

World Kickboxing Association



Official Rulebook Amateur Ring Sports 2026 TABLE OF CONTENTS

SECTION I: ADMINISTRATIVE REGULATIONS AND PROCEDURES

- RULE 1: WORLD KICKBOXING ASSOCIATION**
- RULE 2: ADHERING TO NATIONAL AND STATE BYLAWS/REGULATIONS**
- RULE 3: AMATEUR STATUS**
- RULE 4: BANNED SUBSTANCE USE**
- RULE 5: REGISTRATION AND LICENSING**
- RULE 6: REVOKED**
- RULE 7: SUSPENSION PERIODS AFTER STOPPAGE**
- RULE 8: IDENTIFICATION OF THE COMPETITORS**
- RULE 9: EXCEPTIONS FROM NATIONALITY REQUIREMENTS**
- RULE 10: AGE CATEGORIES**
- RULE 11: WEIGH-IN**
- RULE 12: MEDICAL EXAMINATION**
- RULE 13: FIGHTING AREAS**
- RULE 14: OFFICIALS ROLES & RESPONSIBILITIES**

SECTION II: WKA STANDUP: BOXING, FULL CONTACT KICKBOXING, LOW KICK, K-1, UNIFIED RULES OF KICKBOXING,

THAIBOXING, MUAY THAI, SAN SHOU

- RULE 1: WEIGHT CLASSES**
- RULE 2: WORLD LEVEL COMPETITIONS**
- RULE 3: THE ATTENDANCE OF A MEDICAL STAFF**
- RULE 4: ROUND NUMBER AND LENGTH**
- RULE 5: ATTIRE**
- RULE 6: RULES OF CONDUCT INSIDE AND OUTSIDE THE RING**
- RULE 7: THE COMPETITOR**
- RULE 8: THE COMPETITOR'S EQUIPMENT**
- RULE 9: SECONDS**
- RULE 10: CLASSIFICATION OF COMPETITORS**
- RULE 11: AMATEUR DIVISION SCORING RULES AND BOUT RESULTS**
- RULE 12: LEGAL TECHNIQUES**
- RULE 13: ILLEGAL TECHNIQUES (FOULS)**
- RULE 14: SPECIAL PROVISIONS FOR YOUTH**
- RULE 15: FOULS, WARNINGS AND MINUS POINTS**
- RULE 16: PROTESTS AND ALTERATION OF DECISIONS**
- ADDENDUM 1: SAN SHOU**

SECTION III: MIXED MARTIAL ARTS (MMA)

- RULE 1: WEIGHT CLASSES**
- RULE 2: WORLD LEVEL COMPETITIONS**
- RULE 3: THE ATTENDANCE OF MEDICAL STAFF**
- RULE 4: FIGHTING AREA**
- RULE 5: ROUND NUMBER AND LENGTH**
- RULE 6: ATTIRE**
- RULE 7: RULES OF CONDUCT INSIDE AND OUTSIDE THE RING**
- RULE 8: THE COMPETITOR**
- RULE 9: THE COMPETITOR'S EQUIPMENT**
- RULE 10: SECONDS**
- RULE 11 CLASSIFICATION OF COMPETITORS**
- RULE 12: AMATEUR DIVISION SCORING RULES**
- RULE 13: LEGAL TECHNIQUES**
- RULE 14: ILLEGAL TECHNIQUES**
- RULE 15: WARNINGS AND MINUS POINTS**
- RULE 16: PROTESTS AND ALTERATION OF DECISIONS**
- RULE 17: SPECIAL PROVISIONS FOR YOUTH**

SECTION IV: SUBMISSION GRAPPLING

- RULE 1: TOURNAMENT ADMISSION**
- RULE 2: FIGHTING AREA**
- RULE 3: WEIGH-IN**
- RULE 4: REFEREES, TIMEKEEPERS, AND SCOREKEEPERS**
- RULE 5: AGE CLASSES**
- RULE 6: ADDITIONAL REGULATIONS OF CLASS AND DIVISION**
- RULE 7: WEIGHT CLASSES**
- RULE 8: APPAREL FOR GI (BJJ) AND NO GI DIVISIONS**
- RULE 9: EXPERIENCE LEVELS AND BELT LEVELS**
- RULE 10: RULES FOR GI AND NO GI DIVISIONS**

**RULE 11: ADDITIONAL RULES FOR NO GI
DIVISIONS**

RULE 12: ADDITIONAL RULES FOR GI DIVISIONS

RULE 13: SCORING

RULE 14: MATCH LENGTHS

ADDENDUM 1: COMBAT JIU-JITSU

SECTION I: ADMINISTRATIVE REGULATIONS AND PROCEDURES

01 This rulebook replaces all previously issued rules. It reflects the official Competition Rules of the World Kickboxing Association (WKA).

