party. Medical time is permitted for a maximum of one round = 2 minutes. However, if the injury is caused by an infringement of the rules or deliberate contact that is too hard, the perpetrator must be penalized (e.g. minus point or disqualification). In this case, BOTH are from the competition.



## ARTICLE 30. KICKBOXES according to K1 (K1)

**30.1 Description of this discipline** - K1 Kickboxing is a controlled FULL CONTACT SPORT - full contact means that the maximum blow may touch the opponent or the protective equipment - injuries are to be avoided, knocking out the opponent is desired and permitted. It is therefore permitted to use techniques with FULL CONTACT within the framework of the rules (ring sport).

### 30.2 Class divisions:

***ATTENTION for the AMATEURS RINGSPORT the MINIMUM AGE is 15 years and the MAXIMUM AGE is 55 years***

Men	U18	-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	-55 kg, -60 kg, -65 kg, -70 kg, -75 kg, +75 kg

Weight classes may be combined at the discretion of the supervisor with the approval of the WMAC. However, it is important to note that in RINGSPORT there should be no weight differences of more than 10 kg outside the highest weight class (see Article 2.3).

**30.3 Uniform** - Participants must wear suitable martial arts/kickboxing shorts (leggings are permitted - but NO compression shorts with inserts) with a top (women), men must wear a shirtless top. It is NOT allowed to wear a belt. Competitors are not permitted to wear costumes/theatrical dresses, masks or other items that not in accordance with the practice of kickboxing. Competitors with long hair must use a simple hair tie. Eyeglasses are NOT permitted.

**30.4 Performance area** - Fighting takes place in a boxing ring or similar (octagon etc.) with at least 6 by 6 meters for international events - exception for non-World Championship events can use rings with 5x5m (see article 3.3)

**30.5 Entering & leaving the competition area** - athletes are shown / announced where they enter the ring (colored corners) and are only allowed to do so at this point.

Before the bout begins, the referee will check that all judges and table crew 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. They should now move to the starting position.

Before the start of each round, the participants will bow to each other or touch their 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 their thanks. They return the greeting. Finally, the athletes leave the area they entered it.

### 30.6 Starting and ending a fight:

ONLY THE REFEREE (RR) CAN "START" AND "END" THE FIGHT.

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

**The coach** can signal to the referee by throwing a towel or sponge that the fighter wants/should end the fight. However, again ONLY the RR can the fight. (In this case SUR= SURRENDER)

**The fighter** himself can signal to the referee that he wants to end the fight by raising his arm or verbally (speaking). However, again ONLY the RR may end the fight. (Also SUR)

**The round signal** (gong, bell or other signal) ONLY signals the end of the round time, it does NOT automatically end the match or a respective count-in. The end of the match is again ONLY announced by the RR.

#### **30.6.1 Ending the fight:**

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

If a coach or any other person enters the ring before the referee has finished, the referee is not authorized to enter the ring:

- a.) the fight must be ended immediately by the RR.
- b.) the fighter of the corner from which persons enter the ring early shall be penalized either with 1 MINUS or with DISQUALIFICATION. The decision regarding the amount of the penalty is the responsibility of the referee after consultation with the supervisor.
- c.) If it is the doctor, the fight must be stopped immediately, as immediate intervention by the doctor is probably necessary.

#### **30.6.2 Rules during a fight:**

- a.) ONLY 3 people may in the ring during a match.  
1 fighter from the red corner  
1 fighter from the blue corner  
1 referee
- b.) During the break between rounds, 5 people may legally in the ring. Exceptions= Ring announcer or persons authorized by the RR / supervisor (ring girls)
- c.) 1 fighter and 1 coach in the red corner (the 2nd coach or cutmen may only assist from the outside) 1 fighter and 1 coach in the blue corner (the 2nd coach or cutmen may only assist from the outside) 1 referee

**30.7 Main & side judges** - The competition is judged by 3 side judges (SKR) in "fight through" mode. The SKR placed at the tables count the points seen. The fight itself is conducted by a referee (RR) who moves with the fighters on the RING/FIGHTING AREA. He is responsible for ensuring that the rules are observed. The main referee or supervisor also sits at the judges' table and evaluates the score sheets of the 3 referees. The Referee or SUPERVISOR can also act as the 3rd referee and also score. **The main responsibility of the referee teams lies in the safety of the athletes.** For exceptions see General Rules WMAC.

