

RING RULES – GENERAL

WAL – AMMASA- NSW



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WAL/AMMASA AND REGULATIONS RING SPORT

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- Approved by Technical Committee

CLASS	DISCIPLINE of KICKBOXING	SAFETY PPE	Round Time
C	K1 LOW KICK	HEAD GUARD SHIN INSTEPS 10oz VELCRO GLOVE	3x2mins 3x90secs opt 2x90secs opt
C	FULL CONTACT	HEAD GUARD KICKS 10oz VELCRO GLOVE SHIN PADS	3x2mins 3x90secs opt 2x90secs opt
B	K1 LOW KICK FTR	HEAD GUARD 10oz VELCRO GLOVE ELBOW PADS SHIN PADS OPTIONAL	3x2mins 5x2mins
B	FULL CONTACT	HEAD GUARD KICKS 10oz VELCRO GLOVE SHIN PADS	3x2mins 5x2mins
A	K1 LOW KICK	8-10oz GLOVE	3x3mins 5x3mins
A	FULL CONTACT	KICKS 8 - 10oz GLOVE	3x3mins 5x3mins

Kickboxing – All Disciplines

C- Class is focused on both Tournament Rules and Novice entry Fight Night rules.

This is a fully padded environment where all safety precautions are adhered to.

Minimum experience for C- Class Rules

0 Fights

Maximum experience for C-Class Rules

No Maximum experience.

B- Class is focused on Experienced Fight Night rules.

This is a partially padded environment where all safety precautions are adhered to.

Minimum experience for B- Class Rules

- 3 Fights

Maximum experience for B-Class Rules

- NoMaximum experience.

A- Class is focused on Professional Fight Night rules.

This is a non padded environment where all safety precautions are adhered to.

Minimum experience for A- Class Rules

- REGISTERED PROFESSIONAL WITH COMMISSION

Maximum experience for C-Class Rules

- NoMaximum experience.

Article 1. Disciplines

Ring disciplines are:

- Full contact (FC)
- Low kick (LK)
- K1 Style (K1)
- FTR Style (FTR)

Article 1.1. Competitors in ring disciplines

In all ring disciplines, kickboxers can compete in the following age categories:

Juniors	(YJ) (14,15,16)
Older juniors	(OJ) (17, 18 years old)
Seniors	(S) (19 to 40 years old)
Masters	(MS) (41- 60 years old)

Article 2. Fighting area

Article 2.1. Ring

Fighting area shall be called the RING or CAGE.(Where approved)

Canvas size: The minimum size of the inside of the ropes must be 420 cm squared and the maximum size 710 cm squared. *In case of a cage 500 cm wall to wall 810 cm wall to wall.* The size of the apron must extend at least 50 cm outside the line of the ropes on each side, including additional canvas necessary to tighten and secure it.

Height of ring: The ring cannot be less than 50 cm or more than 120 cm above the ground.

Platform: The platform of the Ring must be safely constructed, levelled and free from any obstructing projections. It shall be fitted with four corner posts which shall be well padded or otherwise constructed so as to prevent injury of the kickboxers.

Corner pads: The corner pads should be arranged in the following way: In the near left side corner facing the Chief referee central table - RED; in the far-left side corner - WHITE; in the far-right side corner - BLUE; and in the near right side corner - WHITE.

Kickboxer's position in the ring: Position in the RED corner will always hold kickboxer who has upper position in the pools (draw sheet), who is first named in the daily fighting schedule and he will be firstly announced for the fight. Position in the BLUE corner will always hold kickboxer who has lower position in the pools (draw sheet), who is second named in the daily fighting schedule and he will be secondly announced for the fight.

Surface of the ring floor: The floor must be covered with felt, rubber or other suitably approved material having the same quality of elasticity and not less than 1.5 cm nor more than 2.5 cm thick over which a canvas shall be stretched and secured in place. The canvas must cover the entire platform and must be made of non-slippery material called Mesh.

Ropes: There must be 4 separate ropes on each side of the ring.

All ropes must be joined on each side of the ring, at equal intervals, by two pieces of material (close to the texture of the canvas). The two pieces must not slide along the ropes.

The tension of each section of the rope must be strong enough to absorb the impact of the kickboxer's contact with the rope. However, in any case, the Chief referee reserves the right to adjust and approve the tension if necessary.

Steps: The ring must be provided with at least Two sets of steps. Two sets of steps at the opposite corners (red and blue) for the use of the kickboxers and coaches, and one set of steps in the neutral corner (white) for the use of the Central referee and official doctor where required by legislation.

Article 2.2. Accessories of the ringside

- The following are defined as the accessories of the ringside which are required for all competitions:
- WAL/AMMASA Approved Scoring System
- Gong (with striker) or bell or Small pads (10 x 10 cm) made of leather or other appropriate material filled with sand or other material not heavier than 300 grams. Pads must be in white, black or red colour.
- Two seats for kickboxer's use during intervals. Water buckets in red and blue corner.
- Tables and chairs for officials.
- One (preferably two) stop watches.
- One microphone connected to the loudspeaker system.
- One box of medical gloves
- Coach is obliged to bring: towel, plastic bottle of water to be used for drinking and mouth wash only. No other type of water bottle is permitted at ringside for use by the kickboxers or coaches (glass bottle is forbidden).

Article 3. Weight categories

Kickboxer can only compete in a weight class a maximum of one division above his actual weight.

