



# **Amateur Championship Tournament**

**Ring Sports**

**K-1, Unified Rules and Muay Thai**

**January 2025**

## **Introduction**

This Rulebook is specific to Ring Sports, K-1, Unified Rules and Muay Thai and supersedes all previously issued versions. Please refer to the Overview of Regulations for Competitors, Coaches and Officials for general information surrounding the Amateur Championship Tournament, and Tatami Sports Rules for the current Regulations and Rulings.

## **Content**

**K1** – K-1  
**UR** – Unified Rules  
**MT** – Muay Thai

### **K-1 Rules**

K-1 Kickboxing discipline modified for Amateurs.

#### **Uniform**

Kickboxing Shorts, Females will wear fitted t-shirt, rash guard that doesn't extend below the elbow. Males are permitted to not wear a covering on their top half.

#### **Protective Equipment**

Head-Guard, no visors or faceguards are allowed.

Individually fitted Mouth Guard (gum shield)

Boxing Gloves 10 oz. in all weight categories

Breast-protector for all Females

Groin-protector for Males

Shin & Instep protectors not the elasticated type

#### **Legal Techniques**

Punches: Straight punches, hooks, uppercuts (must land with the knuckle part of the glove)

Kicks: Front kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks (must land above waist)

Low kicks: inside and outside, above and below the knee

Knee Strike: to the body and legs only.

#### **Illegal Techniques**

Single hand and two-handed clinching to deliver a knee strike.

Spinning or turning back-fist.

Elbow or forearm strikes.

Passive clinching or holding.

Catching an opponent's foot or leg.

Throwing.

Sweeps.

#### **K-1 Rules Scoring Criteria**

Awarding of points shall be based on the following elements.

Whether an effective and accurate attack is acknowledged, and damage is inflicted on the opponent using legal techniques.

Points will be awarded in this priority:

Number of downs.

Extent of damage inflicted on the opponent.

Number of clean hits.

Degree of aggressiveness (points in the offensive.)

## **Notes:**

Under K-1 Rules all strikes, punches kick or knees are only valued by the damage they inflict, strikes landed without power have no value.

The aggressor the fighter who is pushing forwards will have the advantage if the number of strikes scored by each fighter is equal, and one fighter was clearly more proactive in attempting to attack during the bout, they should win the fight.

If contestants are otherwise equal and one contestant clearly fouls consistently, that contestant who violates the rules loses the fight.

## **Unified Rules**

Unified Kickboxing Rules discipline modified for Amateurs.

### **Uniform**

Kickboxing Shorts, Females will wear fitted t-shirt, rash guard that doesn't extend below the elbow. Males are permitted to not wear a covering on their top half.

### **Protective Equipment**

Head-Guard, no visors or faceguards are allowed.

Individually fitted Mouth Guard (gum shield)

Boxing Gloves 10 oz. in all weight categories

Breast-protector for all Females

Groin-protector for Males

Shin & Instep protectors not the elasticated type

### **Legal Techniques**

Punches: Straight punches, hooks, uppercuts (must land with the knuckle part of the glove)

Kicks: Front kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks (must land above waist)

Low kicks: inside and outside, above and below the knee

Knee Strike: to the body and legs only.

Grabbing or holding an opponent's foot or leg, followed by an immediate single strike or kick.

Holding and hitting, such as holding with one hand and hitting with the other hand.

Grabbing or holding for any reason other than to immediately attack with a knee strike (or strikes) is a foul, this includes holding to rest or grabbing an opponent in order to stop them from striking.

A fighter may clinch in order to immediately attack with a legal knee strike (or strikes). If the knee attack and/or counterattack by the opponent is continuous and productive the referee may allow it to continue in their estimation for up to five seconds, otherwise, the fighters should disengage from the clinch and continue to fight. If a fighter clinches and fails to immediately attack with a legal knee strike or completes the knee attack and does not release the clinch this may be considered as "holding" which is a foul and will result in a caution, warning or penalisation.

*"Repositioning" during the clinch in order to make your knee attack more effective is legal, if in the referee's evaluation the fighter is maintaining the attack. When "repositioning" the fighter must follow with an immediate strike of the knee or risk being cautioned for attempting to "down your opponent" with a method other than a legal strike.*

### **Illegal Techniques**

Spinning or turning back-fist.

Elbow or forearm strikes.

Passive clinching or holding.

Throwing.

Sweeps.

## **Unified Rules Scoring Criteria**

Awarding of points shall be based on the following elements.

Whether an effective and accurate attack is acknowledged, and damage is inflicted on the opponent using legal techniques.

Points will be awarded in this priority:

Number of downs.

Extent of damage inflicted on the opponent.

Number of clean hits.

Degree of aggressiveness (points in the offensive.)

## **Muay Thai**

Traditional Muay Thai rules modified for Amateurs.

### **Uniform**

Thai boxing or Kickboxing Shorts. Females will wear fitted t-shirt, rash guard that doesn't extend below the elbow. Males are permitted to not wear a covering on their top half.

### **Protective Equipment**

Head-Guard, No visors or faceguards are allowed.

Individually fitted Mouth Guard (gum shield.)

Boxing Gloves 10 oz. in all weight categories.

Elbow Pads.

Breast-protector for all Females.

Groin-protector for Males

Shin & Instep protectors not the elasticated type.

### **Legal Techniques**

Punches: Straight punches, hooks, uppercuts (must land with the knuckle part of the glove.)

Kicks: Front kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks (must land above waist.)

Low kicks: inside and outside, above and below the knee.

Knees: to the body and legs only, long knee, Jumping Knee or kneeing in a clinch.

Clinching: clinching and neck wrestling is allowed to deliver strikes and unbalance opponents.

Elbows: Elbow strikes are allowed to the body and head.

Trips: are allowed in the clinch to unbalance opponents.

Catching opponent's foot or leg: is allowed whilst striking, taking a maximum of two (2) steps.

### **Illegal Techniques**

Spinning or turning back-fist.

Spinning or turning Elbow strikes.

Passive clinching or holding.

Hip or head throws.

## **Muay Thai Scoring Criteria**

The number of clean Muay Thai techniques striking a legitimate target or used successfully against an opponent and effectiveness of the techniques.

Effective techniques are defined as Muay Thai techniques delivered on balance and have a physical effect on a competitor.

To be considered effective techniques need to cause a loss of an opponent's balanced position, they are moved physically either due to the power of the strike, good timing or because of an opponent's loss of balance or cause them to show physical or psychological distress (showing fear or pain.)

Round kicks delivered with force cleanly hitting the body are considered effective even without causing loss of position, similarly straight knee strikes, or circle knees delivered with force and striking with the point of the knee also are considered effective without obvious effect.

If a contestant kicks an opponent on target, but the kicking leg is caught by their opponent the kicker scores a point. However, if after their kick is caught, they get kicked to them and are kicked down to the canvas, the contestant kicking their opponent to the canvas scores as well.

**Notes:**

Kicks to the upper arm score.

Kicks and knees to the back score.

The winner of a bout is the competitor who successfully delivers more effective techniques than their opponent whether moving forwards, backwards, sideways or against the ropes.

If the number of strikes scored by each competitor is equal, and one competitor was clearly more proactive in attempting to attack during the bout, they should win the bout.

If the number of strikes scored by each competitor is equal and no contestant has clearly attacked more, the contestant who shows better offensive skills, defensive skills, elusive skills, or counterattacking skills using Muay Thai arts and techniques wins the bout.

If contestants are otherwise equal and one contestant clearly fouls consistently, that contestant who violates the rules loses the bout.