#### **30.8 Protective equipment:**

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

**30.8.2 Women** - head protection that also protects the upper area, mouth protection, 10oz gloves, chest protection, shin and instep protection as well as groin protection.

**30.9 Athlete safety** - It is the main responsibility of the Referee to ensure the safety of the athletes. In the event of injury, the medical staff must always be as to whether the athletes can or cannot continue to compete. ATTENTION Bandages - taping the ankles is not permitted in the amateur area. Only commercially available bandages may be used. Exceptions= CUTMEN on site who will look after all athletes.

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

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

**30.12 Time-out** - Only the referee has the right to stop a match once it started. He/she must always call a time-out if there has been a violation of the rules. The fight is stopped until the referee gives the order to continue. may stop the bout at the request of the judges, coaches, competitors or another official. The referee alone decides on time-outs and does not have to be forced to do so from outside. (EXCEPT doctor & supervisor)

If the competitor does not enter the competition area with the required complete safety equipment, they will be given one minute to get fully equipped. After that, minus points per minute will be added up to disqualification. This rule also applies to unannounced absences from the bout after the 3rd announcement by loudspeaker.

**30.13 Permitted hit areas** - front of head and face, sides of head, front and side of body, inside and outside of ankles and thighs.

**30.14 Non-permitted hit areas** - back of head, top of head - fontanel, neck, nape, back, except below the belt - see permitted hit areas.

**30.15 Legal techniques:**

**30.15.1 Hand** - straight fist techniques, hooks, uppercuts, spinning backfists, active clinching up to 3 seconds followed by max. 1 technique are allowed.

**30.15.2 Legs** - forward kick, round kick, side kick, backward kick, hook kick, diagonal kick, axe kick, spinning kicks, jump kicks, jumped spinning kicks, foot sweep, low kick, knee to body, holding the foot with a follow-up technique (1-2 seconds) are allowed.

**30.16 Prohibited techniques** - knees to the head or thigh, blind strikes, front fists, elbows, hand edges, fingertips, scrapes, ball of the hand, chokes, 360° foot sweeps and any other technique that may be considered dangerous by the referee. No ground contact with any part of the body other than the feet is allowed!

**30.17 Scoring:**

The fight is scored according to the 10:9 procedure using a "clicker" on a score sheet. Each referee carries all the referee's scores such as W= Warning or C=. The winner of each round receives 10 points, the loser 9 points. If an opponent is very much inferior, the round can also be scored 10:8. Penalty points (for C and W) must be deducted from the result. All round points are then added together and the result compared. The winner is then circled on the score sheet. Each score sheet must be signed and filled out correctly.

If a fighter is counted 3 times/round or 4 times in the entire fight, the fight must be stopped. The referee may the fight immediately in the event of serious hits that would endanger health. The referee may only start counting when the opponent is standing in the neutral corner. The count takes place every second. Each fully executed punch that knocks the opponent to the ground or leads to obvious impairments in the defense must be counted. The count is from 1-8, then the fight can continue if the opponent is in a position to do so (gloves in front of the face or at chest height - ready to fight). If the reaches 10, the fight is over. Please note that the count must completed even after the gong has sounded. The gong does NOT protect against counting on or off!

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

If the fighter is visibly injured in the ring, the RR may allow an assessment by the ring doctor in the neutral corner - but no treatment may take place. During the breaks, the respective cutmen may treat the wounds, but they may NOT provide any medical treatment.

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

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

any fist technique	1 point
Kick to the body	1 point
Knee to 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 may be applied with full force.
- Clear and clean techniques are 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 points if the technique hits the person falling or lying on the ground.
- Athletes cannot receive points for techniques that are performed from the ground. (No wheels capoeira kicks etc.) Only the soles of the feet touch the ground.

