

## **JUNIOR K1 RULES**

### **6-13 YRS No Head Contact**

**All forms of boxing in combination with kicks to the body only**

**Rear (reverse) kicks to the body**

**Spinning back kicks to the body**

**Low kicks to the thighs, inside and outside.**

**Knee attacks to the legs, body only**

**Kicks with the shin and foot to the thigh body**

### **DEFINITION OF LEGAL TECHNIQUES**

**Punches to body only under 14yrs**

Must be to target - Definition of target: to body only

- \* Spinning back fist NOT ALLOWED
- \* Spinning elbow NOT ALLOWED
- \* Neck wrestling NOT ALLOWED

**Kicks body only under 14yrs**

- \* Roundhouse kick
- \* Push and front kick
- \* Side kick
- \* Spinning Back kick
- \* Jumping kicks
- \* Reverse kick
- \* Kicks to inner and outer legs
- \* Knee Strikes (Junior body only UNDER 14YRS)

### **DEFINITION OF ILLEGAL TECHNIQUES**

1. Strikes to spine or knee joints.
2. Strikes to front of leg.
3. Knee strikes to head FOR ALL
4. Elbow strikes to head FOR ALL
5. No hip throws.
6. No sweeps.
7. Strikes to groin.
8. Striking opponent when knocked down.
9. Abusive language.
10. Striking opponent during Referee break.
11. Striking after the bell.
12. Holding leg/foot
13. Spinning Back fist / Elbow to head FOR ALL

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

- \* A caution.
- \* 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

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

#### Unintentional Fouls

1. Injury that stops a fighter; fight will be awarded to their opponent.

#### 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 drops gum shield 3 times during 1 round.
5. Spitting, biting, holding the leg or foot.
6. Spinning sweeps.
7. Abusive language.
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	K1 JUNIOR RULES
Gum Shield	Mandatory
Shin +Instep	Mandatory
Foot Protectors	N/A

Groin Protectors	Mandatory
Head Guard	Mandatory
Body Protectors	Mandatory up to 13yrs
Hand wraps	Mandatory
Boxing Gloves	Mandatory 10oz
Elbow Pads	n/a
Shorts	Mandatory

RULES AND FOULS	K1 JUNIOR RULES
Kicks	Includes kicks to inner and outer legs
Kicks Per Round	Not Applicable
Rounds	2 x1 min 3x1 min Final
Sweeps	ILLEGAL
Standing 8 Count	2nd 8 count in 1 round the bout will be stopped
Head Contact	6years to under 14 years ILLEGAL
Spinning Back Fist / Elbow	ILLEGAL
Direct Kick to Front of Legs	ILLEGAL
Strike to Groin	ILLEGAL
Strikes to Leg Joints	ILLEGAL
Throws	NO hip throws
Strikes with Elbows	ILLEGAL
Strikes with Knees	To the body only
Holding Opponent's Legs / Foot	NOT ALLOWED

