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PROFESSIONAL RULES

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PROFESSIONAL RULES AND REGULATIONS

WORLD KICKBOXING ASSOCIATION

RULE 1 AUTHORITY

01 The regulations contained within this document constitute the official rules of the World Kickboxing Association and must govern all World Kickboxing Association sanctioned events where competitors fight for the knockout. Enforcement of these rules shall be charged to officially designated representatives of the World Kickboxing Association.

02 Use of these rules does not necessarily carry the sanctioning of the World Kickboxing Association (hereafter referred to as the Association).

RULE 2 RING

01 The ring shall be not less than 17 feet square within the ropes. In world and national title bouts, the Association recommends and may require that the ring be not less than 20 feet square.

02 The ring floor shall extend beyond the ropes not less than 18 inches. The ring floor shall be padded in a manner as approved by the Association. Padding must extend beyond the ring ropes and over the



edge of the platform.

03 In amateur bouts only, the Association may permit through a written special exception granted in advance of the event that contests be held on an unenclosed padded surface, provided that the padding extends several feet into the out-of-bounds area and that the in-bounds area equals the size of an Association approved ring. In such circumstances, the referee must stop the contestants whenever a part of one contestant's body moves out-of-bounds. The contestants will then restart from a neutral position. Time will be called whilst the contestants return to the neutral position.

RULE 3 HEIGHT OF RING

01 The ring platform shall not be more than four feet above the floor of the building and shall be provided with suitable steps for use of the contestants. Ring posts shall be of metal, not more than four inches in diameter, extending from the floor of the building to a height of 58 inches above the ring floor and shall be properly padded.

RULE 4 RING ROPES

01 Ring ropes shall be four in number and not less than one inch in diameter. The lowest rope must be position 13 inches above the ring floor. The highest rope must be 52 inches above the floor.

02 The circumstances of the lowest rope must be wrapped with a padding of not less than one-half inch and of a type and construction approved by the Association. The Association recommends that the other ring ropes be similarly wrapped.

RULE 5 RING EQUIPMENT & HAND PROTECTION

01 Promoters shall provide all necessary non-personal equipment (subject to approval by the Association) for use by seconds and contestants in all Association sanctioned bouts. This necessary non-personal equipment shall include the ring, corner posts and water buckets.

02 Promoters shall also provide the padded protection equipment to be worn on the hands of each contestant to ensure that matched contestants wear equipment of the same size, shape, style and manufacture.

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RULE 6 BELL

01 There shall be a bell or gong positioned at ringside no higher than the floor level of the ring. The bell or gong must carry a clear tone so that its sound may be easily heard by the contestant.

RULE 7 ROUNDS

01 World title bouts shall consist of twelve (12) two minute rounds for men and ten (10) two minute rounds for women. European and National title bouts shall consist no more than ten (10) two minute rounds for men, no more than eight (8) two minute rounds for women. Area, regional and state title bouts shall not exceed eight (8) two minute rounds for men and six (6) two minute rounds for women.

02 All amateur championship bouts shall not exceed five (5) two minute rounds for men and four (4) two minute rounds for women.

RULE 8 CONTESTANTS

01 All contestants must be clean and tidy in appearance. The Association is solely responsible for determining whether a facial adornment (moustaches, goatees, excessive sideburns) or the length of hair present any potential hazard to the safety of the contestants, or will interfere with the supervision and conduct of the contest. Excessive use of grease or any foreign substance is not permitted.

02 The referee or the Association representative in charge has the right to insist on the removal of any such facial adornment, length of hair, excessive grease, or foreign substance before the contest may commence or continue.

RULE 9 CONTESTANTS EQUIPMENT

01 Contestants shall provide all necessary personal equipment (subject to approval by the Association) for use by themselves and their seconds in all Association sanctioned bouts. This necessary personal equipment shall include two Association approved ring, uniforms (one dark colored uniform and one light colored uniform), tape and bandages to be wrapped around the hands to prevent sprains and knuckle separations, padded protective equipment to be worn on the feet, a groin protector for men and a breast protector for women, mouthpieces and water bottles.

02 Contestants shall wear contrasting colored uniforms. In bouts involving a champion currently recognized by the Association, the champion shall choose whether he or she will wear the light-colored uniform, or the dark-colored uniform. In all other bouts, the referee or the Association representative in charge will designate which contestant will wear the light-colored uniform and which contestant will wear the dark-colored uniform.

