

WAKO AUS - NSW
AMMASA - K1 Kickboxing Rules v.1.2024

K1 KICKBOXING RING SPORTS WEIGHT DIVISIONS

13/14YRS 15/16YRS		17/18YRS		ADULT	
MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
-41KG		-51KG	-48KG	-51KG	-48KG
-45KG	-36KG	-54KG	-52KG	-54KG	-52KG
-48KG	-40KG	-57KG	-56KG	-57KG	-56KG
-51KG	-44KG	-60KG	-60KG	-60KG	-60KG
-54KG	-48KG	-63.5KG	-65KG	-63.5KG	-65KG
-57KG	-52KG	-67KG	-70KG	-67KG	-70KG
-60KG	-56KG	-71KG	+70KG	-71KG	+70KG
-63.5KG	-60KG	-75KG		-75KG	
-67KG	+60KG	-81KG		-81KG	
-71KG		-86KG		-86KG	
-75KG		-91KG		-91KG	
-81KG		+91KG		+91KG	
+81KG					

K1 Ring Kickboxing Rules

ALLOWED:

- All Kicks – Legs, Body, Head
- All Punches – Body, Head – Including Sapping Back Fists
- All Single Knee Strikes – Including Jumping Knees
- Clinching limited only for a Single Strike and Release

NOT ALLOWED:

- Elbow Strikes
- Double Knee in Clinch
- Hold/Grab, Catching of Leg
- Extended Clinch, Hold

SCORING POINTS CRITERIA

- On Full Power, Effective Strikes, Balance, Posture, Techniques

WINNER:

- Determined by Highest Accumulated Scores Over all Rounds of the Match

DRESS CODE:

- Head Guard, Mouth guard, Groin Gourd, Kickboxing Shorts, 10oz Gloves
- Females Cheats Guard, Goring Guard Optional

TIMES AND ROUNDS:

- Juniors 3 X 1½ minute rounds / 3 x 2 minute rounds for title fights
- Adults 3 x 2 minute rounds / 3 x 5 minute rounds for title fight