

Northern RingSports Kickboxing Championships

SCORING

- The 10 point must scoring will be in operation for each round with the winner of a round being awarded 10pts the loser gaining 9pts – point deductions will be taken off after this scoring has been applied
- Scoring is to be based solely on clean techniques striking permitted scoring areas, impact/effect will not be rewarded and may be penalised if adjudged to be excessive contact by judges
- Scoring areas are:
 - LC Kickboxing – front & side of head, front and side of torso, sweeps to outside of boot
 - K1 Light - front & side of head(14yrs+ only), front and side of torso, inside and outside of thigh above knee
- Scoring Techniques
 - LC Kickboxing – kicks that land with the boot/foot, punches with knuckle part of the glove
 - K1 Light – Kicks that land with padded shin/instep guard, push kicks (teeps, front + side kicks) to body only, no striking with heel to head of an opponent (i.e. spinning hook kicks), knees to body, punches with knuckle part of the glove, single/double hand clinch + catching kick allowed but must release after single strike
- Fouls/disallowed techniques
 - Any form of grappling, takedowns or throws
 - Spinning back fists
 - Knees to head
 - Push kicks to thigh/knee joint
 - Kicks that strike with heel (K1 Light only)
 - Clinching beyond a single strike in K1 light
 - No clinching or catching kick in LC Kickboxing
 - Head butts
 - Biting
 - Striking of anywhere outside of permitted scoring areas

CONTACT

- All bouts will be light contact, any competitor striking with full power will be warned by the referee, have points deducted and possibly disqualified. Note, that it is at the referee's discretion whether this entire process has to be followed in its entirety i.e. for flagrant excessive and dangerous contact the referee can disqualify a competitor without previously issuing any warnings.

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- Following excessive contact, timeout can be given to a competitor to recover at the referee's discretion, this does not constitute a point deduction for the injured competitor as a standing 8 count would do in a full contact bout.
- In junior K1 light categories for 13yrs and under there will be no head contact for competitors, knees to the body will be allowed, all competitors in these categories are required to wear body protectors.
- Any competitor disqualified for excessive contact will not be eligible for a refund but will be allowed to compete in any other category they may have entered.