03 Bandages shall be wrapped around each of the contestant's hands, utilizing surgeon's adhesive tape not over one inch and one-half inches wide and soft surgical bandage not over two inches wide. The adhesive tape should be applied directly to the contestant's skin in such a manner as to protect that part of the hand nearest the wrist. This direct application shall not exceed more than one continuous winding of the tape, although the tape may cross the back of the hand twice, but not extend higher on the hand than to within one inch (2.5cm) of the knuckles when the hand is clenched into a fist. Next, a layer of surgical bandage shall be held in place by not more than two yards (1.83 M) of adhesive tape for each hand. One 10 ft (3 M) of bandage shall complete the wrappings for each hand. Hand wraps must be adjusted in the dressing room in the presence of an Association

representative.

04 The weight and type of padded protective equipment to be worn on the contestant's hands and feet shall be determined by the Association in advance of the event. Matched contestants must wear padded protective equipment on the hands of an identical size, shape, and style and manufacture as provided by the promoter. Those contestants matched at a weight heavier than Super Welterweight may be required to wear protective equipment on the hands with more extensive padding than those contestants matched at a lighter weight.

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05 Male contestants must wear a foul-proof groin protector. A plastic or aluminum cup with an athletic supporter is adequate. Abdominal guards are also acceptable. Female contestants must wear foul-proof breast protectors. Plastic breast covers are adequate. The Association recommends that female contestants also wear a protective pelvic girdle which will cover the pubic area, ovaries, coccyx and sides of hips.

06 All contestants must wear an Association approved individually fitted mouthpiece.

07 Female contestants may wear Association approved hair stays.

08 World title bouts shall be fought with eight-ounce (8 oz) regulation gloves for men and ten-ounce (10 oz) regulation gloves for women. All other male professional bouts may be fought with eight ounce (8) or ten ounce (10) gloves by agreement between the promoter and the contestants. All women's and amateur competition shall be held with ten ounce (10 oz) regulation gloves.

09 All fighters must follow the WKA Dress Code for the Rules their bout is fought under eg:

(a) Thai Boxing Shorts, Gloves

(b) Kickboxing Shorts, Compulsory Foot-Guards, Gloves.

(c) Full Contact Long Trousers, Compulsory Foot-Guards,

Optional Shin-Guards, Gloves.

RULE 10 WEIGHT DIVISIONS

01 Official weight divisions shall be as per the Associations official World Champions lists for Kickboxing, Contact Karate and Thai Boxing.

02 No contest shall be scheduled and no contestants shall engage in a bout between the opposite sexes, or where the weight difference exceeds an allowance of 3.5 percent of the division weight.

Flyweight Minus - 50.5 Kg	Super Welterweight 67.0 - 70.0 Kg
Super Flyweight 50.5 - 52.0 Kg	Middleweight 70.0 - 72.5 Kg
Bantamweight 52.0 - 53.5 Kg	Super Middleweight 72.5 - 76.0 Kg
Super Bantamweight 53.5 - 55.5 Kg	Light Heavyweight 76.0 - 79.0 Kg
Featherweight 55.5 - 57.0 Kg	Super Light Heavyweight 79.0 - 83.0 Kg
Super Featherweight 57.0 - 59.0 Kg	Cruiserweight 83.0 - 86.0 Kg
Lightweight 59.0 - 61.0 Kg	Super Cruiserweight 86.0 - 90.0 Kg
Super Lightweight 61.0 - 63.5 Kg	Heavyweight 90.0 - 95.0 Kg
Welterweight 63.5 - 67.0 Kg	Super Heavyweight + 95.0 Kg

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RULE 11 WEIGH-IN

01 Contestants shall be weighed in (and a brief review of the rules shall be conducted in the presence of an Association representative) on scales approved by the Association at such a time and place as may be formally designated by the Association in advance of all scheduled bouts. Contestants must weigh in a minimum of 24 hours before the event. All contestants must attend the designated weigh-in proceedings unless otherwise excused by the Association.

02 By special permission of the Association preliminary contestants may be allowed to weigh-in not later than one hour before the scheduled time of the first match on the card.