Article 3.1. juniors (12-14 years old, 15-16 years old)

Male	Female
-42 kg	-36 kg
-45 kg	-40 kg
-48 kg	-44 kg
-51 kg	-48 kg
-54 kg	-52 kg
-57 kg	-56 kg
-60 kg	-60 kg
-63,5 kg	+60 kg
-67 kg	
-71 kg	
-75 kg	
-81 kg	
+81 kg	

Article 3.2. Older juniors (OJ) (17,18 years old)

Male:	Female:
-51 kg	-48 kg
-54 kg	-52 kg
-57 kg	-56 kg
-60 kg	-60 kg
-63.5 kg	-65 kg
-67 kg	-70 kg
-71 kg	+70 kg
-75 kg	
-81 kg	
-86 kg	
-91 kg	
+91 kg	

Article 3.3. Seniors (S)(MS) (19 - 40 years old, 41-60)

Male:	Female:
-51 kg	-48 kg
-54 kg	-52 kg
-57 kg	-56 kg
-60 kg	-60 kg
-63.5 kg	-65 kg
-67 kg	-70 kg
-71 kg	+70 kg
-75 kg	
-81 kg	
-86 kg	
-91 kg	
+91 kg	

WEIGHT CLASSES ARE FOR OFFICIAL PATHWAY EVENTS OR RECOMMENDED FOR GALA PROMOTERS ARE FREE TO MATCH AT AGREED WEIGHTS FOR PROMOTIONAL ONE OFF MATCH.

Article 4. Rounds

In all ring disciplines

***ROUND TIMES ARE PER CLASSIFICATION OF BOUT
PLEASE REFER TO TABLE ON PAGE 2***

Article 4.1. Medical time

Maximum time for medical stop in one fight is 2 minutes for each kickboxer.

If a kickboxer uses all two minutes, he will still be able to continue, but if there is need of more medical time, the Central referee must stop the fight with the decision RSC.

Medical time starts when the medic/doctor arrives in the ring, or when the Central referee approves any other medical help with small issues (such as nosebleed, contact lenses, etc.).

In case of a cut or bleeding, the official doctor should decide within 2 minutes if a kickboxer can continue or not.

Heeding the tournament official doctor's opinion, the Central referee will then decide whether the fight should be continued or not (however only in case when the Official Doctor allows a kickboxer to continue the fight).

If the doctor says yes to continue, but the Central referee assesses the situation not to be safe or fair, the Central referee must then start the fight, and then stop it on other issue – like RSC because of not being able to defend or fight properly.

In case that Central referee sees intention to obstruct the fight by kickboxer using medical time and assistance, he can ask for doctor's opinion whatever such a call was for medical or injury reason. In case that official doctor that reason was not medical or for injury, Central referee must penalize kickboxer

The medical treatment of the injury is not allowed in this period.

If the Central referee, after consultation with the doctor, determines that the kickboxer misuses medical time to rest or avoid a fight, he may give the kickboxer an official warning.

Article 5. Equipment and clothes

Article 5.1 Kickboxers in Full contact (FC)

Article 5.1.1. Personal safety equipment

- Head protection (top of the head must be covered).
- Mouth guard (on only the upper teeth or on both upper and lower teeth).
- Breast protection (for female kickboxers) (OPTIONAL)
- Hand wraps (no stick with a tape).
- Gloves for contact sports (10 Oz).
- Groin protection (mandatory for male and female optional).
- Shin guards (must cover the shin from under the knee to the top of the feet).
- It is prohibited to use shin guards sock's type covering shin bone and instep • Ankle support (optional)
- Foot protection (Boot).

Article 5.1.2. Personal clothes

- Naked torso and long pants for men,
- Sport top (vest) and long pants for women

Article 5.2 Kickboxers in Low kick

Article 5.2.1. Personal safety equipment

- Head protection (top of the head must be covered).
- Mouth guard (on only the upper teeth or on both upper and lower teeth).
- Breast protection (optional for female kickboxers)
- Hand wraps (no stick with a tape).
- Gloves for contact sports (10 Oz).
- Groin protection (mandatory for male and female).
- Shin guards (must cover the shin and instep)
- Foot wraps (optional) (must be covered with the ankle support)
- Ankle support (optional, if foot wraps are not used)

Article 5.2.2. Personal clothes

- Bare torso and shorts for men,
- Sport top (vest) and shorts (no sport skirt) for women.

Article 5.3. Kickboxers in K1 Style + FTR Style

Article 5.3.1. Personal safety equipment

- Head protection (top of the head must be covered).
- Mouth guard (on only the upper teeth or on both upper and lower teeth).
- Breast protection (optional for female kickboxers)
- Hand wraps (no stick with a tape).
- Gloves for contact sports (10 Oz).
- Groin protection (mandatory for male and female).
- Shin guards (must cover the shin and instep)
- Foot wraps (optional) (must be covered with the ankle support)
- Ankle support (optional, if foot wraps are not used)
- Elbow Pads for FTR only

Article 5.3.2. Personal clothes

- Bare torso and shorts for men,
- Sport top (vest) and shorts (no sport skirt) for women.

Article 6. Officials

Article 6.1. Chief referee of the Ring

The Chief referee on a Promotion is appointed by WAL State Representative AMMASA.

Article 6.2. Central referee

- The role of a Central referee is primarily based on the following principles.
- Their First responsibility is the safety of the kickboxers.
- The Central referee in ring-sports must use medical gloves and must change them after every fight in which blood has occurred.
- They shall have the power to stop the fight to give penalties.
- They are the only person who has the authority to stop the fight.
- The Central referee may issue warnings and penalties for rules violations on his own. Only in case they need to clarify non seen or doubts situations he will consult judges and following majority agreement with the judges make decision.
- When giving verbal warnings Central referee will not give an order to time keeper to STOP THE TIME,
- When giving official warnings Central referee will an order to time keeper to STOP THE TIME.
- They must give all commands in ENGLISH.
- They will be responsible for the enforcement of the rules throughout the competition and ensure that all scores, penalties and warnings are recorded correctly.
- In cases where the Central referee feels a disqualification may be appropriate, except in cases or instances requiring automatic disqualification, the Chief referee shall be consulted.
- In the case of a KD, suspend the count if a kickboxer deliberately refuses to withdraw to a neutral corner, or is reluctant to do so.