## **K-1, Unified and Muay Thai Fighting Equipment (Visual)**

### **Head Guards - Allowed.**



**Head Guards – Not allowed.**



**Shin/Leg Protection – Allowed.**



**Shin/Leg Protection – Not allowed.**



**Elbow Protection – Allowed, MT Only.**



**Hand Protection – Allowed.**



**Hand Protection – Not allowed.**





# **ISKA Amateur Members Association**

## **TATAMI SPORTS**

### **Rules & Regulations**

**February 2025**

**This Rulebook is specific to Tatami Sports, Kata/Forms, Semi-Contact, Light Continuous, K1 Light, and Unified Kick Light. This document supersedes all previously issued versions. Please refer to the Overview of Regulations for Competitors, Coaches and Officials for general information surrounding the Amateur World and European Championships and Ring Sports Rules for the current Regulations and Rulings.**



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### **1. Kata/Forms Rules –**

#### **Abbreviations:**

#### **Traditional –**

**FHS** – Forms Hard Style Japanese

**FKO** – Forms Korean Style

**FVT** – Forms Veteran Traditional

**FSS** – Forms Soft Style

**FTW** – Forms Traditional Weapons

#### **Freestyle –**

**FFS** – Forms Freestyle (Open Hand)

**FWM** – Forms Freestyle Weapons with or without Music

**FTM** – Team Forms

#### **Optional Forms Divisions (By choice of the promoter) –**

**FEX** – Forms Extreme

**FCR** – Forms Creative

**FTB** – Forms Tricks Battle

#### **Wai Kru –**

**WK** – Wai Kru

## General Kata / Forms Rules –

A Kata / Form is an imagery fight with multiple opponents.

A competitor performing a Kata/ Form must express and demonstrate a mental and physical realistic approach to the various defence scenarios he/she is trying to emulate. The moves within the Kata / Form must be appropriate to the style being performed.

Techniques should be performed with full power, focus and explosiveness. When executing the Kata / Form all basic techniques should be performed logically and be relative to the selected Kata / Form.

The Competitor's name, the name of the Kata / Form (Traditional divisions only) and club, (or country) must be announced to Judges in all styles.

## Scoring –

**Five Judges:** Judges score competitors. Once scores are recorded the highest and lowest scores are taken away. Points are given to one decimal point. The scores will range between 7 to 10 with average score of 8.5.

**Three Judges:** Judges score competitors. The scores will be added together and that will be the competitors total score. Points are given to one decimal point. The scores will range between 7 to 10 with average score of 8.5.

**Drawing:** In case of a draw competitors will be asked to perform again. In a Traditional Division a competitor is allowed to perform a different kata. In Freestyle divisions they can change and improve their routine if they wish. After both competitors perform they will turn their back to the judges and they will show of hands to their chosen winner. The most hands to one competitor wins.

**Seeding:** The current world ranked competitions will be seeded. For example, the World ranked No. 1 will go last.

**Timekeeper:** A timekeeper will be appointed, if necessary to ensure all performances reach the minimum time and do not exceed the maximum time.

## Presentation –

### Dress:

The competitor must wear a martial arts uniform. No T-shirts may be worn, including club T-shirts. The uniform must be clean and pressed. The uniform must be appropriate to the discipline the competitor is competing in i.e. Traditional White Gi for Traditional Japanese, Kung Fu Silk for Soft Style etc..

Belt or Sash of the competitor's current grade **MUST** be worn.





In all Freestyle Divisions the competitor can choose to wear a Traditional Uniform or a Freestyle Coloured uniform both V Neck or Wrap Over are allowed

**NO** Jewellery may be worn. This includes but not limited to ear rings, bracelets and necklaces.

**NO** Costume masks must be worn.

**NO** special effects i.e. dry ice, lasers or smoke is permitted.

**NO** dance moves are allowed in any **TRADITIONAL FORMS** division. In **FREESTYLE FORMS** such breakdancing moves i.e Coin Drop, Windmill or Flare will be permitted if they are used in a combative way in the routine.

The Competitor must announce Style, Club or Country, according to whether competition is National or International. The Competitor must show good etiquette at all times in the presentation, performance or application of Kata / Form.

#### **Etiquette –**

While on or around the mat the competitor should show respect and discipline at all times. Respect must be shown to the other competitors.

Expected mat etiquette will consist of the Competitor bowing upon entering the competition area and approaching the Judges.

A Competitor should perform the introduction – see General rules. Competitor should then ask for permission to begin, bow to the judges and get ready to begin their Kata / Form.

Competitor must show Martial Arts discipline at all times. They must maintain focus and concentration on what they are doing.

Upon completion of the Kata / Form, the Competitor should wait for the Judges' permission to leave the floor. A competitor should **NEVER** turn their backs to the judges until they have left the competition tatami area.

#### **Traditional Hard Style Japanese Kata –**

Karate Katas **MUST** be using traditional moves **ONLY**. A Traditional Kata **MUST** resemble traditional work, an adaptation will be acceptable if added moves are of a traditional nature.

A high kick cannot be higher than the top of the Karetaka's own head. A Freestyle Form or Korean Form is not acceptable (No machine-gun Kicking)

A Traditional Gi or Dobok **MUST** be worn with a belt showing the competitors current grade.

There will be **NO** use of weapons and music is **NOT** allowed. There is **NO** time limit.

When scoring judges are looking for Basic techniques, Stances, Punches, and Kicks executed with balance, Blocks, Balance, Strength, Focus and good transition between moves.

### **Traditional Korean Style –**

Hardstyle Korean Forms must be using traditional moves only. A traditional Korean Form must resemble a traditional work. An adaptation will be acceptable if added moves are of a traditional nature.

A high kick can be higher than the top of his/her own head. A Freestyle Form is not acceptable (no machine-gun Kicking)

A Traditional Gi or Dobok **MUST** be worn with a belt showing the competitors current grade.

There will be **NO** use of weapons and music is **NOT** allowed. There is **NO** time limit.

When Scoring, Judges should be looking for basic techniques, Stances, Punches, Kicks executed with balance, Blocks, Balance, Strength, Focus and good transition between moves.

### **Traditional Weapons –**

Traditional Weapons Forms must be using traditional moves only. Weapons used must be of traditional construction **NO** lightweight decorated weapons. Weapons **MUST** be of adequate size in proportion of the competitor's height. The Traditional Weapons form must resemble traditional work. An adaptation will be acceptable if added moves are of a traditional nature. Judges are permitted to examine the competitors weapon beforehand.

**NO** baton twirling, body rolls or releases of the weapon are allowed. A Freestyle Weapon form is **NOT** acceptable.

A Traditional Gi or Dobok **MUST** be worn with a belt showing the competitors current grade.

Music is **NOT** allowed. There is **NO** time limit.

When Scoring, Judges should be looking for basic techniques, Strikes with the Weapon, Manipulation of the Weapon, Difficulty of Weapon moves, Stances, Punches, Kicks executed with balance, Blocks, Balance, Strength, Focus and good transition between moves.

### **Veterans Traditional Forms –**

Veterans' Kata / Form must be performed using traditional and acceptable moves only.

A Traditional Kata / Form / Pomse / Hyong must resemble a Traditional Form / Pomse / Hyong. An adaptation will be acceptable if added moves are of a traditional nature.

A high kick cannot be higher than the top of the Competitor's own head. A freestyle form is **NOT** acceptable (no machine-gun Kicking)

A Traditional Gi or Dobok **MUST** be worn with a belt showing the competitors current grade.

There will be **NO** use of weapons and music is **NOT** allowed. There is **NO** time limit.

When Scoring, Judges should be looking for basic techniques , Stances , Punches , Kicks executed with balance, Blocks , Balance, Strength, Focus and good transition between moves.

## **Soft Style Forms -**

Gymnastic type moves are permissible, provided that they are within the style for i.e. Wu-Shu, but they must be Practical and form part of that style. An adaptation is acceptable if added moves are traditional to the soft style being performed.

A traditional uniform **MUST** be worn, this includes silk Kung Fu uniform. A belt or sash **MUST** be worn showing the competitors current grade. There will be **NO** use of weapons, Music is **NOT** allowed.

There is a 3 minute maximum time limit. A Timekeeper will be appointed.

This is not a freestyle section, a freestyle form is **NOT** acceptable (no machine-gun Kicking)

Competitors are allowed to exit the Tatami area if they form choreographed to a rectangular area. Exiting the tatami mindlessly will result in a 0.5 deduction per judges score.

When Scoring, Judges should be looking for good flowing techniques, Stances, Punches, Kicks executed with balance, Blocks, Balance, Strength, Focus and good transition between moves.