03 A professional contestant who fails to make the weight agreed upon in his or her contract shall forfeit 20 percent of the gross purse, with a minimum forfeiture of £25.00. However, if the contestant is less than one pound overweight in a non-title contest, either at the time of the weigh-in or within four hours thereafter, no forfeiture shall be imposed. Forfeits shall be added to the purse of the contestant's opponent.

04 An amateur contestant who fails to make weight shall be disqualified.

RULE 12 OFFICIALS

01 Each bout shall be conducted by one referee, three judges, a physician, a timekeeper, a scorekeeper, an announcer and an Association representative. The Association shall determine the qualifications and standards for all officials.

RULE 13 REFEREE

01 The referee shall be charged with the general supervision of the bout. He or she enforces the rules, promotes safety of the contestants and ensures fair play.

02 Before starting a contest, the referee shall ascertain from each contestant the name of his or her chief second and shall hold the named chief second responsible for the conduct of the assistant seconds during the progress of the contest. The referee shall call contestants together before each bout for final instructions at which time each contestant shall be accompanied by the chief second only.

RULE 14 JUDGES

01 The judges shall be stationed at ringside at locations designated by the Association representative in charge. The judges work in conjunction with the referee and are charged with scoring the outcome of each round of a bout.

RULE 15 PHYSICIAN + PARAMEDICS

01 A licensed physician shall sit at the immediate ringside of all bouts. No bout shall be allowed to proceed unless the physician is in his or her seat. The physician shall not leave until after the decision in the final bout. He or she shall be prepared to assist if any serious emergency arises and shall render temporary or emergency treatments for cuts and minor injuries sustained by the contestants.

02 No manager or second shall attempt to render aid to a contestant during the course of a round before the physician has had an opportunity to examine the contestant who may have been injured. Time out shall be called for such examinations.

03 No event shall take place, amateur and/or professional, without a team of equipped, qualified paramedics present at the ringside for each bout.

04 No event shall take place, amateur and/or professional, without a fully equipped paramedic ambulance on standby at the venue.

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05 Promoters shall inform the nearest nearest surgical hospital giving details of their event and have the hospital telephone number to hand and the name(s) of the duty physicians.

RULE 16 BOUTS

01 A bout begins when the bell sounds to start the first round and ends when the bell sounds to conclude the final round. No persons other than the contestants and the referee may be inside the ring during the progress of a round.

02 Fighters are allowed 3 people in their corner, one chief cornerman, two seconds. All 3 must remain seated during the rounds. Only the chief cornerman may give direction to the fighter during the round. Cornermen or seconds cannot place their hands on the ring apron, the ropes or any part of the ring during the rounds. Cornermen or seconds cannot enter into any verbal dispute with the referee or officials during the bout,. All bouts governed by the rules and regulations of the WKA World Kickboxing Association.

RULE 17 FOULS

01 Any contestant guilty of foul tactics in a bout shall be given an immediate warning and points deducted from the contestant's total score as determined by the referee. The use of foul tactics also may result in disqualification of the contestant, his or her purse (if any) withheld from payment and the contestant automatically suspended. Disposition of the purse and the penalty to be imposed upon the contestant shall be determined by a written action of the Association.

02 The following tactics are considered fouls:

(1) Spitting, biting, or the use of abusive language in the ring.

(2) Head butts, knee strikes, elbow strikes, palm-heel strikes, or clubbing blows with the hands.

(3) Jabbing the eyes with the thumb of the glove.

(4) Striking the groin, the spine, the throat, the collarbone, women's breasts, or that part of the body over the kidneys.

(5) Deliberate use of any scraping blow, or rabbit blow.

(6) Hitting with the open glove, or with the wrist.

(7) Kicking into the knee, or striking below the belt in any unauthorized manner.

(8) Anti-joint techniques (striking or applying leverage against any joint).

