

Kickboxing

Rules & Regulations

- **General rules:**

Age Categories:

- **Juniors and Intermediates:** Classified by year of birth, not specific dates.
- **Seniors:** Athletes over 40 are required to provide a completed physical exam before competing.

Competition Eligibility:

- Junior and Intermediate Athletes are allowed to compete with older athletes (without needing an upgrade) as long as the age difference is within 24 months.

Upgrading Your Classification:

- **Transitional Upgrade:** Athletes can request an early move to a higher classification (e.g., novice to open) or age category before meeting the standard requirements. This requires approval from both the athlete's affiliate and the UWMAF KB office. Importantly, athletes can only upgrade to the next age category. The transitional upgrade allows them to compete in the new category until they meet the official experience requirements.
- **Permanent Upgrade:** This occurs when an athlete has participated in the required number of bouts for their current classification. They then automatically move to the next level based on experience.

- **Duration of fight**

- ❖ In all ring disciplines on all WAKO authorized competitions format of each single fight in all age categories is 3 rounds by 2 minutes (3 x 2) with one-minute break between the rounds

- **Scoring points**

- ❖ A legal **technique** strikes a legal **target**. The authorized striking area of the hand or foot must make "clean and well controlled" contact. It needs to be proper contact technique, with effective power, but controlled.
- ❖ The judge must actually see the technique hit the target. Marking points based on the sound of the strike is not allowed. The kickboxer must be looking at the point of contact when executing the technique. All techniques must be used with

"reasonable" power. Any technique that simply touches, brushes, or pushes an opponent will not be scored.

- ❖ If a kickboxer jumps in the air to attack or defend, he must land inside the tatami with both feet to score, and he must keep his balance (it is not allowed to touch the floor with any part of body except the feet).
- ❖ With balance, it means good-enough balance eg. not falling. The kickboxer is allowed to stumble, but not fall.
- ❖ Reasonable power means, not too hard, and not too soft. A technique should be delivered with purpose and intent.
- ❖ Punch 1 pt
- ❖ Kick to the body 1 pt
- ❖ Foot sweep (leading the opponent to touch the floor with any other part of the body apart from feet) 1 pt
- ❖ Kick to head 2 pts
- ❖ Jumping kick to body 2 pts
- ❖ Jumping kick to head 3 pts

● **Warning/Penalty**

- ❖ 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 tatami 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 tatami

● **Classifications**

Experience-based:

Pre Novice class: 0-5 bouts

Novice class: 6-15 bouts or less

Open class: 16 bouts or more

● **Weight & Age-based:**

- ❖ Children (Ch) (Boys And Girls)
- ❖ Younger Cadets (Yc) (Boys And Girls)
- ❖ Older Cadets (Oc) (Boys And Girls)
- ❖ Juniors (J) (Male And Female)
- ❖ Younger Juniors (Yj) (Male And Female)
- ❖ Older Juniors (Oj) (Male And Female)
- ❖ Seniors (S) (Male And Female)
- ❖ Master Class (Veterans) (V) (Male And Female)
- ❖ **Children category (CH):** 7,8 and 9 years old. the age group is determined by the year of birth. In the year of the competition, the kickboxer can be 7, 8 and 9 years old. Children can participate in tatami disciplines point fighting and musical forms.
- ❖ **Younger Cadets Category (YC):** 10, 11 and 12 years old. The age group is determined by the year of birth. In the year of the competition, the kickboxer can be 10, 11 and 12 years old. Younger cadets can participate in tatami disciplines point fighting and musical forms.
- ❖ **Older Cadets Category (OC):** 13, 14 and 15 years old. The age group is determined by the year of birth. In the year of the competition, the kickboxer can be 13, 14 and 15 years old. Older cadets can participate in tatami disciplines point fighting, light contact, kick light and musical forms.