Article 6.3. Judges

- Each Judge must independently consider the merits of the two kickboxers, and must chose the winner, according to the regulations.
- During the fight, they will not talk to kickboxers, coaches, other judges, or anybody else, with the exception of the Central referee.
- They may, if necessary, at the end of a round, notify the Central referee about any incident that they have missed.
- The Judge will not leave his place until the decision has been announced, because he can be asked to decide the winner in case of draw by red or blue advantage.

Article 6.4. Number of officials per ring

A number of referees and judges is required to ensure the neutrality of the fights as follows:

Full contact: 1 chief referee + 4 referees / judges

Their duties during the fight are: 1 chief referee, 1 Central referee, 3 judges, 1 score/time keeper,

Low kick / FTR / K1 Style: 1 chief referee + 4 referees / judges

Their duties during the fight are: 1 chief referee, 1 Central referee, 3 judges, 1 score/time keeper,

During the fight, except in exceptional cases (force majeure), the Chief referee cannot change the Central referee or judges. Force majeure shall be deemed to have caused the Central referee or judge to have grown ill or to have found a big and intentional violation of the rules.

Article 7. Decisions

The decisions will be reached as follows:

Article 7.1. Victory by points (P)

At the end of a fight, the kickboxer who scored more points and has obtained a victory by the decision of the majority of judges is declared the winner.

If both kickboxers are injured or KO and cannot continue the fight, judges will mark the points obtained by each kickboxer to that point and the kickboxer ahead by points will be declared the winner.

In the case of B-Class This will be considered a Draw or No Contest.

Article 7.2. Victory by abandonment (AB)

If a kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the 1-minute break between the rounds, his opponent will be declared the winner.

Article 7.3. Victory by stoppage (RSC, RSC-H)

The Central referee stops the contest.

Injury: If the Central referee judges a kickboxer 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 Central referee who can consult the doctor. Having done so, the Central referee will follow the doctor's advice. Heeding the doctor's opinion the Central referee can decide should the fight be continued or not, but only in case when the doctor allows to continue the fight. When the Central referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.

Article 7.4. Victory by knock out (KO)

This means that the fight will be stopped if a kickboxer has been knocked down and he is not able to continue the fight after Central referee count him till 10

Central referee will start counting up to 8, and if he judges that the kickboxer is not ready to continue, he will count 9, 10 and say "OUT".

In case of heavy knock down Central referee can start counting, count only 1 and say "OUT".

Article 7.5. Victory by technical knockout (TKO)

The 3 knock-down rule is valid. This means that the fight will be stopped if a kickboxer has been knocked down three times in the same fight. B-Class 3 in 1 Round and 4 Total fight. The Central referee declares the kickboxer winner after the third knock down, counting till ten and say "OUT".

In the age category Younger Juniors, the 2 knock-down rule is valid. This means that the fight will be stopped if a kickboxer has been knocked down twice (2 times) in the same fight.

Article 7.6. Victory by disqualification (DISQ)

If a kickboxer is disqualified, his opponent will be declared the winner.

If both kickboxers are disqualified, the decision will be announced accordingly.

In a case of unsportsmanlike behaviour, a disqualified kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title of the competition in the course of which they have been disqualified. Except in the case when the Board of Directors decides differently (in its absence, the decision may be made by the Appeal protest committee, 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 protest Committee itself.

Article 7.7. Victory by walk over (WO)

- When a kickboxer is present in the ring and ready to fight, and his opponent does not appear when announced three times by the loud speaker.
- After two minutes, the Central referee will declare the kickboxer who is present in the ring as winner by walk over (WO).

- If the kickboxer is late or not ready for the fight, but on time before the two minutes finished, the Central referee will start the fight with “official warning” to the kickboxer.