- (9) Holding an opponent with one hand and hitting with the other.**
- (10) Grabbing or holding onto an opponent's leg or foot.**
- (11) Leg checking the opponent's leg or stepping on the opponent's foot to prevent the opponent from moving or kicking.**
- (12) Holding any part of the body or deliberately maintaining a clinch for any purpose.**
- (13) Attacking on the break.**
- (14) Attacking after the bell has sounded ending the round, or when the opponent is out of the ring.**
- (15) Intentionally pushing, shoving, or wrestling an opponent out of the ring with any part of the body.**
- (16) Throwing or taking an opponent to the floor in any unauthorized manner.**
- (17) Striking a downed opponent, or an opponent who is getting up after being down.**
- (18) Purposely going down without being hit.**
- (19) Any unsportsmanlike action which causes injury to an opponent.**
- (20) Using a spinning back fist.**

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RULE 18 PERMITTED STRIKES

01 All punches must land with the knuckle part of the glove, no other part of the glove or forearm can be used. All kicks must connect with the ball of the foot, the instep, and the heel, side of the foot or the shin from below the knee to the instep.

02 Contestants may kick or sweep to the inside or outside region of the leg. Any deliberate kick to the knee, groin or hip joint shall be prohibited and shall constitute a foul. The referee may issue a warning, order point deductions from the judges scoring or may disqualify the offending contestant for repeated violations.

RULE 19 MINIMUM KICK REQUIREMENTS

01 In professional Kickboxing competition there is a minimum kick requirement of eight kicks per round although kick counters are no longer used by the Association. If the referee feels that a fighter

is not kicking enough he may give a verbal warning. If the fighter continues without using enough kicks, the referee may deduct a point. Judges should take note of referees warnings and score against the fighter who is not performing enough kicks.

RULE 20 STALLING

01 A contestant who intentionally refuses to engage an opponent for a prolonged period of time, or who deliberately clinches or holds onto an opponent shall receive an immediate warning from the referee. If the contestant continues to utilize such passive tactics after receiving one warning during the round, points shall be deducted from the contestant's total score as determined by the referee.

02 If the contestant repeats the passive tactics, either in the same round or in the following rounds, he or she may be considered guilty of a foul and penalized accordingly.

03 In amateur bouts, the referee shall stop the clock and separate the contestants whenever one contestant's mouthpiece is knocked free of the mouth. The referee will wash and replace the mouthpiece in the contestant's mouth. No contestant will be permitted to fight without a mouthpiece. Continuous dropping of the mouthpiece by a contestant shall be considered a foul and will be penalized accordingly.

04 In professional bouts, the contest will not be stopped by the loss of a mouthpiece.

RULE 21 ACCIDENTAL FOULS

01 If a bout is stopped because of an accidental foul, the referee shall determine whether or not the contestant who has been fouled can continue. The referee may consult with the attending physician. If the contestant's chances have not been seriously jeopardized as a result of the foul, the referee may order the bout continued after a reasonable interval.

02 On the other hand, if by reason of accidental foul a contestant shall be rendered unfit to continue the contest, the bout shall be terminated. The scorekeeper shall tally all scores, subtracting all penalties. If the injured contestant is behind on points in the majority opinion of the judges, then the referee shall declare the contest to be a technical draw. But if the injured contestant has a lead in points, then the referee shall declare him or her to be the winner by technical decision.

03 Further, should an accidental foul terminate a bout during the first round, the referee shall declare the contest to be a technical draw.

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RULE 22 STOPPING THE CONTEST

01 The referee shall have the power to stop a contest at any stage if he or she considers the bout too

one-sided, or if either contestant is in such condition that to continue might subject

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him or her to serious injury. In either case, the referee shall declare the fit contestant to be the winner by technical knockout.

02 Should both contestants be in such condition that to continue might subject them to serious injury, the referee shall declare the contest to be a technical draw.

03 In cases where a contestant receives a cut eye from a fair blow, or an accidental foul, or any other injury which the referee believes may incapacitate the contestant, the referee must call the attending physician into the ring for examination of the contestant before the referee decides whether to stop the contest. Time will be called during the examination.

RULE 23 FAILURE TO COMPETE

01 In any case where the referee decides that the contestants are not honestly competing, or that the knockout or the foul has been a prearranged termination of the contest, he or she shall neither finish the knockout count nor disqualify a contestant for fouling nor render a decision. Instead, the referee shall stop the bout and declare the contest ended not later than before the end of the last round. The referee shall then order the purses of both contestants held pending investigation and disposition of funds by the Association.