## **Freestyle Forms General Rules –**

All forms competitors will perform their Form once, and then a score will be given after their performance. Highest score wins.

In the result of a draw for first second or third, the Form will be perform again and the judges will show of hands to the winner. The competitors with the most hands will win.

Competitor performing a Freestyle Form must express a mentally and physically realistic approach to the various imaginary opponents in their form.

Techniques should be performed where necessary with full power, focus and explosiveness. When executing the Form, all basic techniques must be performed logically. Kia's or shouts should be included in a form but not on every single move.

Judges will be looking for basic techniques, stances, speed and cleanness of execution. Tricks or gymnastics whilst being high risk and high difficulty must be performed with accuracy throughout. A Freestyle Form should be fluid and continuous, time spent standing still should be kept to a minimum. All aspects of the person's physical ability will be taken in to account, such as flexibility, strength, speed, stamina and attitude.

Creativeness is encouraged and high risk moves and combinations will score highly if executed without fault. Freestyle Weapons forms will be scored primarily on the weapon usage. Manipulation and creativity with the weapon should be your main focus during a weapons form. The weapon cannot be left unattended once a form has begun.

Should the time be over or under in any part, a deduction of 0.5 will be made from the competitors score by all judges.

## **Time Of Form -**

All musical sections are permitted no more than a thirty second introduction. This time starts from the first contact on the mat.

The minimum time allowed for all musical forms is 1 minute, maximum of 2 minutes. This time will begin from the first movement after the judges have given permission to begin (after the competitor's introduction)

## Music –

Must fit in with the form being performed, synchronisation to music is not compulsory but will show a greater level of preparation. Judges do take musicality into consideration when scoring competitors.

**NO** music containing swearing or derogatory or inflammatory comments may be used; this will result in an automatic disqualification.

## Freestyle Weapons With or Without Music –

### All Freestyle Forms General rules apply with the additional –

A Freestyle Weapons Form is self-choreographed Hard Style Form with Weapons including but not limited to Nunchaku, Bo Staff, Kama, Katana, Sai, Escrima etc... with or without Music.

There is **NO** limitation on Gymnastics moves or releases of the Weapon. However Judges will look at Martial Arts content first, Baton Twirling or non-Martial Arts content will be marked low.

## Releases –

A release is classified as the weapon intentionally leaving contact with the body to be thrown in the air or momentarily balanced on the floor.

A throw release must be released and caught with control, should the weapon be dropped a score of 0.5 will be deducted from all the judges score. Should the weapon leave the competition area in a dangerous manner this will result in an automatic disqualification.

A balance release is the weapon being balanced on the ground i.e. a Bo staff being stood upright. Should the staff fall to the ground this will be classed as a drop and 0.5 will be deducted from all the judges score.

A competitor cannot start your performance with any Weapons on the floor, they must be on the competitors person at the beginning of their Form.

## Team Forms –

A Traditional or self-choreographed Hard or Soft style Team Form with or without music between a minimum of two people maximum of four people. The use of Weapons is permitted. The Team Forms **MUST be 75% synchronised.**

When Scoring, Judges should be looking for basic techniques, Stances, Punches, Kicks executed with Balance, Blocks, Balance, Strength, Focus, Creativity, Synchronisation, Weapon Manipulation, Aggression, Difficulty of techniques including Gymnastic and Tricking and good transition between moves.

## Wai Kru –

Traditional Muay Thai Shorts should be worn. Male competitors can perform topless, female competitors should wear a sports bra or Club/Country T-shirt. The wearing of handwraps, ankle supports is permitted. The Traditional headband Mongkol / Mongkon **MUST** be worn.



The Muay Thai Wai Kru is performed as a means of paying respect to the chairperson of the competition or in the past as a way to pay homage to the King who would normally be a spectator on almost every occasion. It also symbolizes the gratefulness of the fighter towards his mentor who had trained him and as a means of concentrating himself mentally for the competition.

During the Wai Kru the boxers should let their soul leave the body and let the Holy Spirit take over.

Each Wai Kru performance should last between 1 – 3 minutes however should **NOT** exceed 5 minutes and ends with the practicing of Yang Saam Khum steps. The Wai Kru should gesture its own history and ritualised meaning. Each Wai Kru can vary between competitors and have individual stories. The circling and closing off of the tatami of all four corners is advised but not compulsory.

The traditional Wai Kru music will play for each competitor.

By choice of the promoter Male and Female competitors may compete together in Wai Kru.

Judges will be looking for Strength, Power, Balance, Facial Expression, Martial Arts Techniques, Traditional Meaning, Creativity, Storyline and Showmanship.

### **Creative and Extreme Forms (Optional divisions by the promoter) –**

#### **Creative Open Hand –**

##### **All Freestyle Forms rules apply with the additional –**

A Creative Form is a self-choreographed Hard Style Form with or without music with **NO** gymnastics, **NO** horizontal rotations or spins over 360 degrees. The competitors head **CANNOT** go below their own hip. If the competitor breaches any of these rules 0.5 will be deducted for all judges' score per violation. The Creative Open Hand Form should contain only the use of standard Martial Arts techniques, along with the individual's creative variation.

#### **Creative Weapons –**

A Creative Weapons Form is self-choreographed Hard Style Form with Weapons including but not limited to Nunchaku, Bo Staff, Kama, Katana, Sai, Escrima etc... with or without Music. **NO** gymnastics, **NO** horizontal rotations or spins over 360 degrees. The competitors head **CANNOT** go below their own hip. There is a **MAXIMUM OF 5** Releases of the Weapon. If the competitor breaches any of these rules 0.5 will be deducted for all judges' score per violation. The Creative Weapons Form should contain only the use of standard Martial Arts techniques, along with the individual's creative variation.

#### **Extreme Open Hand –**

##### **All Freestyle Forms rules apply with the additional –**

An Extreme Open Hand Form is self-choreographed Hard Style Form with or without music, using **UNLIMITED** gymnastic and tricking techniques. The Extreme Open Hand Form should contain standard martial arts techniques, along with the individual's creative variation. We recommend Music to be used however it is not compulsory. The choreography to the music will always be judged higher. The use of weapons is strictly forbidden.

Although Extreme sections are **UNLIMITED** for tricks and gymnastics the Form should still resemble a Martial Arts Form, failure to include basic Martial Arts will result in the Competitor being scored down. You should show Extreme **Martial Arts**.

## **Extreme Weapons –**

An Extreme Weapons Form is self-choreographed Hard Style Form with Weapons including but not limited to Nunchaku, Bo Staff, Kama, Katana, Sai, Escrima etc... with or without Music. With **NO LIMIT** on gymnastic, tricking techniques and releases of the weapon. The Extreme Weapons Form should contain standard martial arts techniques, along with the individual's creative variation. The manipulation and Weapon techniques will be judged higher over any gymnastic or tricking techniques. It is a **WEAPONS** form. We recommend Music to be used however it is not compulsory. The choreography to the music will always be judged higher.

## **Tricks Battle (Optional division by the promoter) –**

A Martial Arts Tricks Battle between two competitors, with a tree system to the final. Each competitor has 30 seconds to show off their best tricks. Judges will show of hands to the winner who progresses to the next round until we have one winner.

Each round will have a different music track chosen by the Chief Referee. Each competitor has the same music track each round.

Judges are looking for Difficulty of techniques, Variety of techniques, Originality, Creativity, Cleanliness, Power, Balance, Speed and Showmanship.

## **2. Semi – Contact / Points Fighting Rules –**

### **Abbreviated to SC**

### **Rounds –**

The number of rounds and length of rounds of any Competition are determined by the Tournament Director.

At the Amateur World Championships all rounds will be 2 X 2 minute, with a 30 second break. If the fight is drawn an additional 1 minute round will be added. If the fight is still drawn after the extra round it will come down to sudden death with a majority referee decision to win.