**30.18 Warnings and disqualification** - Warnings are issued:

1. In the event of unauthorized/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. for unsportsmanlike conduct
6. when speaking during the fight
7. not being able to defend yourself
8. 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 unauthorized technique
11. deliberately leaving the fighting area
12. The RR may, in consultation with the judges, an athlete from the competition at any time if the athlete appears to be unfit or unable to defend him/herself or poses a danger to him/herself or others. (RSC or DIS)
13. Any other technique that HKR deem unqualified or dangerous warrants a warning.
14. Failure to appear at the competition area - after at least 2 calls (time window of approx. 1 minute) the time is set to 1 minute, if the athlete is still not there after 1 minute the first minus point is awarded. After the 2nd minute and the third time the athlete is called out, the athlete is DISQUALIFIED from the competition= lost.
15. Incorrect protective equipment/adjustment on the surface can be penalized immediately with a warning. Then 1 minute time and then the 1st minus point, another minute runs and the 2nd minus point follows - if he is still not ready to fight after 2 minutes, the athlete is DISQUALIFIED from the FIGHT - lost.
16. Protective equipment does not fit properly (HEAD PROTECTION) and keeps falling to the ground or slipping. After the 2nd time ask to adjust. If the same thing happens again, the first warning and 1 minute time to change! Then the 1st minus point, if it happens again after that 2nd minus point or DISQUALIFICATION - lost.
17. NOTE a FIGHT DISQUALIFICATION according to the opponent loses his fight due to irregularities WITHOUT malicious intent or UNUSUAL behavior is counted as a LOST FIGHT. This means he is allowed to fight again and remains in the medal ranks. DISQUALIFICATION from the tournament due to gross MISCONDUCT, INFRINGEMENT or MERCY will result in disqualification from the event and ALL medal ranks.

**30.18.1** Warnings are given as follows:

1. Official warning (NO PENALTY = ATTENTION)
2. Official warning & 1 point minus
3. Official warning & 1 point minus
4. Official warning & disqualification

Depending on the nature of the offense, the referee may disqualify for an UNSPORTING INFRINGEMENT.

**30.18.2** If the competitor is unable to continue due to a permissible hit that results in an injury, the fight is automatically considered lost for the injured party. The medical time may not exceed the duration of one round = 2 minutes! If the injury was caused by a deliberate violation of the rules, the perpetrator will be penalized - minus points or disqualification.

## **ARTICLE 31 THAIBOXING (TB) DIFFERENCES from K1**

**31.1 Description of this discipline** - THAIBOXING is a controlled FULL CONTACT RING SPORT - full contact means the maximum blow may touch the opponent or the protective equipment - injuries are to be avoided, the knockout of the opponent is desired and permitted. FULL CONTACT and the permissible KO are desired in this SPORT.

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

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

**31.2 Permitted hit areas** - front of head and face, sides of head, front and side of body, foot sweep at ankle height, inner & outer thigh.

**31.3 Non-permitted hit areas** - back of the head, top of the head, neck, nape, back, below the belt - except see "Permitted hit areas".

### **31.4 Legal techniques**

**31.4.1 Hand** - straight fist techniques, hooks, uppercuts and controlled twisted backfists as well as elbow strikes to the body - also twisted, clinching is allowed in all variations, inactive clinching is separated.

**31.4.2 Legs** - forward kick, round kick, side kick, backward kick, hook kick, diagonal kick, axe kick, spinning kicks, 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.

**31.5 Prohibited techniques** - blind punching, front fist sweep, hand edge, inside hand edge, fingertips, scratching, ball of the hand, choke, 360° foot sweep, elbow to the head and any other technique that may be deemed dangerous by the Referee.

A hit occurs when a legal technique reaches a legal target area and the athlete controls and observes the technique. The TECHNIQUE must be executed with hard contact and clearly hit the target. Regardless of the weight class of the athletes.

### **31.6 Scoring: additionally in THAIBOXEN**

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

## **ARTICLE 32. FULL CONTACT - KICKBOXES (FC) DIFFERENCES from K1**

**32.1 Description of this discipline** - Full contact kickboxing is a controlled FULL CONTACT RING SPORT - full contact means the maximum blow may touch the opponent or the protective equipment - injuries are to be avoided, the knockout of the opponent is desired and allowed. FULL CONTACT and the permissible KO are desired in this SPORT.

**32.2 Uniform** - Female and male fighters of all age categories wear standard LONG KICKBOX PANTS. The pants must not have pockets or zippers, cords must be on the inside of the pants.

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

Male participants fight .