Article 7.8. Special situations

- If the kickboxer accidentally twists their ankle and has a limp, the Central referee must stop the fight and call the Doctor. The Doctor must decide if they can continue the fight or not. If the kickboxer is not able to continue the fight by Doctor’s decision, the winner will be an uninjured kickboxer. If the Doctor allows them to continue the fight, but the kickboxer still has a limp, the Central referee has the right to stop the fight because of the safety reasons and will give the win to the opponent. The Referee judges a kickboxer unable to continue the fight.
- If there was a kick to the groin area and the Central referee sees it clearly, they must stop the fight, stop the time, put the kickboxer who is at fault to the neutral corner and give their opponent time to recover themselves (not more than 5 minutes). Before the Central referee resumes the fight, they must warn the kickboxer who violates the rules.
- If there was a kick to the groin area and the Central referee did not see it clearly, they must stop the fight, stop the time, send the kickboxer who kicked the opponent to the neutral corner and ask all judges what they have seen. If they confirmed the kick to the groin, the Central referee must give the kickboxer who got an unauthorized blow time to recover themselves (not more than two minutes) and warn the kickboxer at fault.
- If the judges do not confirm the violation of the Rules, the Central referee must give the order to start the time and begin to count the kickboxer who is feigning as per a knock-down.
- If there was an authorized kick or punch to the legal target area and the opponent gets injured (broken leg, nose, etc.) and cannot continue the fight, the winner will be the uninjured kickboxer.
- If there was unauthorized kick or punch and the opponent receives an injury and could not continue the fight by Doctor’s decision, the kickboxer who violated the Rules will be disqualified and the injured kickboxer will be declared the winner.
- The situation when both kickboxers delivered the blow at the same time
- If one of the kickboxers has already two knock-downs and both of them delivered the strong blow simultaneously and the Central referee decided to start counting down (both are standing on the feet), they must count both at the same time. Central referee has to check first the readiness to continue the fight of the kickboxer who receives the first knock-down after counting till 8 and carry on counting till 10 to the other. If the kickboxer who gets the first knock-down is ready to continue the fight after counting down to 8, they will be declared as the winner.
- If the Central referee counted them to 10, the winner will be the kickboxer who has more points before the KO. In B-Class a No Contest
- Nevertheless, this winner will be suspended from the further participation in the tournament because of KO and in accordance with the rules. The opponent scheduled for the next round will win by a bye (and no result are announced) unless it applies to a medal fight.
- If the kickboxer who has two previous knock-downs before stands up first during the countdown, and the kickboxer who has no knock-down before they both fall down is still on the floor, the Central referee will not stop counting and if they remain on the floor after 10 seconds the fight will be stopped and decision given considering the points granted before the KO. In Case of B-Class the standing fighter will be declared the winner.
- Nevertheless, the winner will be suspended from the further participation in this tournament because of KO and in accordance with rules. The opponent scheduled for the next round will win by a bye (and no result will be announced) unless it applies to a medal fight.
- If both kickboxers fall at the same time and nobody have any previous knock-downs before or have only one, the count will continue on as long as one of them is still on the floor.
- If they both remain on the floor after 10 seconds the fight will be stopped and a decision given, considering the points granted before the KO. Nevertheless, this winner will be suspended from the further participation in this tournament because of KO and in accordance with rules. The opponent scheduled for the next round will win by a bye (and no result will be announced) unless it applies to a medal fight.
- If a kickboxer delivered the authorized punch (i.e. spinning back fist) and the opponent at the same time shortened the distance in order to punch or kick and received an injury (cause the punch by

forearm or elbow) and could not continue the fight by the Doctor's decision, the winner will be the uninjured kickboxer.

- If a kickboxer tried to kick or punch the opponent and got injured because of block, for example, the Central referee must start counting them down from 1 till 8. After checking their readiness to continue the fight the Central referee gives the command "Fight" if they are ready or continue to count up till 10 if they are not ready or refuse to continue the fight.
- If after the authorized kick to the legal target area the opponent falls down partly (touched the floor with one knee, for example), the Central referee must immediately start counting down. If they remain on the floor after 10 seconds, the fight will be stopped because of KO.
- If after a strike the kickboxer is completely outside the ropes, the Central referee must stop the fight and stop the time. If the fallen kickboxer does not need the Doctor's help, the Central referee will wait for them to come back and resume the fight.
- If they need the Doctor's help, the Central referee will ask the time-keeper to start the two minutes time according to the Rules.
- If they are not able to continue the fight because of the Doctor's decision and it was an authorized blow to the legal target area, the winner will be the uninjured kickboxer.
- If it was an unauthorized blow, the fallen kickboxer will be the winner by the opponent's disqualification.
- If the Central referee fixed the violation of the rules at the same time when the end of the round or the fight is signalled, they must warn or penalize the offender during the break or after the ending of the fight.
- If the kickboxer loses their balance or falls down while hitting with an authorized kick or punch, which leads to knock down the opponent, the Central referee must start counting them down, but the judges must not take this knock down to the account.
- If after the Central referee's command "BREAK" one of the kickboxers made a full step back and then immediately attack the opponent, who stood without any movement, with the effective technique which led to the knock down, the Referee must start counting from 1 to 8 (10) the kickboxer who was under the KD. If there was no full step back, the Referee must penalize the offender in such situation.

Article 7.9. Changing a decision

- All public decisions are definitive and cannot be changed unless:
- Mistakes which occurred in calculating the points are discovered;
- One of the judges declares that they have made a mistake and switched the scores of the kickboxers;
- Central referee's or judge's material mistake.
- Computer system technical mistake.
- The Chief referee will immediately handle all protests. After discussions, the representative of the tournament Appeal Protest Committee will announce the official result.

Article 8. Awarding of points C-Class only

In awarding points, the following rules must be respected:

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

- Good form (good technique with absolute balance).
- Effective Strike
- Full power and speed.
- Focusing on target without turning away the face during delivery of the technique.
- Good timing and correct distance (when techniques have the most potential effect).
- Sporting attitude (non-malicious attitude during delivery of technique).

Article 8.1. Concerning strikes C- Class only

- During each round, a Judge will mark respective score for each kickboxer, according to the number of strikes that each one has delivered.
- To be scored, a punch, kick or a knee strike must come from the right distance, with full power, with legal striking area, landed on legal target area and not to be blocked, a partially deviated or stopped technique is not scored.
- Each legal technique will be scored as 1 point.

In Full contact and Low kick discipline allowed throwing technique is foot sweep. Throwing technique (foot sweep) will be scored only in case

- if the unbalanced kickboxer after such a technique touches the canvas by any other part of his body but his feet
- in case of close distance, he grabs his opponent and lean on him in order not to touch the canvas by any other part of his body than feet
- in case of close distance, he grabs ropes and in order not to touch the canvas by any other part of his body than feet
- The number of recorded strikes (points) in a fight will be registered by each judge separately.
- Strikes made by a kickboxer will not be taken into account as points:
 - if they were contrary to the regulations
 - if they were not delivered from the right distance
 - if they did not come with full power
 - if they did not come with legal striking area or landed on legal target area
 - if they land on the arms or if they are blocked even partially deviated
 - if they come without balance or focusing and the opponent at the time of delivery

B-Class

- Judges will determine the effectiveness of strikes and combinations of fighters of legal techniques in their discipline and award the stronger technique landed and more effective fighter.