### **Scoring –**

Any Punch to the Body or Head = 1 Point

Kick to the Body = 2 Points

Kick to the Head = 3 Points

Jumping Body Kick = 3 Points (The Kick **MUST** Land on the opponent while in the air)

Jumping Head Kick = 5 Points (The Kick **MUST** Land on the opponent while in the air)

Inside/Outside Foot Sweep = 1 Point (Opponent **MUST** touch the Tatami with hands/body)

Drop / Reverse Sweep = 2 Points (Opponent **MUST** touch the Tatami with hands/body)

### **Automatic Win By Points Clear –**

Due to the higher points awarded in the new scoring system, ISKA Tournament Director has issued the following criteria for an automatic victory before the conclusion of the allotted time period.

1 round fight - Margin of 10 clear points reached

2 round fight - Margin of 15 clear points reached



### **3 Second Rule –**

If a competitor falls to the ground on their own accord (Not by a sweep from their opponent) their opponent will be allowed 3 seconds by the centre referee to follow up by hand techniques **ONLY**. The grounded fighter can **ONLY** defend / cover up with hands **NO** Leg techniques.

This rule is by discretion of the centre referee if they feel it is a dangerous situation they are allowed to cut the 3 second time allowance shorter or will **NOT** allow it entirely.

### **Scoring Areas –**

Face

Side and Back of the Head

Body (Front and Side of Torso)

Foot (Sweeps **ONLY** boot to boot inside and outside)

### **Illegal Areas –**

Top of the Head

Neck and Throat

Hand front and back

Kidney Area

Below the waist (Sweeps are allowed boot to boot as stated above)

### **Sweeps –**

All Sweeps must be boot to boot and no higher than the ankle. For a Sweep to score, the sweep must incur either a complete grounding, or a stumble leading to the fighter touching the ground with any part of the body other than the soles of the feet. Even the slightest of touches to the ground by the fingers for example, will result in the sweep being deemed successful.

### **Legal Techniques –**

#### **Hand Techniques -**

Jab (landing with knuckle part of the glove)

Reverse Punch (landing with knuckle part of the glove)

Backfist (but not landing with the side of the fist and to the head only)

Ridgehand (to the head and body)

#### **Jumping and Running versions of all the above**

Blitz

Turning Back Fist (the back foot **MUST** not move **ONLY** pivot)

#### **Kick Techniques -**

Front Kick (to the body and head)

Side Kick (to the body and head)

Curving Front Kick / Twist Kick (to the body and head)

Hook Kick (to body and head including Spinning Hook Kick)

Jumping Spinning Hook Kick (to the body and head)

Back Kick (to the body and head)

Jumping Back Kick (to the body and head)

Roundhouse Kick (to the body and head including Jumping Round Kick)

Spinning Back Kick (to the body and head)

Jumping Spinning Back Kick (to the body and head)

Inside & Outside Crescent Kick (to the body & head including Jumping)

Jumping inside & outside Crescent Kick (to the body & head including Jumping)

Inside & Outside Axe Kick (to the body & head including Jumping Axe)

### **Sweeps –**

Front Sweep (performed with inside of the foot to below the ankle)

Front Sweep (performing with outside of the foot to below the ankle)

Drop / Reverse Sweep (performed to the outside **ONLY** to opponents foot, attackers hands **MUST NOT** touch the Tatami)

### **Illegal Techniques –**

Any open handed strike with the inside of the hand (slapping)

Spinning Back Fist (Back foot moves and fighters does a full 360 degree turn)

Knife Hand Strike (including Spinning / turning)

Palm Heel Strike

**ALL** Elbow Strikes

**ALL** Throws, Takedowns

**NO** pushing with hands, arms or legs.

**ALL** Leg kicks

**ALL** Strikes with Knees

**ANY** use of head

**ANY** use of thighs

**ANY** Gymnastic / Acrobatic or Aerial Movements where the Hands touch the floor

**ALL** Blind Techniques

### **Illegal Actions –**

Swearing (In all languages)

Verbal attacks to opponent or officials

Accusations of cheating to any official or competitor

Uncontrolled Strikes or Kicks

Any Strike or Kick to a Joint

Strikes to the top of the Head

Strikes to the back of the Body

Strike or Kick to the Groin

Scratching, Eye Gouging, Biting or Spitting

Physically attacking a Referee after they call **STOP**

Leaving the fighting area

Falling down deliberately

Running around the Tatami (Refusing to fight)

Using faulty or ill-fitting safety Equipment

Wasting time and any unsporting conduct

Causing offence by inappropriate apparel, gestures or words

Excessive Power

Refusing to touch gloves of opponent

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

## Fighters Safety Equipment -

Head Guard – Padding **MUST FULLY** cover the top, side and back of the head. The face **MUST** be fully exposed offering best vision for the competitor **NO** cheek padding. **MUST be a Martial Arts type Head Guard in good condition and fits the competitor well.** A full-face or semi-face visor may be worn if required because of a medical condition (Dr's note must be provided and signed off by the Tournament Director)



**Gumshield** – Must be a Martial Arts or Boxing type. No American Football / Rugby type.

**Hand Wraps** – Are **NOT** permitted in Semi-Contact.

**Semi-Contact Gloves** – Must cover the fingers and thumbs up to the second knuckle. Boxing gloves are **PROHIBITED** at all times in Semi-Contact.



**Foot / Kick Boots** – **MUST** cover the instep and heel of the foot. They **MUST** be full boots not shin and instep pads. Boots **MUST** cover the whole foot including toes.



**Shin Guards – MUST be ONLY shin NOT instep and worn under clothing and not on top. MUST NOT be worn higher than the knee.**



**Groin Guard – MANDATORY for all MALE Fighters and recommended to FEMALE Fighters including Juniors and Cadets. These are also recommended for Junior and cadet Girls however again not mandatory. They MUST be worn under the clothing not on top. Padding MUST not exceed the fighters waist band.**



**Chest Guard – MUST be of Martial Arts type, worn under clothing not on top. MANDATORY for ALL FEMALE fighters Juniors and Adults.**



### Equipment Check –

Each Fighter is subject to an equipment check prior to the start of the fight. The checks are to be done by the Line Judges. Groin guards and chest guards are not to be touched by the Line Judges. The Fighter should be asked if they have the relevant equipment on, and they should reply in the affirmative. If injury occurs, and the Fighter has lied about the presence of such safety equipment, the Center Referee will be **DISQUALIFIED** the Fighter for breaching the safety rules. This is a **COMPULSORY** disqualification regardless of how the accident happened.

If the fighter arrives on the tatami wearing incorrect safety equipment they are given 2 Minutes **MAXIMUM** to change into the correct equipment if they are still not prepared after the 2 minutes they are **DISQUALIFIED**. Once the fighter is in the correct equipment before the fight begins an automatic **2 points** to be rewarded to their opponent.

#### Clothing –



Fighters must be clean and dressed in appropriate clothing. Toe nails should be clean and cut short. Fighters should wear a clean Team T-Shirt that ensures that the top half of the arm is covered by a sleeve, **NO** Vest Tops. A V-Neck Uniform is permitted, **NO** Traditional wrap-over Uniform. Sponsors names and slogans are allowed providing they are in good taste and do not cause offence.

Martial Arts style trousers must be worn. The trousers should cover the Velcro fastening on the boots and should be full length. There should be no zips, pockets or buttons on the trousers at all. Tracksuit style trousers are **NOT** allowed.

Long hair should be tied back. No Metal/Plastic objects to be worn by any competitor, including earrings, eyeglasses, watches, hair grips, chains, rings, piercing jewellery etc. Soft contact lenses are allowed at the Fighter's risk.

The Coach must wear appropriate clean sports clothing, and sporting shoes. A Coach must **NOT** display any "Officials" type clothing. Any suits, shirts, blazers etc must be covered up if in the act of Coaching.

#### What The Referee Can Do –

The Referee is the **ONLY** person who can stop the bout. The Medic must signal to the Referee if he/she wants the fight stopped. The Coach and Fighter can request the fight to be stopped by making the "T" hand signal with their hands. A Coach can retire a fighter by throwing in a white towel during the bout.

The Referee may change any or all of the officials in his area if he wishes. This must **NOT** happen during a fight unless an Official is ill.

The Referee can deduct points from a fight for breaches of rules including but not limited to Exit, Power.

The Referee has the power to disqualify a fighter due to breaches of rules. To make this decision the Centre Referee **MUST** discuss this with his team of officials before making the final decision.

