



WORLD MARTIAL ARTS GAMES &
POLICE, FIRE & MILITARY WORLD MARTIAL ARTS GAMES

FULL CONTACT KICKBOXING rules (no Low Kicks)
FULL CONTACT KICKBOXING rules (with Low Kicks)
K-1 rules
MUAY THAI Rules

Definition

Full contact is a discipline of kickboxing where the intention of a fighter is to beat his opponent with full power and strength. Punches and kicks must be delivered to legal targets with focus, speed and determination, creating solid contact. Punches and kicks are allowed to the front and side of the head, the front and side of the body (above waist) and sweeping is also allowed. The fight is held in a ring.

Equipment

Under 70kg = 10 oz. gloves. +70kg = 12 oz. gloves – for all kickboxing styles

Full Contact Kickboxing (no low kicks= long pants, shinguard, foot protection, groin protection, mouthguard, helmet)

Full Contact Kickboxing (with low kicks= Short pants, shinguard, foot protection optional, groin protection, mouthguard, helmet)

K-1 = Short pants, shinguard, foot protection optional, groin protection, mouthguard, helmet)

Muay Thai = Short pants, groin protection, mouthguard, helmet)

Helmets are optional for black belt divisions

Duration

2 x 2 minutes rounds. 1 extra 2 minutes round in case of a draw.

Legal Target Areas

Full Contact Kickboxing (no low kicks) :

The following parts of the body may be attacked using the authorized fighting techniques:

Head Front, side and forehead. **Torso** Front and side above waist **Leg** Below ankle/mid-calf (for foot sweeps only)

Full Contact Kickboxing (WITH low kicks) :

The following parts of the body may be attacked using the authorized fighting techniques:

Head Front, side and forehead. **Torso** Front and side above waist **Leg** Below ankle/mid-calf (for foot sweeps only) + low kicks authorised inside and outside the legs

K-1

The following parts of the body may be attacked using the authorized fighting techniques:

Head Front, side and forehead. **Torso** Front and side above waist **Leg** Below ankle/mid-calf (for foot sweeps only) + low kicks authorised inside and outside the legs

Muay Thai :

The following parts of the body may be attacked using the authorized fighting techniques:

Head Front, side and forehead. **Torso** Front and side above waist **Leg** Below ankle/mid-calf (for foot sweeps only) + low kicks authorised inside and outside the legs

Prohibited Techniques and Behaviour

It is prohibited to:

- Attack an opponent who is caught between the ropes
- Attack an opponent who is falling to the floor or is already on the floor; that is, as soon as one hand or knee touches the floor.
- Leaving the ring
- Continuing after the command "stop" or "break" or end of the round has been given.
- Oil on the face or the body
- Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.
- a fighter spits out his mouth-guard voluntarily,
- Ground Attacks

A fighter cannot attack an opponent on the ground. The central referee is responsible for stopping the match immediately when one of the two fighters touches the floor with any part of the body apart from his feet.

- Stomps to the head or body of a downed Fighter can lead to minus points or disqualification (judges decide by majority decision).
- Unsportsmanlike-like conduct. A Fighter shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsmanlike like-like conduct, the Fighter may be disqualified or deducted one point on the first offence, depending on the severity of the infringement. Spitting out or voluntarily dropping a mouth-guard voluntarily, the central Referee should stop the fight immediately and count him as per a knock down. If he does it the second time he gets an official warning.

Coaches/Coach Second:

- Inappropriately Arguing/ **Commenting** on a referees/ judge's decision
- Inappropriately arguing/ commenting on a score not given or given.
- Attacking or verbally abusing an Official either inside or outside the Ring.
- Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in the immediate removal from Coaching Area at Ring and possible permanent removal from Arena/Event following Technical Committee review.
- Warnings given to the seconds, counted against the Kickboxer.

Legal Techniques

Full Contact kickboxing (no low kick)

- The following technique may be applied:
- all boxing punches
- Front kick
- Sidekick
- Roundhouse kick
- Hook kick
- Crescent kick
- Axe kick
- Jump kick
- Foot Sweep
- Spinning Kick

Clarification: Roundhouse kicks to the torso and head are allowed only with instep or shin as hitting area of the kick

Full Contact kickboxing (with low kick)

Same techniques as above + low kicks inside and outside the leg

K-1 rules

Same techniques as above + 1 knee no clinching

Muay Thai

Same techniques as above + kneeing + clinching (elbow strikes for black belt division only with padded elbow protection gears) + throwing techniques

Throwing Techniques:

Foot sweeps (ankle level only, from outside to inside and vice versa to unbalance the opponent and following up with hand/kicking techniques or to bring the unbalanced opponent to the canvas or to touch it with any part of body apart from feet).

Hand and foot techniques should be used equally during the entire fighting period. Foot techniques are only recognized when they clearly show the intention to hit the opponent with power.

All techniques must be used with power. Any technique which is partially deviated or blocked, or that simply touches, brushes or pushes an opponent will not be scored.