RULE 24 FAILURE TO RESUME CONTEST

01 No contestant shall leave the ring during the one-minute rest period between rounds. Should a contestant fail or refuse to resume the contest when the bell sounds denoting the start of the next round, the referee shall declare the contestant's opponent to be the winner by knockout as of the round which last ended.

02 However, should the referee decide that the circumstances surround the bout's termination require investigation, or disciplinary action, then the referee shall not make a decision, but rather shall order the purses of both contestants held pending investigation and disposition of funds by the Association.

RULE 25 KNOCKOUT

01 A contestant shall be declared knocked down in any portion of the contestant's body other than the feet touch the floor, or if the contestant hangs helplessly over the ropes.

02 A contestant shall not be declared knocked down if he or she is punched, thrown, or accidentally slips to the floor. The determination as to whether a contestant is pushed, thrown or slips to the floor, rather than being knocked down, shall be made by the referee.

RULE 26 COUNTING

01 Whenever a contestant is knocked down, the referee shall order the contestant's opponent to retire to the farthest corner of the ring, pointing to the corner and immediately begin the count over the knocked down contestant. The referee will audibly announce the passing of each one-second interval, indicating its passage with a downward motion of the arm.

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02 Any time a contestant is knocked down, the referee shall automatically begin a mandatory eight-count and then, if the contestant appears able to continue, will allow the bout to resume. The timekeeper, through effective signaling, shall give the referee the correct one-second intervals for the count. The referee's count is the only official count.

03 Should a contestant be knocked down three times in one round from blows to the head, the referee shall stop the contest and declare the contestants opponent to be the winner by technical knockout.

03a Whenever a contestant is knocked out primarily as a result of a kick, whether or not the kick occurred in combination with punches, the referee shall declare the contestants opponent to be the winner by either kick knockout or technical kick knockout whichever is appropriate and shall be entered into the fighters official record as a KKO.

04 Should a contestant who is down rise before the count of ten is reached and then go down immediately without being struck, the referee shall resume the count where it was left off.

05 If the contestant taking the count is still down when the referee calls the count of ten, the referee shall wave both arms to indicate that the contestant has been knocked out and will signal that the contestant's opponent is the winner.

06 A round's ending before the referee reached the count of ten will have no bearing on the count. The contestant must still rise before the count of ten to avert a knockout.

07 Should both contestants go down at the same time, the referee shall continue to count as long as one of the contestants is down. If both contestants remain down until the count of ten, the contest will be stopped and the referee shall declare the bout to be a technical draw. But if one contestant rises before the count of ten and the other contestant remains down, the first contestant to rise shall be declared the winner by knockout. Should both contestants rise before the count of ten, the round will continue.

RULE 27 STANDING EIGHT-COUNT

01 The referee may, at his or her discretion, administer an eight-count to a contestant who has been stunned, but who remains standing. He or she shall direct the contestant's opponent to a neutral corner, then begin counting from one to eight, examining the stunned contestant as he or she counts.

If, after completing the standing eight-count, the referee determines that the contestant is able to continue, he or she shall order the bout to resume. But if the referee determines that the contestant is not able to continue, he or she shall stop the contest and declare the contestant's opponent to be the winner by technical knockout.

RULE 28 COMMUNICATING THE COUNT

01 As soon as a contestant has been knocked down, the timekeeper begins calling the count, from one to ten, while the referee directs the contestant's opponent to a neutral corner. When the referee has finished directing the opponent to a neutral corner, he or she returns to the knocked down contestant and counts over him or her, picking up the count from the timekeeper.

RULE 29 FALLING FROM THE RING

01 A contestant who has been wrestled, pushed, or who has fallen through the ropes during the contest, may be helped back by anyone except the contestant's own seconds or manager. The referee shall allow reasonable time for the return. When on the ring platform outside the ropes, the contestant must enter the ring immediately. Should the contestant stall for time outside the ropes, the referee shall start the count without waiting for the contestant to re-enter the ring.

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02 Once a fallen contestant re-enters the ring, the referee may either resume the contest or start the round from the moment that the contestant is back in the ring.

03 Whenever contestant falls through the ropes, the contestant's opponent must retire to the farthest corner, as directed by the referee and remain there until ordered to resume the contest.

04 A contestant who deliberately wrestles or throws an opponent from the ring, or who hits an opponent who is partly out of the ring and thus prevented by the ropes from assuming a position of defense, may be penalized.