If the Fighter or Coach is aggressive towards a Referee or Official may it be physical or vocal an immediate expulsion from the building by decision of the Centre Referee. A report **MUST** be submitted to the ISKA Head Office via email within seven days by the Centre Referee, The Fighter or Coach **MUST** remain suspended until the matter has been dealt with by the ARC. A permanent expulsion from ISKA Europe is a highly likely outcome.

### **Warning System –**

A Referee holds the right to offer a verbal Warning to a fighter on the first offence. Afterward the following Official Warning System will be implemented.

Exit Warnings and Official Warnings are to be kept separately.

### **Exit Warning System –**

After the first Official Warning, there will be a minus point per exit warning thereafter. On receipt of the 5<sup>th</sup> minus point the fighter will be **disqualified**.

An Exit warning occurs when a fighter's "Whole" foot is over the line indicating the edge of the fighting area. A fighter cannot score when he/she is out of the area but he/she can be scored against until the Centre Referee stops the fight. If the fighter is pushed out the area then an Exit warning will not be valid. The fighter **MUST** voluntarily exit the fighting area for an Exit Warning to be made.

Official Warning System i.e. Power, Hitting After Stop, bad behaviour

#### **For A Two Round Fight –**

- 1<sup>st</sup> Official Warning
- 2<sup>nd</sup> Official Warning – Minus Point
- 3<sup>rd</sup> Official Warning – 2<sup>ND</sup> Minus Point
- 4<sup>th</sup> Official Warning – 3<sup>rd</sup> Minus Point
- 5<sup>th</sup> Official Warning – Disqualification

#### **For One Round Fight –**

- 1<sup>st</sup> Official Warning
- 2<sup>nd</sup> Official Warning – Minus Point
- 3<sup>rd</sup> Official Warning – 2<sup>ND</sup> Minus Point
- 4<sup>th</sup> Official Warning – Disqualification

**An Official Warning and a Point cannot be awarded to the same fighter at the same time.**

To issue an Official Warning or a Minus Point, the time **MUST** be stopped by showing a "T" sign with the hands to the Timekeeper. The Fighter **MUST** be called to the centre of the fight area to face the Centre Referee. The Centre Referee **MUST** inform the Fighter why they are being penalised, show the sign, wag their finger in an authoritative way and shout "NO!" The Centre Referee indicates what number Warning it is by showing the relevant warning number on their finger before showing the same to the Scorer and then pointing to the Fighter. A Minus Point is indicated by the Centre Referee holding their own right elbow with their own left hand, showing the single index finger towards the ceiling, and dropping it straight down to point to the floor. A Warning, Minus Point or Disqualification may be issued by the Centre Referee to any Fighter because of the actions of his/her Coach. The Coach forms part of the Fighter's Team, and the Fighter is responsible for the Coach.

### **Power –**

The power involved in Semi-Contact Fighting **MUST** be minimal. Any excessive power **MUST** be punished by the Centre Referee. The choices available to the Centre Referee are as follows, depending on the severity of the offence.

1. To official warn the fighter
2. To issue a minus point
3. To disqualify the Fighter after discussion with their official team

### **Scoring –**

A score **MUST** comprise of three factors a legal technique, to a legal target area with legal use of power. **ALL THREE** factors **MUST** be present for the score to count.

On each fighting area there **MUST** be two Line Judges and one Centre Referee. The Line Judges **MUST** move around the area and **NOT** remain static. These officials **MUST** act as a Team and work together to resolve anything issues that may occur.

The Judges and Referee **MUST** indicate a score by raising their hands towards the scoring fighter indicating the amount of points scored by extending the relevant amount of fingers. If two or more Officials indicate the same technique, then the fight is stopped by the Centre Referee and the points will be awarded to the fighter. The Centre Referee will indicate the number of Officials scoring that technique by pointing at each scoring Official and awards the points. They will then show the amount of points scored by extending them of arm and showing the amount of points scored by extension of their fingers. They will clearly indicate which fighter the points are for by pointing towards the fighter this is to avoid any confusion by the scoring table and minimise scoring errors. The Centre Referee should be clear and precise with their hand signals to show spectators and coaches what is being scored. The Referee **MUST** check the score is accurate before restarting the fight.

When the Centre Referee calls “Stop” the fighters **MUST** return to their starting position.

A score can **ONLY** be given if there is a majority of two Officials indicating the same score. Of course it can be all three Officials that indicate the same score.

If two Officials indicate two different points to the same fighter, the Referee should award the lower score to the fighter. The only time this doesn't happen is if the two Officials see a different technique. If one indicates a single point to Red, he must have seen a punch. If the Other Official indicates two points to Red, he must have seen a kick. Because both techniques are different, it must be “no score”.

### **The lower score can only be given if both techniques were the same.**

I.E. One Official sees a Kick to the chest and another Official sees the Kick as a Head Kick, both Officials will indicate the points. One will be three points, and one will be two. The score therefore will be two based upon the fact that they both saw a Kick.

The Officials **MUST** react immediately to points score, any points scored after “Stop” will not stand. The Officials **MUST** indicate the points by show of hands at the same time, the score **CANNOT** stand in any Official scores late i.e. 3-5 seconds later after the other Officials.

If the Centre Referee is not sure about what the Judges are scoring, he may stop the time, call both Judges in to the centre to discuss it. The Officials must resume their position, and the Centre Referee must shout “Score”. The Officials, including the Centre Referee must give the points that they are finally awarding. This score is now final. (It is not good practice to do this very often).

In all cases, the Centre Referee **MUST** indicate their opinion. A Centre Referee has the same responsibility to indicate, with their raised hand and fingers, the points that they wishes to score. A Centre Referee **MUST** not “follow” the Line Judges. They must have an opinion of their own, and show it at the same time as the Line Judges.

### **Start Of The Fight –**

Fighters may be assisted by Two Coaches whom **MUST** remain seated. The Line Judges must check the safety equipment of each fighter prior to allowing them in to the centre of the mat. The Fighters must be parallel to the sides of the mat and one metre apart in the centre, facing each other (not corner to corner). The Centre Referee faces the table, checks both Line Judges are ready and indicates to the Timekeeper that the fight is about to start. The Fighters must touch gloves to indicate good spirit, and the Centre Referee starts the fight by calling "Fight".

### **During The Fight –**

The Fighters continue to try to score against each other until the Judges or Centre Referee sees a score. The Centre Referee calls stop, the Fighters return to their mark, and the Centre Referee indicates which Judges are scoring, shows the number of points to the table, and then indicates to which Fighter the points are awarded. The Centre Referee restarts the fight again by calling "Fight". A Fighter or Coach can request time by making the letter "T" with their hands and taking a step back. Any apparent time wasting or misuse of this will incur a Warning from the Centre Referee. Time does not stop until the Centre Referee indicates the Timekeeper to stop. The time is not stopped to award points but it is stopped to allow adjustments to safety equipment. If an Official Warning is given, the time must be stopped. Only the Centre Referee can start and stop the fight.

### **Ending Of The Fight –**

The Timekeeper indicates the end of the fight by a whistle, bell or by throwing a beanbag. The Centre Referee calls "Stop" and the Fighters cease fighting. Any points scored in between the Timekeeper indicating the end of time and the Referee calling "Stop" must be scored. **ONLY** the Centre Referee can stop the fight, not the Timekeeper. The Referee indicates the winner by calling the scores and raising the arm of the winner. The fighters should touch gloves after the fight.

### **Injuries –**

If a fighter gets injured and cannot continue, the Centre Referee **MUST** ask the Line Judges if there was a foul. Between the two Judges and the Referee, there needs to be a **MAJORITY** decision to decide whether it was an accident or not. The Centre Referee cannot call a foul if both Judges saw decide whether it was an accident or not. The Centre Referee cannot call a foul if both Judges saw nothing wrong.

If a Fighter is injured and the fight is over because of a foul, the innocent injured Fighter is declared the winner.

If a Fighter is injured and the fight is over because of an accident, the contestant with the highest number of points is declared the winner. (If the points are drawn, the uninjured Fighter is declared the winner.)

