

Junior U- Kick Rules (Ring-No Head Contract) for Amateur Kickboxing

Uniform

- **Kickboxing Shorts**
- **Females:** Fitted t-shirt or rash guard (not below elbow)
- **Males:** Top half may be bare

Protective Equipment

- Head-Guard (no visors or faceguards)
- Mouth Guard (gum shield)
- Boxing Gloves: 10 oz. for all weight categories
- Females: Breast protector
- Males: Groin protector
- Shin & Instep protectors (non-elasticated type)

Legal Techniques

- **Punches:** Only body shots allowed; no punches to the head.
- **Kicks:** Front, middle, side, back, jumping kicks (must land above the waist).
- **Low kicks:** Inside and outside, above and below the knee.
- **Knee strikes:** To the body and legs only.
- **Clinch:**
 - Can grab opponent's foot/leg for an immediate single strike.

- Holding and hitting continuously is not allowed.
- Clinching only to immediately deliver legal knee strikes.
- If continued productive clinching occurs, referee may allow up to 5 seconds.
- Repositioning during clinch allowed only if followed by an immediate knee strike.

Illegal Techniques

- Spinning or turning back-fist strikes.
- Elbow or forearm strikes.
- Passive clinching or holding.
- Throwing and sweeps.

Scoring Criteria (Junior U- Kick Rules No Head Contact)

- Points based on:
 1. Number of knockdowns.
 2. Extent of damage inflicted.
 3. Number of clean hits.
 4. Degree of aggressiveness.