Article 8.2. Concerning offences C-CLASS

- During each round a judge cannot penalize each offence he sees, regardless of whether the Central referee has noticed it or not. He has to call the Central referee's attention to that offence.
- If the Central referee gives an official warning to one of the kickboxers, the judge must note it writing

- “W” on the “FOULS” column on the scoring paper, but that does not mean a minus point to the other kickboxer.
- When a Central referee decides to give a minus point to a kickboxer, each of three judges will put a "-1" in the appropriate column. At the end of the round each judge will add three points to the final score of the other kickboxer (if judges use clickers and score cards).

Article 8.3. Awarding points C-CLASS

Article 8.3.1. Awarding points using electronic scoring system

- For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance, power, the judge will once push a button of their mouse indicating the correct kickboxer (red or blue corner).
- Points, starting from first round, will continuously be added from the judges and they will be seen to public (not to other judges) through a screen.
- At the end of the fight, the winner is the kickboxer who scored more points (which will appear on the screen). An effective technique delivered at the same time that the end of the fight is signalled, is considered valid.
- If the Central referee inflicts a foul or a warning, he will indicate so in front of the Chief referee of the ring and the timekeeper who has to put it in the electronic system. It will then be shown on the screens.
- If the Central referee inflicts a minus point, he will indicate so in front of the Chief referee of the ring and the timekeeper who has to put it in the electronic system. It will then be shown on the screens, reducing 3 points from the total score of penalized kickboxer from each judge's score separately.
- The electronic system shows a running time score.
- Points are clearly indicated on the screens for each kickboxer during the entire period of the fight.

Article 8.3.1.1. In case of a draw

- If the fight ends, by one or more judges, in a draw (equal points after 3 rounds), to determine a winner, the electronic scoring system will automatically assign the win to the kickboxer who scored more points in the last round.
- In case that both kickboxers scored the same number of points in the last round, judge will have to decide the winner himself by pushing red or blue button following the next criteria: -
 - More active
 - More kicks
 - Better defence
 - Better style and techniques

Article 8.4. Penalty – C-Class ONLY

There are three kinds of warning CAUTION, VERBAL WARNING and OFFICIAL WARNING.

There are two kinds of penalty MINUS POINT and DISQUALIFICATION.

A Central Referee may without stopping the fight give a caution to a kickboxer at any moment. Central Referee may give ONLY ONE caution during the same bout.

In order to give verbal warning the Central Referee must stop the fight but not the time and explain clearly the violation of the rules facing the offender. Central Referee may give ONLY ONE verbal warning during the same bout.

In order to give the official warning, the Central Referee must stop the fight, the time, put the opponent to the neutral corner and facing the Chief of the ring and Time Keeper point the offender explain the violation of the rules.

Only four official warnings can be given during the same bout

- 1st Official warning
- 2nd Official warning first minus point
- 3rd Official warning second minus point
- 4th Official warning disqualification

Warnings and penalties will be carried through the fight to all rounds what will be showed on the screens.

Minus points and disqualification can be given directly without any warning, but this Central Referee's decision must be approved by Chief of the ring

Article 8.4.1. Criteria for minus points

- Unclean fighting style.
- Constant clinching.
- Constant and continuous ducking, turning of the back.
- Insufficient kicks (in full contact).
- The official warning given before.
- Any serious violation of the rules.

Article 8.4.2. Offences

A kickboxer who does not obey the Central referee' s orders; who violates regulations, who demonstrates unsportsmanlike behaviour or who commits offences, can receive a caution, warning or be disqualified by a Central referee without an official warning.

Only 4 official warnings can be given to a kickboxer in the course of the entire fight. The fourth warning will be automatic DISQUALIFICATION (the procedure starts from official warning, first minus point, second minus point and disqualification of the kickboxer).

Article 8.4.3. Fouls C-Class

The following actions are considered as fouls:

- Punching below the belt, hooking, tripping, and hitting with knees (in FC and LK discipline), elbows, shoulders and forearms.
- Butting with head, strangling the opponent, pushing his head outside the ropes.
- Hitting with open gloves, with the inside of the gloves, with a wrist.
- Hitting the opponent's back and particularly his neck, nape and kidneys.
- Attacking while holding the ropes or using them improperly.
- Lying down, wrestling or not fighting at all.
- Falling down due to no contact or little contact
- Catching Trapping leg in any form

If the kickboxer spits out the mouth guard voluntarily, the Central referee must stop fight and give to kickboxer official warning for the first time and minus point for the second one.

Attacking an opponent who is on the floor or getting up.

Clinching (in FC and LK discipline)

Hitting while hooking or pulling the opponent into the blow.

Hooking or holding opponent's arm or putting an arm underneath the arm of the opponent.

Using artificial means for a passive defence and falling down intentionally in order to avoid a strike.

Using insulting and aggressive language during a round.

Refusing to withdraw (one step back) after the order "BREAK".

Trying to land a blow on the opponent immediately after a "BREAK" order and before withdrawing.

Assailing or insulting the Central referee at any time.

If a Central referee thinks that an offence has been committed without his knowledge, he will have to consult the judges.

Article 8.4.4. Coaches' behaviour

The Central referee after two verbal warnings has right to disqualified from the fight the coach who does not obey his orders following a majority decision of the judges and supervisor.

In case that disqualified coach continues with violation of rules, act aggressive towards officials, other coaches, kickboxers or spectators, Chief referee has right to disqualified him for all fighting day of competition. In such a case, the Chief referee must initiate disciplinary procedure.

Article 9. Knock down (KD) and knock out (KO) (On the floor)

A Kickboxer is considered to be knocked down ("on the floor") if:

If kickboxer touches the floor with a part of his body with any part of his body other than his feet following a strike or series of strikes.