If a Fight is over because of an accident to both Fighters, and neither can continue, the Winner is the Fighter with the higher points at the time of the fight stopping. If both scores are the same, the fight becomes a No Contest, and no result will be recorded. In the case of a Team Fight, both Reserve Fighters are to be used.

The Centre Referee, after discussion with the Line Judges, can stop the contest if one of the fighters is out of condition and struggling. There is no standing 8 count in Semi-Contact. This fight gets recorded as an RSC.

In the event that a strike dazes an opponent, the Referee **MUST** stop the time and then speak with the Line Judges. If the **MAJORITY** decide "foul", the Centre Referee **MUST** penalise the offender. If the **MAJORITY** decide that there was an accident, there will be no penalty.

If the fighter requires medical attention they will be awarded 2 Minutes Medical Time. This time is started when the medics start treatment and stops once the medics indicate the fighter can



continue. Once the medical time runs out and the fighter still requires treatment they will be deemed unable to continue and the win will be awarded to their opponent.

### **Medical Requirements –**

Medical examination of Fighters prior to the start of the Tournament is recommended by ISKA, but not compulsory. All Fighters compete at their own risk, but it is recommended that if a Fighter looks unwell, a medical examination should be sought by the Centre Referee.

### **Team Fights –**

A Team consists of five Competitors or three Competitors depending on the requirements of the Promoter. One reserve fighter is allowed per team should a Competitor become injured during the competition. There are no weight categories, but competing Juniors should not be more than five kilos above or below their opponent. All fights are one round of two minutes.

The score is based upon wins. All warnings and penalties are not to be carried on between bouts. The next bout starts as nil – nil with no warnings.

In the event of a draw, the points are added up and the winner is the Team with the most points. If the points are equal also, the extra time rule and sudden death applies to the last two fighters, and all warnings and points still stand during this fight.

## **3. Light Continuous Rules –**

### **Level Of Contact –**

The level of contact should be the same as competitive sparring approximately twenty % of full power. The intention should be to score kicks and punches on legal target areas without inflicting damage.

### **Purposeful Intent –**

If a fighter attacks with excessive power deliberately leveraging or loading punches and kicks with intent to inflict damage it will be considered purposeful intent and the fighter will be immediately cautioned or disqualified. The fighter can be penalised without actually landing or connecting with the attack the intent is considered a foul.

The Centre Referee may use his own discretion when penalising a fighter for purposeful intent the choices available to the depending on the severity.

1. To warn the fighter (Caution)
2. To Issue a minus point
3. To disqualify the fighter (end the match declaring the fouled opponent the winner)

### **Rounds –**

The number of rounds and length of rounds of any Competition are determined by the Tournament Director.

At the Amateur World Championships all rounds will be 2 X 2 minute, with a 30 second break. If the fight is drawn an additional 1 minute round will be added. If the fight is still drawn after the extra round it will come down to sudden death with a majority referee decision to win.

### **Scoring Areas –**

Face

Under Chin

Side and Back of the Head

Body (Front and Side of Torso)

Foot (Sweeps **ONLY** boot to boot inside and outside)

**Illegal Areas –**

Top of the Head

Neck and Throat

Hand front and back

Kidney Area

Below the waist (Sweeps are allowed boot to boot as stated above)

**Sweeps –**

Front Sweep (performed with inside of the foot to below the ankle)

Front Sweep (performing with outside of the foot to below the ankle)

All Sweeps must be boot to boot and no higher than the ankle. For a Sweep to score, the sweep must incur either a complete grounding, or a stumble leading to the fighter touching the ground with any part of the body other than the soles of the feet. Even the slightest of touches to the ground by the fingers for example, will result in the sweep being deemed successful.

Scoring should not be on offensive techniques alone, and Defense, Mat-Craft, Fitness etc. should be scored just as highly. The use of clickers is not recommended as the ONLY source of scoring from the judges.

**Legal Techniques –****Hand Techniques –**

Jab (landing with knuckle part of the glove)

Punch (landing with knuckle part of the glove)

Hook Punch (to body and head)

Uppercut to the body and head with control)

**Kick Techniques -**

Front Kick (to the body and head)

Side Kick (to the body and head)

Curving Front Kick / Twist Kick (to the body and head)

Hook Kick (to body and head including Spinning Hook Kick)

Jumping Spinning Hook Kick (to the body and head)

Back Kick (to the body and head)

Jumping Back Kick (to the body and head)

Roundhouse Kick (to the body and head including Jumping Round Kick)

Spinning Back Kick (to the body and head)

Jumping Spinning Back Kick (to the body and head)

Inside & Outside Crescent Kick (to the body & head including Jumping)

Jumping inside & outside Crescent Kick (to the body & head including Jumping)

Inside & Outside Axe Kick (to the body & head including Jumping Axe)

**Sweeps –**

Front Sweep (performed with inside of the foot to below the ankle)

Front Sweep (performing with outside of the foot to below the ankle)

**Illegal Techniques –**

Backfist (Including turning and spinning)

Ridgehand

Drop/Reverse Sweep

Any open handed strike with the inside of the hand (slapping)

Spinning Back Fist (Back foot moves and fighters does a full 360 degree turn)

Knife Hand Strike (including spinning / turning)

Palm Heel Strike

**ALL** Elbow Strikes

**ALL** Throws, Takedowns

**NO** pushing with hands, arms or legs.

**ALL** Leg kicks

**ALL** Strikes with Knees

**ANY** use of head

**ANY** use of thighs

**ANY** Gymnastic / Acrobatic or Aerial Movements where the Hands touch the floor

**ALL** Blind Techniques

### **Illegal Actions –**

Swearing (In all languages)

Verbal attacks to opponent or officials

Accusations of cheating to any official or competitor

Uncontrolled Strikes or Kicks

Any Strike or Kick to a Joint

Strikes to the top of the Head

Strikes to the back of the Body

Strike or Kick to the Groin

Scratching, Eye Gouging, Biting or Spitting

Physically attacking a Referee after they call **STOP**

Leaving the fighting area

Falling down deliberately

Running around the Tatami (Refusing to fight)

Using faulty or ill-fitting safety Equipment

Wasting time and any unsporting conduct

Causing offence by inappropriate apparel, gestures or words

Excessive Power

Refusing to touch gloves of opponent

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

### **Fighters Safety Equipment -**

The same safety equipment as in Semi-Contact applies please see pages 12 – 13 however with the following changes to gloves and hand wraps -

**Boxing Gloves –** The hand must be fully covered including the palm and be of 10oz weight



**Hand Wraps –** Hand Wraps are permitted in Light Continuous. These are NOT compulsory and it is by choice of the fighter whether they wear them or not.

## **Clothing –**

The same clothing rules as in Semi-Contact applies please see page 14 with the following allowances

Vest Top – For both Male and Female competitors will be permitted **ONLY** in Light-Continuous

Sports Crop Top – For Female competitors will be permitted **ONLY** in Light Continuous



## **Equipment Check -**

Will be the same procedure as in Semi-Contact please see page 12.

## **What The Referee Can Do –**

The Centre Referee has the same authority and power as in Semi-Contact see page 15.

## **Warning System -**

The same Exit and Official Warning System will be in place as Semi-Contact please see page 15.

## **Start Of The Fight –**

Both Fighters shall be checked for their safety gear whilst in their own corners. The responsibility to check the Fighters lies with the Centre Referee. The Referee shall call both Fighters to the centre of the Tatami where instructions shall be given to the Fighters by the Referee. The Coaches, if they have listened to the Referee's instructions, must then return to their seats, and must leave the Tatami. Both Fighters must touch gloves to show a sportsmanlike attitude.

The Centre Referee must check that the Medics, Timekeeper and all Judges are ready before raising his arm, and shouting "Fight".

