

Kickboxing (Full Contact) in the Ring Rules

Controlled Kicks and punches to Head and to the Body

1. Kicks must be above the waist.
2. Leg sweeps, foot to foot, boot to boot, to the inside and outside of opponent's front foot are permitted by both feet of the sweeper
3. Minimum kicks per round.
 - a) Amateur/Junior - 6 per round.
4. A kick thrown with power but misses the opponent will be counted as a legitimate kick.
5. Front kicks (snap) must make positive contact to be counted as a kick.
6. When the kick count is not achieved by a fighter in a round, they will be warned, the next round if the minimum kick requirement is not achieved, they will be deducted one point. Kicks cannot be made up on consecutive rounds.

DEFINITION OF LEGAL TECHNIQUES

Controlled Kicks and punches to Head and to the Body

Must be to target - Definition of target: Punches must land on the front or sides of the head or above the belt (e.g., line drawn from the top of the hips through the navel).

- * Straight punches to head and body
- * Hooks to head and body
- * Uppercuts

Controlled Kicks and punches to Head and to the Body

- * Roundhouse kick
- * Push and front kick
- * Side Thrust kick
- * Spinning Back kick
 - * Axe kick
 - * Snap kick
 - * Crescent kick
 - * Jumping kicks
 - * Reverse kick
- * Sweep boot to boot
- * Parrying kicks

DEFINITION OF ILLEGAL TECHNIQUES

1. Head butts - and illegal use of the head.
2. Punches to back of head/neck.
3. Punches below the belt.
4. Punches using open glove; inside of glove; punching with butt of glove.
5. Kidney punch.
6. Spitting or biting.

7. Holding the ropes whilst striking.
8. Kicks below the waist
9. Cuffing, slapping.
11. Strikes to groin.
12. Spinning sweeps.
13. Striking opponent when knocked down.
14. Abusive language.
15. Striking opponent during Referee break.
16. Striking after the bell.

If a foul is committed in the ring, the referee will determine the decision, where necessary along with the Association Representative as follows:

- * Warning - 2nd 1 point deducted, 3rd warning disqualification.
 - * Immediate disqualification.
- * The fight will be stopped if the fighter that has fouled, injures or knocks out the opponent.
- * Intentional - the fouled fighter will be announced the winner. If the winner is unable to continue the fighter who committed the foul will NOT be able to advance in the event.
 - * Unintentional (see unintentional fouls).

Warnings.

- * Warning -
- * 2nd warning - deduct 1 point.
- * 3rd warning - disqualify the fighter.

Unintentional Fouls

1. Injury in first or second round that stops the fight will be a NO CONTEST.
 - a) Judges will score the rounds fought
 - b) All scorecards to be collected by the Representative and added up

Disqualifications

1. Striking a fighter entangled or fallen through ropes.
2. Deliberately exiting the ring to avoid attack (Referee decision - may be given standing 8 count).
 3. Fighter intentionally uses a foul technique.
 4. Fighter fails to stop kicks below waist after warning.
 5. Fighter drops gum shield 3 times during 1 round.
 6. Spitting, biting, holding the leg or foot.
 7. Spinning sweeps.
 8. Deliberate strikes to joints, spine.
 9. Fighter fails to follow Referee instructions.
 10. Fighter late for bout or no show.
 11. Referee decides fighter has not the will to continue.
 12. Fighter receives 3 warnings in one round.
13. Corner man enters the ring or touches the fighter without Referee's permission.
 14. Other rules are broken.

SAFETY EQUIPMENT	FULL CONTACT RULES
Gum Shield	Mandatory
Shin Pads	Mandatory
Foot Protectors	Mandatory
Groin Protectors	Mandatory
Head Guard	Mandatory
Hand wraps	Mandatory
Boxing Gloves	Mandatory 10 oz
Elbow Pads	NO
Full Contact Pants	Mandatory
Shorts	ILLEGAL

RULES AND FOULS	FULL CONTACT RULES
Kicks	Kick above the waist
Kicks Per Round	6 per round
Rounds	2 x1min 3 x1min final under 18 Adults 3 x1 min all fights
Sweeps	Foot to foot - boot to boot Inside and outside
Standing 8 Count	2nd 8 count in 1 round the bout will be stopped
Head Contact	controlled
Spinning Back Fist / Elbow	ILLEGAL
Direct Kick to Front of Legs	ILLEGAL
Strike to Groin	ILLEGAL
Strikes to Leg Joints	ILLEGAL
Throws	ILLEGAL