RULE 30 WIPING THE GLOVES

01 Before a fallen contestant resumes competition, after having been knocked to, slipped to, or fallen to the floor, the referee shall wipe the contestant's gloves free of any foreign substance.

RULE 31 CONSULTING THE PHYSICIAN

01 The referee may, at his or her discretion, request the physician to examine a contestant during the bout. Should the examination occur during the course of a round, the clock shall be stopped until the examination is completed.

02 If after consulting with the physician, the referee decides that further contact below the belt, whether from fair or foul blow, will result in injury to a contestant's knee, he or she shall prohibit striking below the belt for the remainder of the bout.

03 Also, the physician shall have the power to order the referee to stop the bout, at any time, due to the incapacitation of one or both contestants. The referee will then render the appropriate decision.

RULE 32 SCORING

01 The judges shall score all contests and determine the winner through the use of the ten-point must system. In this system the winner of each round receives ten points and the opponent receives a proportionately smaller number. But in no circumstances shall a judge award the loser of each round with fewer than seven points. If a round is judged even, each contestant shall receive ten points. No fraction of points may be given.

02 Judges should base their scores on the relative effectiveness of each contestant in a given round. An official knockdown always demonstrates superior effectiveness. However, a contestant who is knocked down more from instability than from an opponent's blow, may be able to return from the knockdown and dominate the round by a large enough margin to be judged the winner. Also, the weight given to an official knockdown scored by one contestant must be equal to the weight given to an official knockdown scored by the contestant's opponent.

03 Generally, sweeps should not be given the same weight as an official knockdown. Judges should watch for the technique's effectiveness in slowing down a contestant.

04 A contestant who wins the round and does so with exceptional above-the-belt kicking technique, should be given a more favorable point advantage than the contestant who wins a round with a predominance of punching technique. Below-the-belt kicking technique should be given the same weight as punching techniques.

05 Further, a contestant who aggressively presses an opponent throughout a round, but cannot land a threatening kick or punch, should not be judged as favorably as the contestant who back-pedals throughout the round but counter-attacks with visible impact.

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06 A contestant who wins the round and does so with exceptional above the belt kicking technique should be given a more favorable point advantage than the contestant who wins a round with a predominance of punching techniques. Below the belt kicking techniques should be given the same weight as punching techniques. An otherwise event round should be awarded to the overall most effective above the waist kicker.

07 More specifically, the judges shall award points to contestants on the basis of round by round outcomes and in accordance with the following scores:

(1) 10 points to 10 points whenever neither contestant dominates the other with superiority in effectiveness.

(2) 10 points to 9 points whenever the winning contestant dominates the losing contestant with a marginal superiority in effectiveness.

(3) 10 points to 8 points whenever the winning contestant dominates the losing contestant with exceptional above-the-belt kicking technique, or whenever the winning contestant dominates the losing contestant with a significant superiority in effectiveness as might be indicated by one knockdown.

4) 10 points to 7 points whenever the winning contestant dominates the losing contestant with an overwhelming superiority ineffectiveness as must be indicated by more than one knockdown.

07a Following each round and at the termination of the contest, the referee shall pick up the ballots of the judges. The referee shall then deliver the ballots to the scorekeeper who shall tally all scores, subtract all penalties and deliver the totals to the Association representative assigned to verify them. The majority opinion of the three judges, less penalty points, shall be conclusive. If there is no majority opinion, then the decision shall be a draw.

08 When the Association representative has completed verifying and totaling the scores, the announcer then in turn shall inform the audience of the decision over the public address system. The referee shall raise the winner's hand.

RULE 33 CHANGING THE DECISION

01 A decision rendered at the termination of any contest shall be final and cannot be changed unless the Association determines that any one of the following has occurred.

(1) There was collusion affecting the result of the contest.

(2) The compilation of the scorecards of the judges shows an error which would mean that the decision was given to the wrong contestant.

(3) There was a clear violation of the rules and regulations of the WORLD KICKBOXING

ASSOCIATION which affected the result of the contest.

02 If the Association determines that any of the above occurred with regards to any contest, then the decision rendered shall be changed as the Association may direct.

Submission Grappling Rules



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United We Stand

World Kickboxing Association
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