## **During The Fight –**

The fighters must fight, using Boxing and kicking techniques until the Centre Referee says "Stop/Break". If the Fighter needs to adjust safety equipment, they should take one step back, and indicate the "T" sign with their hands. Time should be stopped by the Centre Referee in this instance. Repeated adjustments of safety equipment may incur a Warning from the Centre Referee. The Centre Referee should stop time to issue a Warning, call the Fighter to the middle, raise one finger for a first warning, two fingers for a second warning etc, and show each Line Judge that this Fighter is being issued a warning. The fight should be restarted with the word "Fight". If a Fighter is out of condition, or being overwhelmed, a standing eight count may be issued by the Centre Referee. The Fighter not receiving the count must be sent to the neutral corner. The time does not stop for a count, and a count cannot be saved by the end of the time. The count must be concluded.

In between rounds, the Referee should stand in a neutral corner.

## Ending Of The Fight –

Once the Timekeeper indicates the end of Time, the Centre Referee should call “Stop”, indicate that the fight is over, and send both Fighters back to their sides. The Centre Referee should collect the Scorecards from the Line Judges, pass them to the Tatami Supervisor, and call both Fighters back to the centre. The winner will be indicated by raised the arm of the Fighter with a majority, split or unanimous decision. The Fighters should thank the Centre Referee for his/her efforts, and must touch gloves with their opponent, and acknowledge the opposing Coach.

## Injuries –

If a fighter gets injured and cannot continue, the Centre Referee must ask the Line Judges if there was a foul. Between the two Line Judges and the Centre Referee, there needs to be a majority decision to decide whether it was an accident or not. If three Judges are being used, the Centre Referee does not voice an opinion. The Centre Referee cannot call a foul if the majority saw nothing wrong.

If a Fighter is injured and the fight is over because of a foul, the innocent injured Fighter is declared the winner.

If a Fighter is injured and the fight is over because of an accident, the contestant with the highest number of points is declared the winner. The scorecards must be totalled, but any incomplete rounds must not be scored. At least one round must have been completed before reverting to the scorecards. If the points are drawn, the result is a **DRAW**. In knockout tournaments, the uninjured Fighter is declared the winner, as he/she will be able to carry on to the next round.

If a Fight is over because of an accident to both Fighters, and neither can continue, the Winner is the Fighter with the higher points at the time of the fight stopping. If both scores are the same, the fight becomes a **NO CONTEST**, and no result will be recorded. If the accident happens before one round is completed, the fight becomes a **NO CONTEST**. No incomplete rounds may be scored.

The Centre Referee can stop the contest if one of the fighters is out of condition and struggling. This fight gets recorded as an RSC. This option, at the Centre Referee's discretion, may be used instead of a standing 8 count.

In the event that a strike dazes an opponent, the Centre Referee must stop the time and then speak with his Judges. If the **MAJORITY** decide “foul”, the Centre Referee must penalise the offender. If the **MAJORITY** decide that there was an accident, there will be no penalty. During this time, the Fighter in question must go to the Neutral Corner.

## Medical Requirements –

Medical examination of Fighters prior to the start of the Tournament is recommended by ISKA, but not compulsory. All Fighters compete at their own risk, but it is recommended that if a Fighter looks unwell, a medical examination should be sought by the Centre Referee.

## Scoring –

The winner of each round receives a 10 as a starting score.

If the round is a draw, both fighters receive a 10 as a starting score.

The loser of a round receives a starting score of 9.

It is possible to give a starting score of 8 when a fighter has not shown anything of any worth (in the Line Judges opinion) and was outclassed.

At the end of the fight the fighters are called to the centre of the tatami with the Centre Referee between them. The three Line Judges will face the Scoring Table in one parallel line with their

backs facing away from the Centre Referee and fighters. The Centre Referee will hold the wrist of each fighter and call aloud "Judges Decision". The three Line Judges will indicate their decision by means of raising their appropriate arm to the side of the fighter they had won the fight. The Centre Referee will then count the decisions and raise the winning fighters arm.

The win is on majority decision and there will be **NO** draws by the Line Judges, they **MUST** make a decision.

### **Judges Scoring Arrangement –**

The Judging Team can comprise of the following -

1 Non Scoring Centre Referee and X3 Scoring Line Judges (Seated in three different corners)

1 Scoring Centre Referee and X2 Scoring Line Judges (Seated in two different corners)

### **Minus Point Recording –**

Exit Warnings and Official Warnings **MUST** be kept separately.

At the end of the fight any minus points or counts are to be deducted and the round total indicated on the Line Judges Scorecard.

All Exit and Official Warnings are to be indicated in the correct allocated section on the score card.

A Judge may issue a **JUDGES MINUS POINT** for severe infringements of the rules. If the Centre Referee does not see the offence, the Judge may issue a Judge's Minus Point by indicating "J" in the **MINUS POINTS** area of the scorecard.

The reason **MUST** be stated on the reverse side of the scorecard and signed by the Line Judge. A judge cannot issue a Judge's warning if the Centre Referee saw the offence and chose to do nothing about it. The Judge's warning is purely a tool for Line Judges to punish an offence that the Centre Referee has not seen.

### **Judging –**

The winner is determined by the following criteria -

Points scored by using legal techniques, to a legal area using legal power.

Amount of effective kicks thrown and landed on legal area.

Best counter-attacking

Defensive Techniques

Mat Craft

Fitness and Stamina

Regardless of other factors, if a fighter does **NOT** kick, they cannot win a round. Light Continuous is for **KICK**boxing discipline.

### **Continuous Kicking Rule –**

There is **NO** Minimum Kick Count for Light Continuous under ISKA rules. Each Fighter must **CONTINUALLY KICK** throughout the round. If a Fighter kicks ten times in the first thirty seconds, and

does not kick for the next ninety seconds, they haven't continually kicked. A fair ratio of Kicks to Punches must be used throughout the whole round.

If a Judge feels that one, or both, of the Fighters have not adhered to the Continual Kicking Rule, they must inform the Centre Referee at the end of each round. The Centre Referee should then speak to the Fighter before the next round to indicate the Line Judge's concern. Continual refusal to regularly kick may result in a Warning from the Centre Referee. This is at the discretion of the Centre Referee, and may escalate to a Minus Point for repeated Warning.

## **4. K1 Light Rules –**

### **Level Of Contact –**

The level of contact should be the same as competitive K-1 Rules sparring approximately 20% of full power. The intention should be to score kicks and punches on legal target areas without inflicting damage.

### **Purposeful Intent –**

If a fighter attacks with excessive power deliberately leveraging or loading punches and kicks with intent to inflict damage it shall be considered purposeful intent and the fighter will be immediately cautioned or disqualified. The fighter can be penalised without actually landing or connecting with the attack the intent is considered a foul.

The Centre Referee may use his own discretion when penalising a fighter for purposeful intent the choice available to the Centre Referee are depending on the severity of the offence these are as follows

1. To warn the fighter (Caution)
2. To Issue a minus point
3. To disqualify the fighter (end the match declaring the fouled opponent the winner)

### **Rounds –**

The number of rounds and length of rounds of any Competition are determined by the Tournament Director.

At the Amateur World Championships Cadets will be 3 X 1 minute, with a 30 second break. And Juniors and Adult divisions 3X 1minute 30 seconds with a 30 second break. If the fight is drawn an additional 1 minute round will be added. If the fight is still drawn after the extra round it will come down to sudden death with a majority referee decision to win.

### **Scoring Areas –**

Face  
Under Chin  
Side and Back of the Head  
Body (Front and Side of Torso)  
Legs (Inside and outside above and below the knee)

### **Illegal Areas –**

Top of the Head  
Neck and Throat  
Hand front and back  
Kidney Area  
Joints  
Foot (No sweeps)

## **Legal Techniques –**

The following techniques are permitted in K1 Light.

Punches - Straight punches, hooks, uppercuts (must land with the knuckle part of the glove)

Kicks – Front kicks, low kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks, spinning kicks and knees (Knee are only allowed to the body and legs, knees to the head are illegal)

## **Illegal Techniques –**

Single hand and two-handed clinching to deliver a knee strike.

Spinning or turning back fist

Using the head to deliver a blow

Using the elbow to deliver a blow

Attacking the groin or lower abdomen

Wrestling or judo throws

Thumbing the opponent

Choking and punching the throat

Biting the opponent

Attacking the opponent while he is down or in the process of getting up

Attacking the opponent after the referee has called a break

Voluntarily exiting the Tatami during the course of a match

Deliberately falling down to avoid attack

Attacking the opponent who turned around and showed his back

A caution warning, and or a point deduction shall be given to a fighter who repeatedly charges inside the opponent's guard, with head held low to avoid attack.