Number of Kicks per Round (full contact kickboxing no low kick rule only)

Each fighter is obliged to deliver a minimum of 6 kicks per round. He must clearly show the intention to hit the opponent by kicking. The fighter is obliged to deliver a minimum of 18 kicks at the end of the match (6 per round). After the first round, the kick counter has to report to the central Referee who must inform the fighter if any missing kicks. He will have the chance to recuperate the missing kicks in the following round. If the fighter does not recuperate the missing kicks from first round he will be given a 1 minus point. If he will again miss kicks in the third round, he will be given another 1 minus point. If the fighter delivers 6 kicks in the first round but does not deliver 6 kicks in the second round, the central Referee will inform the fighter so he can recuperate the missing kicks in the third round. If the fighter does not deliver the missing kicks in the third round, the central Referee will give him 1 minus point. Minus points for kicks will be added to other minus/penalty for other offences.

Decisions

The decisions will be reached as follows:

- Victory via points:

at the end of a bout, the Kickboxer who has obtained a victory by the decision of the majority of judges is declared the winner (victory via majority vote). If both Kickboxers are simultaneously injured or KO and cannot continue the fight, judges will mark the points obtained by each fighter to that point, and the Kickboxer ahead by points will be declared the winner.

- Victory via abandonment:

if a Kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.

- Victory via stoppage, upon order of the Referee (TKO).

- Relegation:

if a Kickboxer is relegated on the Referees advice, or if he receives excessive punishment, the fight will be stopped

and his opponent declared the winner.

- Injury:

if the Referee judges a fighter unable to continue the fight, due to an injury or any other physical reason, the fight will be stopped and his opponent declared the winner. The right to make such a decision is incumbent upon the Referee who can consult the doctor. Having done so, the Referee will follow the doctor's advice.

When a Referee

asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.

- Victory via disqualification:

if a Kickboxer is disqualified, his opponent will be declared the winner. If both Kickboxers' are disqualified, the decision will be announced accordingly. A disqualified Kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title of the competition in the course of which he has been disqualified, except in the case when the Board of Directors decides differently (in its absence, the decision may be made by the Appeal Board , or if none, by an official responsible for the event). Such a decision not taken by the Board of Directors may be, following a request, submitted to a review and confirmation of the Appeal Board itself.

- Victory by default:

when a Kickboxer is present in the ring and ready to fight, and his opponent does not appear when announced by the loud speaker. After two minutes, the gong will ring and the Referee will declare the first Kickboxer the winner by default. He will ask the judges to annotate the score sheets accordingly; he will gather them and call the Kickboxer to the ring centre, and raise his hand as the winner.

- The 3 knock-down rule is valid. This means that the fight will be stopped if a fighter has been knocked down 3 times in the same fight. The Referee declares the fighter TKO after the 3rd knock down

Awarding of points/Score

In awarding points, the following rules must be respected:

A score must be awarded when a legal technique is performed to the following criteria to the legal scoring area.

1. Good Form (good technique with absolute balance)
2. Vigorous Application (full power and speed)
3. Awareness (total concentration and not turning away the face during delivery of the technique)
4. Good Timing and Correct Distance (when techniques have the most potential effect)
5. Sporting Attitude (non-malicious attitude during delivery of technique).

Art. 5.1 Directive 1 - concerning blows

During each round, a judge will mark the respective score for each Kickboxer, according to the number of blows that each one has received. To count a punch or a kick as a blow must not be blocked or stopped.

The value of registered blows in a fight will be counted at the end of each round and granted to the better Kickboxer, according to his degree of

superiority. Blows given by a Kickboxer will not be taken into account:

- if they are contrary to regulations
- if they land on the arms
- If they are weak and do not come from legs, body or shoulders.
- If they are partly deviated or blocked.
- If they simply touch, brushes or pushes an opponent.

In case of a draw

If the match ends in a draw (equal points after 3 rounds), to determine a winner, a judge has to take into consideration

the remarks on the scorecard in appropriate order which are:

1. Better in the last round
2. More active

3. More kicks
4. Better defence
5. Better style and techniques

Directive 4 - Penalty:

Warnings will be carried through the match to all rounds

- 1st violation – Official Warning
- 2nd violation - Official Warning, Award penalty point -1
- 3rd violation - Award penalty point -1
- 4th violation – Disqualification

When a fighter spits out his mouth-guard voluntarily, the central Referee should stop the fight immediately and count him as per a knock down. If he does it the second time he gets an official warning.

Criteria for minus points

- unclean fighting style
- constant clinching
- constant and continuous ducking, turning of the back
- too few foot techniques
- three warnings
- any serious violation of the rules
- insufficient kicks

Offences

A fighter who does not obey the Referee' s orders; who violates regulations, who demonstrates unsportsmanlike-like behaviour or who commits offences, can receive a caution, warning or be disqualified by a Referee without an official warning. Only 4 official warnings can be given to a fighter in the course of the entire bout. The fourth warning will automatically mean DISQUALIFICATION (the procedure starts from warning, official warning and 1st minus point, 2nd minus point, forth official warning, and consequent disqualification of the fighter).