### **32.3 Protective equipment:**

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

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

**32.4 Permitted hit areas** - front of head and face, sides of head, front and side of body, foot sweep at ankle height,

**32.4.1 Not permitted hit areas** - back of the head, top of the head - fontanel, neck, nape, back, below the belt except ankle height.

### **32.5 Legal techniques:**

**32.5.1 Hand** - straight fist techniques, hook, uppercut, twisted fist back

**32.5.2 Legs** - forward kick, round kick, side kick, backward kick, hook kick, diagonal kick, axe kick, spinning kicks, jumping kicks, jumping spinning kicks, foot sweep.

**32.6 Prohibited techniques** - blind punching, front fist, elbow, knee, hand edge, palm edge, fingertip, scratch, ball of the hand, choke, clinch, 360° foot sweep and any other technique that may be deemed dangerous by the Referee.

## ARTICLE 33 LOWKICK (LK) DIFFERENCES from K1

**33.1 Description of this discipline** - Low Kick is a FULL CONTACT RING SPORT - full contact means the maximum blow may touch the opponent or the protective equipment - injuries are to be avoided, the knockout of the opponent is desired and permitted. FULL CONTACT and the permissible KO are desired in this SPORT.

**33.2 Uniform** - Female and male fighters of all age categories wear standard Thai or kickboxing pants made of satin or cotton, which end at least 10 cm above the knee but cover at least half of the thigh.

The trousers must not have any pockets or zippers, cords must be on the inside of the trousers.

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

Male participants fight .

### 33.3 Protective equipment:

**33.3.1 Men** - head protection that also protects the upper area, mouth guard, 10oz gloves, groin guard, shin and instep protection

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

**33.4 Permitted hit areas** - front of head and face, sides of head, front and side of body, foot sweep at ankle height, inner & outer thigh.

**33.4.1 Non-permitted hit areas** - back of the head, top of the head, neck, nape, back, below the belt - except see "Permitted hit areas".

### 33.5 Legal techniques:

**33.5.1 Hand** - straight fist techniques, hooks, uppercuts and controlled twisted backfists

**33.5.2 Legs** - forward kick, round kick, side kick, backward kick, hook kick, diagonal kick, axe kick, spinning kicks, jump kicks, jumping spinning kicks, foot sweep, low kick,

**33.6 Prohibited techniques** - blind punching, front fist, hand edge, inside hand edge, fingertips, scratching, ball of the hand, choke, 360° foot sweep and any other technique that may be deemed dangerous by the Referee.

## ARTICLE 34 Oriental Boxing (OB) DIFFERENCES from K1

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

VARIANTS (see invitation to tender):

**Oriental Boxing CLASSIC** = identical only with shoes and without foot sweeper

**Oriental Boxing LIGHT** = identical to Oriental Boxing only with controlled contact / deliberate knockdown allowed - see Light Contact & Kicklight Rules (Area & Clothing)

**34.2 Uniform** - Female and male fighters of all age categories wear standard satin or cotton boxing or Thai boxing trunks that end at least 10 cm above the knee but cover at least half of the thigh.

The trousers must not have any pockets or zippers, cords must be on the inside of the trousers.

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

Male participants fight .

### **34.3 Protective equipment:**

**34.3.1 Men** - head protection, face mask, 10oz gloves, groin protection, shin and instep protection recommended! OB Classic sneakers allowed.

**34.3.2 Women** - head protection, mouth protection, 10oz gloves, chest protection, groin protection, shin and instep protection recommended! OB Classic sneakers allowed.

**34.4 Permitted hit areas** - front of head and face, sides of head, front and side of body, foot sweep at ankle height.

**34.4.1 Non-permitted hit areas** - back of the head, top of the head, neck, nape, back, below the belt - except see "Permitted hit areas".

### **34.5 Legal techniques:**

**34.5.1 Hand** - straight fist techniques, hook, uppercut and controlled twisted fist strike, jumped-in fist strike.

**34.5.2 Legs** - all leg techniques are FORBIDDEN except foot sweeps inside & outside from the front (NO CIRCLES = 360 degree sweeps) Oriental Classic NO foot sweeps are allowed!

**34.6 Prohibited techniques** - blind punching, front fist spinning, hand edge, inside hand edge, fingertips, scraping, palming, clinching, choking, 360° foot sweep and any other technique that may be deemed dangerous by the Referee.