A caution, warning, and or a point deduction shall be given to a fighter who repeatedly uses holding and clinches that are not accompanied by attacks, and are judged as being defensive/passive in nature.

A caution, warning, and or a deduction of point may be given when a fighter is only waiting to counter attack and or is considered to be passive.

## **Fighters Safety Equipment -**

The fighters safety equipment is the same for K1 Light as it is for Light-Continuous please see pages 13-14 and page 20. However with the additional use of the following –



**Shin and In Step – MUST** be ISKA approved “HARD” pads NOT elasticated sock type and be NO higher than the knee.



**Bodyguard – Juniors Male and Female MUST** wear a body guard covering the front and back of the torso.



**Womens Chest Guard - MUST** be worn under clothing and not on top. Essential for Female fighters.



### Clothing –

Fighters must be clean and dressed in an appropriate outfit. Toe nails should be clean and cut short. Fighters should wear a clean clothing in good repair with National team branding. Sponsors names and slogans are allowed providing they are in good taste and do not cause offence.

Kickboxing style or Muay Thai Shorts **MUST** be worn with a National team T-shirt or vest. There should be **NO** zips, pockets or buttons on the shorts.



Hand bandages are allowed, maximum length 2.5 meters. Tape and bandage on the fist is allowed, but **MUST NOT** be “Bumpered” or be excessive and remain 1 tape width back from the knuckle. The Centre Referee can deem any hand-wrapping to be excessive.

Long hair should be tied back. No Metal/Plastic objects to be worn by any competitor, including earrings, eyeglasses, rings, watches, hair grips, chains, piercing jewellery etc. Soft contact lenses are allowed at the Fighter’s risk.

The Coach must wear appropriate clean sports clothing, and sporting shoes anyone acting as a Coach and an Official must cover their Officials’ attire whilst coaching.

#### **Equipment Check -**

Equipment check will be the same procedure as in Semi-Contact and Light Continuous please see page 12.

#### **What The Referee Can Do –**

The Centre Referee has the same authority and power as in Semi-Contact see page 14.

#### **Warning System -**

The same Exit and Official Warning System will be in place as Semi-Contact and Light-Continuous please see page 15.

#### **Start, During and End Of The Fight -**

This is the same procedure as in Light – Continuous please see pages 21-22.

#### **Medical Requirements –**

Medical examination of Fighters prior to the start of the Tournament is recommended by ISKA, but not compulsory. All Fighters compete at their own risk, but it is recommended that if a Fighter looks unwell, a medical examination should be sought by the Centre Referee.

#### **Judges Scoring Arrangement –**

Judging can comprise of the following -

1 Non Scoring Centre Referee and 3 x Scoring Judges (Seated)

1 Scoring Centre Referee and 2 x Scoring Judges (Seated)

In the case of using a Scoring Centre Referee, the scorecard should be completed by the Centre Referee in the Neutral Corner in between each round, and totalled at the end of the final round.

## 5. Unified Kick Light Rules –

### Level Of Contact –

The level of contact should be the same as competitive Unified Kick Light Rules sparring approximately 20% of full power. The intention should be to score kicks and punches on legal target areas without inflicting damage.

### Purposeful Intent –

If a fighter attacks with excessive power deliberately leveraging or loading punches and kicks with intent to inflict damage it shall be considered purposeful intent and the fighter will be immediately cautioned or disqualified. The fighter can be penalised without actually landing or connecting with the attack the intent is considered a foul.

The Centre Referee may use his own discretion when penalising a fighter for purposeful intent the choice available to the Centre Referee are depending on the severity of the offence these are as follows

1. To warn the fighter (Caution)
2. To Issue a minus point
3. To disqualify the fighter (end the match declaring the fouled opponent the winner)

### Rounds –

The number of rounds and length of rounds of any Competition are determined by the Tournament Director.

At the Amateur World Championships Cadets will be 3 X 1 minute, with a 30 second break. And Juniors and Adult divisions 3 X 1minute 30 seconds with a 30 second break. If the fight is drawn an additional 1 minute round will be added. If the fight is still drawn after the extra round it will come down to sudden death with a majority referee decision to win.

### Scoring Areas –

Face  
Under Chin  
Side and Back of the Head  
Body (Front and Side of Torso)  
Legs (Inside and outside above and below the knee)

### Illegal Areas –

Top of the Head  
Neck and Throat  
Hand front and back  
Kidney Area  
Joints  
Foot (No sweeps)

### Legal Techniques –

The following techniques are permitted in Unified Kick Light.

Punches - Straight punches, hooks, uppercuts (must land with the knuckle part of the glove)  
Kicks – Front kicks, low kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks, spinning kicks and knees (Knee are only allowed to the body and legs, knees to the head are illegal)

Grabbing or holding an opponent's foot or leg, followed by an immediate single strike or kick.  
Holding and hitting, such as holding with one hand and hitting with the other hand.  
Grabbing or holding for any reason other than to immediately attack with a knee strike (or strikes) is a foul, this includes holding to rest or grabbing an opponent in order to stop them from striking. A fighter may clinch in order to immediately attack with a legal knee strike (or strikes). If the knee attack and/or counterattack by the opponent is continuous and productive the referee may allow it to continue in

their estimation for up to five seconds, otherwise, the fighters should disengage from the clinch and continue to fight. If a fighter clinches and fails to immediately attack with a legal knee strike or completes the knee attack and does not release the clinch this may be considered as "holding" which is a foul and will result in a caution, warning or penalisation.

**"Repositioning" during the clinch in order to make your knee attack more effective is legal, if in the referee's evaluation the fighter is maintaining the attack. When "repositioning" the fighter must follow with an immediate strike of the knee or risk being cautioned for attempting to "down your opponent" with a method other than a legal strike.**

### **Illegal Techniques –**

Spinning or turning back fist

Using the head to deliver a blow

Using the elbow to deliver a blow

Attacking the groin or lower abdomen

Wrestling or judo throws

Thumbing the opponent

Choking and punching the throat

Biting the opponent

Attacking the opponent while he is down or in the process of getting up

Attacking the opponent after the referee has called a break

Voluntarily exiting the Tatami during the course of a match

Deliberately falling down to avoid attack

Attacking the opponent who turned around and showed his back

A caution warning, and or a point deduction shall be given to a fighter who repeatedly charges inside the opponent's guard, with head held low to avoid attack.

A caution, warning, and or a point deduction shall be given to a fighter who repeatedly uses holding and clinches that are not accompanied by attacks, and are judged as being defensive/passive in nature.

A caution, warning, and or a deduction of point may be given when a fighter is only waiting to counter attack and or is considered to be passive.

### **Scoring Criteria –**

Awarding of points shall be based on the following elements.

Whether an effective and accurate attack is acknowledged, and damage is inflicted on the opponent using legal techniques.

Points will be awarded in this priority:

Number of downs.

Extent of damage inflicted on the opponent.

Number of clean hits.

Degree of aggressiveness (points in the offensive.)

### **Fighters Safety Equipment -**

The fighters safety equipment is the same for K1 Light as it is for Light-Continuous please see pages 12-13, page 20 and 26.

### **Clothing –**

Is the same as in K1-Light please reference page 26.

### **Equipment Check -**

Equipment check will be the same procedure as in Semi-Contact and Light Continuous please see page 12.

### **What The Referee Can Do –**

The Centre Referee has the same authority and power as in Semi-Contact see page 14.

### **Warning System -**

The same Exit and Official Warning System will be in place as Semi-Contact and Light-Continuous please see page 15.

### **Start, During and End Of The Fight -**

This is the same procedure as in Light – Continuous please see pages 21-22.

### **Medical Requirements –**

Medical examination of Fighters prior to the start of the Tournament is recommended by ISKA, but not compulsory. All Fighters compete at their own risk, but it is recommended that if a Fighter looks unwell, a medical examination should be sought by the Centre Referee.

### **Judges Scoring Arrangement –**

Judging can comprise of the following -

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