If kickboxer hopelessly hang on the ropes after a strike or a series of strike.

If kickboxer is outside of the ropes, partly or completely, after a strike or a series of strikes.

If, after a strike or series of strikes kickboxer has not fallen to the floor or into the ropes, but is in a state of semi-consciousness and, by the Central referee's opinion, not able to continue fighting.

In the case of a KD, the Central referee must immediately start counting out the seconds.

When a kickboxer is on the floor, his opponent must instantly go the neutral corner, shown by the Central referee.

The Central referee will only continue the fight when kickboxer who is in knock down is ready to fight on count of 8. The proof to be ready is that kickboxer is on his feet, in fighting stand with his arms raised infighting position. Kickboxer must be stable and balanced, with clear vision.

If the opponent does not go to the neutral corner following the Central referee's order, the Central referee will suspend the counting until his order is executed. The count will then be continued where it was left.

A kickboxer who does not resume the fight after a KD losses the fight by KO.

When a kickboxer is in knock down ("on the floor"), the Central referee will count from 1 to 10 with a second interval between each number, and will indicate each second with his fingers so that the fallen kickboxer knows how many seconds have already been counted.

When a kickboxer is in knock down ("on the floor"), due to a strike or series of strikes, the fight will not continue before the Central referee has counted to 8, even if the kickboxer is ready to continue the fight before that time.

If the kickboxer doesn't stand in fighting position and doesn't raise his hands the Central referee will continue to count until "10", the fight will be finished and a KO declared.

If a kickboxer is in knock down ("on the floor") at the end of a round, the Central referee will continue the count even if the bell rings. If the Central referee counts to 10, the Kickboxer will be declared loser via KO.

If a kickboxer is in knock down ("on the floor") and is ready to continue after the count of 8, but the kickboxer falls back on the floor without receiving a new blow, the Central referee will resume the count, starting at 8.

If both kickboxers fall at the same time, the count will continue on as long as one of them is still on the floor. If they both remain on the floor after 10 seconds, the fight will be stopped and decision given, considering the points granted before the KO.

In all age categories knock downs should be counted as ONE additional point on top of the score for the technique.

If electronic scoring system is used, additional point for KD will be automatically added to a score of kickboxer who made KD by time keeper pushing KD "button".

It does not matter what was the reason for counting down: punch, kick or kickboxer's behaviour.

Article 9.1. Procedure after KO, RSC, RSC-H, Injury

If a kickboxer gets injured in a fight the doctor is the only person that can evaluate the circumstances and decide if the kickboxer can continue or not.

If a Kickboxer remains unconscious, only the Central referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.

If the kickboxer is unconscious or semi-conscious after the knock down on the floor, the Central referee, after calling the doctor, will keep the kickboxer lying on the floor and will not allow him to get up until the arrival of the official doctor. The Central referee will not otherwise intervene (remove the tooth guard or rotate the unconscious kickboxer to the lateral position). All interventions on the kickboxer will be carried out by an official doctor.

A kickboxer who has been knocked out due to a head-strike during the fight, or if the Central referee has stopped the fight due to severe head trauma which prevents him from continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty, if necessary.

A kickboxer who has been knocked out due to a head-strike during the fight, or if the Central referee has stopped the fight due to severe head trauma which prevents them from continuing, will not be allowed to take part in another competition or fight for a period of at least 4 weeks after the KO and RSC-H.

In case of following knock outs after the named period of 4 weeks, kickboxer will not be allowed to participate in future kickboxing competitions in accordance with CSA NSW Medical rules and regulations

- To above mentions quarantine periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can further on extend the quarantine period.

A quarantine period means that a kickboxer cannot take part in any competition in kickboxing no matter what the discipline is. The quarantine periods are "minimum period" and cannot be overruled even though a head scan shows no visible injuries.

The Central referee will tell the Judges to mark KO or RSC-H or RSC on their score sheets, when they have stopped the fight due to the kickboxer's inability to resume the fight because of head strikes. The same has to be reported by the Chief referee on duty in that ring on the kickboxer's SPORT PASS. This is also the official result of the fight and it cannot be overruled.

Before resuming kickboxing after a ban, as described in the above paragraphs, a kickboxer will, after a special medical examination, have to be declared fit to take part in competition by a appointed doctor.

Article 9.2. Procedure after injuries in general

In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.

A doctor can require immediately treatment at hospital.

If a kickboxer or delegates from the kickboxer's nation denies doctors medical advice, the doctor will report in written form immediately to Chief referee or to a WAL/AMMASA delegate that all medical responsibility are denied and are in the hands of the kickboxer and his team. However, the official result and a quarantine given is valid.

Article 10. Open Scoring Electronic System

For all ring sports open scoring electronic system scoring shall be used.

This system is as follows: All three judges use a mouse with buttons indicating the two corners. A screen will show the point status for both kickboxers from the various judges at all time.

The displays will be visible for audience and for the coaches involved either with TV screens and or roll-up screen. Fouls, warnings, minus points and time is also shown on the screen, administrating from the computer of the secretariat of each ring.

The system will be administered by the timekeeper.

The fight and its history are stored as a PDF-file in the computer.

Examples of a display for an Electronic Scoring System (FC, LK/K1).

FULL CONTACT



LOW KICK / K1 STYLE



B-CLASS SCORING DISPLAY

ALL DISCIPLINES FC,LK,K1,FTR

R2	REFEREE 1 - M48 ELIMINATION #3					
3:00	TNA	PHLONGAURAI T.				
	AZE	SARIYEV T.				
FINES	GER	HUN	MAR	ITA	SCO	
R1	9:10	10:9	9:10	10:9	9:10	2:3
R2						
R3						
R4						
R5						
TOTAL	9:10	10:9	9:10	10:9	9:10	2:3
DED.						

B-CLASS RULES

ARTICLE 11: SCORING POINTS

11.1. 10 Point Must System ALL DISCIPLINES

- The winner of a round must have 10 points
- The loser of a round will get 9, 8, 7, or a low of 6, depending on various factors in the round.
- If there is no clear winner, both fighters will get 10 points – if in doubt – score it even, point deductions by a referee for fouls in a championship fight are cumulated on the supervisor's master sheet
- A 10-10 score shall be given when a judge's mental computation at the end of the round is not clear enough to give a highly questionable round to either fighter.
- *Just because you have been instructed against scoring even rounds, it would be unfair to a fighter to score a round in favour of the other fighter if your mental computer witnessed no difference.
- A 10-9 score shall be given in a round with a slight advantage in overall action favouring one fighter.
- A 10-9 score shall be given, also, when there is a clear advantage but not an overwhelming advantage.
- A 10-8 score shall be given when there is a knockdown, and the rest of the round is a very slight advantage for the fighter who scored the knockdown
- A 10-8 score shall be given when there is an overwhelming one-sided round; even without a knockdown, a real ADVANTAGE by one of the fighters over the other shall be always a 10-8 round
- A 10-9 score shall be given to fighter A when fighter B takes an eight-count, but B clearly and unquestionably wins the rest of the round, before and after the knockdown
- A 10-10 score shall be given when a knocked down fighter gets up and then knocks down his rival with the rest of the round, somehow even
- A 10-9 score should be given when both fighters are knocked down – but one of them wins the rest of the round
- A 10-7 score shall be given on two knockdowns of the same fighter – but always consider what happened before and after the knockdowns
- No round should be scored lower than 10-6 (e.g., Two 8 counts and a point deduction from a foul in one round)

Knock Down/8 Counts Scoring a 10-8 Round:

If the athlete receives an 8 count, one (1) point is deducted from that athlete. The point is deducted after the round has been scored. It must be kept in mind that in the developmental stage's referees will issue 8 counts for the safety of the athlete more often and do not always constitute a 10-8 round, only if it is clearly one sided.

- An athlete has won the round (10-9), their opponent has received an 8 count (1 point deduction). The final points of this round will be 10-8.
- An athlete has won the round 10-9, the athlete who won the round received an 8 count (1 point deduction). The round becomes 9-9 but as we have the 10 must system the final points of this round will be 10-10.

Scoring a 10-7 Round:

- An athlete has won the round (10-9), their opponent has received two (2) 8 counts. The final points of this round will be 10-7.

- An athlete has dominantly won the round (10-8), their opponent has received an 8 count (1 point deduction). The final points of this round will be 10-7.

11.2 SCORING CRITERIA FOR K1,LK,FC

When the fighter uses their fists, feet and knees, as effective and controlled fighting weapons to attack their opponent powerfully, accurately, and according to the rules with effective and powerful techniques scoring higher than less effective strikes. The effective execution of any legal strike will score higher than a less effective/timid execution of another weapon. The general standard for scoring the actions in a match is to evaluate the quantity and quality of Scoring Strikes Landed, Effective Aggression.

Definition of a effective strike:

- Good form (good technique with absolute balance).
- Effective Strike
- Full power and speed.
- Focusing on target without turning away the face during delivery of the technique.
- Good timing and correct distance (when techniques have the most potential effect).
- Sporting attitude (non-malicious attitude during delivery of technique).

Scoring advantage is not awarded to:

- The Athlete who violates any rule.
- LEGAL strikes on the opponent's arm(s) or leg(s) as is their self-defence techniques.
- The hit is light, without power or body weight behind it.
- An Athlete is thrown on the ring floor after having their kick caught.
- Throwing the opponent on the floor without using any LEGAL weapon.
- A strike after the bell or after the referee has called break/stop.
- A strike after a foul or using a foul to strike.

11.3 SCORING CRITERIA FOR FTR

When the fighter uses their fists, feet, knees, and elbows as effective and controlled fighting weapons to attack their opponent powerfully, accurately, and according to the rules with effective and powerful techniques scoring higher than less effective strikes. The effective execution of any weapon will score higher than a less effective/timid execution of another weapon. The general standard for scoring the actions in a match is to evaluate the quantity and quality of Scoring Strikes Landed, Effective Aggression and Ring General ship (Control of the Actions). Officials are required to score each round with such criteria and to determine the winner of the round in numeric fashion. A competent judge should look for damage, domination and disruption while evaluating effective aggression, ring generalship and defence.

Scoring advantage is awarded to the Athlete who:

- Lands the cleaner and more effective strikes: Landing punches, elbows, knees, or kicks to the scoring area of their opponent with power, volume, and accuracy to cause damage, domination, or disruption to their opponent using more effective LEGAL strikes.
- Causes the most Damage: If a fighter is trying to hurt their opponent, evidence of damage should be considered, knocking the opponent down, staggering or off balancing the opponent, significant blows that slow the opponent's attacking prowess.

- Shows Domination: If a fighter is effectively controlling their opponent, evidence of domination to consider is, an overwhelming advantage in strikes landed, repeatedly initiating action during exchanges, repeatedly lands the last strike in exchanges.
- Causes the most Disruption: If a fighter is trying to prevent their opponent from hurting or controlling them, evidence of disruption to consider is, effective counter strikes that alter an opponent's strategy that force an opponent to grab, and hold, strikes that force an opponent into a defensive posture.
- Exhibits the most Effective Aggression: A forceful willingness to attack their opponent (either moving forward, backward or remaining stationary) where their strikes land accurately and forcefully on their opponent. *Remember, there is a fundamental difference between effective aggression and aggression.
- Shows the best Ring Generalship: Controlling the balance, pace, positioning, and style of the fight to a greater degree than that of your opponent.
- Has the best Defence: Displaying successful evasive manoeuvres to avoid being hit and showcasing defensive mechanisms as part of an offensive strategy to attack your opponent and negate their attacks
- The Athlete who can cause more physical exhaustion loss of composure, disruption and damage to their opponent by use of skill.
- The Athlete who violates the rules the least.

Scoring advantage is not awarded to:

- The Athlete who violates any rule.
- LEGAL strikes on the opponent's arm(s) or leg(s) as is their self-defence techniques. (That the strike to the arms is blocked and has no effect on the opponent balance, posture and does not score damage)
- The hit is light, without power or body weight behind it.
- An Athlete is thrown on the ring floor after having their kick caught.
- Throwing the opponent on the floor without using any LEGAL weapon.
- A strike after the bell or after the referee has called break/stop.
- A strike after a foul or using a foul to strike.

11.4 CLINCH RULES ALL DISCIPLINES

Low Kick + Full Contact do NOT allow Clinching.

NO CLINCHING PERMITTED

K1 Clinch

In K1 the Clinch is considered a attacking technique to engage a STRIKE.

- WAL/AMMASA allow upto five seconds to engage a 2 handed clinch. In this period the athlete must engage a strike with the allowance of up/down motion of opponents head control. Sideways (Corkscrew motion) of the opponent is not allowed.
- Athlete must engage a knee or Kick at this point release the clinch step back to begin action again. Where the athlete does not release the Referee will break up motion.
- Only ONE STRIKE is allowed in the Clinch before the attacker must disengage.
- A Knee to head or Body is permitted from the Clinch.

- NO ELBOW STRIKES ALLOWED IN CLINCH.
- Defender can offer a strike in the clinch.

Clinch scoring/ Scoring in the clinch in FTR

- GOOD technique must land on target with power
- GOOD technique must be effective, or it is not scored
- GOOD technique must not have a foul or follow a foul

Clinch general. FTR only:

- where scoring clinching techniques are applied by one or both fighters, the clinch will be allowed to run.
- where both fighters are using a nonpowerful clinch technique, then the clinch will be stopped.
- if both fighters are working for a dominant clinch position without any striking, the clinch will be allowed to run for a period, if both fighters are working and not locking, holding, or being inactive.
- if both fighters cannot work to a dominant clinch position, the clinch will be stopped immediately.
- if one fighter applies an effective lock position, for a period, the clinch is stopped.
- if one fighter applies a successful defence technique where no more scoring techniques can be applied, the clinch is stopped.
- If one fighter has broken the others posture to an advantageous or unsafe position, the clinch is stopped immediately.

11.5 Warning/Foul ALL DISCIPLINES

A point will be deducted when an athlete has received a warning (1 point deduction), the Referee will show the judges the offending foul.

- An athlete has won the round (10-9), their opponent has received a Warning (1 point deduction). The final points of this round will be 10-8.
- An athlete has won the round 10-9, the athlete who won the round received a Warning (1 point deduction). The round becomes 9-9 but as we have the 10 must system the final points of this round will be 10-10.

RULE 12: FOULS ALL DISCIPLINES

LEGAL STRIKES

- PUNCHES – ALL
- KICKS – ALL
- KNEES – **K1/FTR**
- SWEEPS/DUMPS – Illegal Sweeps listed below
- CLINCH – **FTR ONLY**
- ELBOW – **FTR ONLY**

An athlete who commits a foul can be warned, cautioned, or disqualified at the discretion of the referee depending on the severity of the foul.

The Athlete who commits any of the following is considered a foul:

ALL DISCIPLINES

- Biting, eye poking, spitting on the opponent, sticking out tongue to make faces, head butting, striking the groin, or any similar action.
- Throwing, back breaking, using Judo and wrestling techniques, including sweeps/trips with the back of the leg.
- Intentional rope grabbing to gain advantage over opponents.
- Falling over, going after a fallen opponent or an opponent who is getting up.
- Grabbing/Holding the ropes to fight or for other purposes.
- Using provocative manners and words during the contest.
- Disobeying the referee's command.
- Any intentional Knee strike or kick to the groin area. (An athlete may receive up to 5 min recovery time for an intentional knee strike).
- Intentional strikes to the back of the head or neck.
- Catching the opponent's leg and pushing forwards more than two (2) steps without using any LEGAL strikes. (Zero Steps in K1)
- If an Athlete pretends to fall on the ring floor after their kicking leg is caught or in clinching.
- When both Athletes fall out of the ring and either Athlete tries to delay getting back into the ring.
- Using forbidden substances as specified WADA. Refusing a WADA anti-doping test in or out of competition.
- Violating any of the rules

12.2 KNEES:

- LOW KICK and FULL CONTACT Disciplines – NO KNEES
 - K1 – 1 Knee allowed in the Clinch to any part of body.
 - Flying knee allowed
 - Step up knees allowed
 - FTR – Multiple knees allowed in the clinch.
 - Flying knee allowed
 - Step up knees allowed
- NO KNEES TO GROIN as per General Rules:
- NO knees to a GROUNDED OPPONENT (where a glove or knees is placed on Canvas)

12.3 Elbows

- Elbow strikes are permitted under FTR discipline only
- Elbow strikes to the back of the head are NOT permitted
- Spinning & jumping elbow attacks are permitted
- 12 -6 elbow techniques are permitted

12.4 Catching Kicks

LK / FC no catching or trapping any kicks permitted

K1 – Catch Release/return strike permitted.

- No Steps maybe taken with trapped leg and it must be released immediate to strike.
- No throwing of opponent with catching arm.

FTR Catching a maximum of 2 steps forward with trapped leg before engaging a legal strike