02 These current rules are valid for members from all states, although consideration can be given to local law, in case the law requires such adjustments.

RULE 1 World Kickboxing Association

1.01 WKA (formerly World Karate Association, World Kickboxing and Karate Association) stands for the World Kickboxing Association with its seat in New Zealand, which also does business as the WKA International. The affiliated National Federations are members of WKA.

1.02 WKA WORLD HEADQUARTERS (WKA HQ) Mission statement:

(1.02.1) The World Kickboxing Association is committed to uniting martial arts disciplines, empowering athletes, and modernizing the structure of combat sports worldwide.

(1.02.2) The World Kickboxing Association is dedicated to the mission of ensuring combat sports events function safely and fairly.

(1.02.3) The World Kickboxing Association stands ready to ensure fairness in competition through the adoption and application of clear rules and regulations, consistent training across all member countries, and oversight over enforcement and execution.

1.03 WKA Executive Board is defined as WKA World Presidents, all Senior Vice Presidents, and Vice Presidents.

RULE 2 ADHERING TO NATIONAL AND STATE BYLAWS/REGULATIONS

2.01 WKA Amateur rules must be adhered to unless they are in conflict with local, state or national regulations. Where in conflict the local, state or national regulations must take precedence over this ruleset.

2.02 National WKA organisation bylaws must be approved by the WKA executive.

RULE 3 AMATEUR STATUS

3.01 The term "Amateur" is commonly used to refer to the Boxing, Full Contact Kickboxing, Low Kick, K-1, Unified Rules of Kickboxing, Thaiboxing, Muay Thai, MMA (Mixed Martial Arts), San Shou and Submission Grappling style competitors. However, in this rulebook it is used to describe all non-professional competitors.

3.02 Amateurs are all competitors who do not meet one or more of the following conditions:

(3.02.1) Competitor is under a professional contract.

(3.02.2) Competitor has participated in a match of more than 5 rounds.

(3.02.3) Competitor is listed on a Pro-Rank list of "Any other Sanctioning body, including state, provincial, or national government bodies.

(3.02.3b) If a competitor thinks he or she might be listed on a Pro-Rank list when he or she should not be, then the competitor must report it to his or her national federation and apply for an amateur status confirmation. It is also the competitor's responsibility to contact the organization that lists him or her. The Association will decide upon the application to remain classified as an amateur. Amateur status will be granted while the application is pending.

(3.02.4) Non-Amateurs cannot participate in Amateur events, especially the Amateur World Championships. If the Association should discover a Non-Amateur competitor's participation in such events, one or more of the following consequences might be considered:

(3.02.4a) Disqualification of the Non-Amateur

(3.02.4b) Participation ban and time to be determined by the Association

(3.02.4c) Fine of \$500 USD

(3.02.4d) Revocation of the won title, while a revocation of the world title requires the WKA Executive Board approval.

RULE 4 BANNED SUBSTANCE USE

4.01 It is prohibited to use any substance to boost one's performance if such substance is banned by one of these organizations as a doping substance (World Anti-Doping Agency, IOC, Anti-Doping Agency, National Olympic Committee etc.).

4.02 WKA supervisor, tournament promoters, and the official Medic can and may perform tests. Other qualified and authorized organizations or persons may also perform such tests where local law dictates.

4.03 Competitors who intentionally avoid or evade such controls, or try to obstruct or manipulate the testers in any way, can be disqualified and banned for a period of time, to be determined by the Association.

4.04 Privacy, especially for children and female competitors, must be respected. Doping tests must be made by a qualified person of the same sex. Whenever this is not available, WKA supervisor of the same sex shall supervise the collection of the test samples.

RULE 5 REGISTRATION AND LICENSING

5.01 Competitors who wish to be registered and licensed by the Association should fulfill the following conditions:

(5.01.1) Complete WKA Registration/Licensing form for the country in which they reside.

(5.01.2) Complete the Association Liability Waiver.

(5.01.3) Show proof of identity (i.e., valid driver's license, state identification, or passport).

(5.01.4) All competitors must be licensed by their national WKA association or representative.

(5.01.5) Medical requirements:

(5.01.5.1) Physical Examination: Valid medical examination (also referred to as "Physical," or "Physical examination,") shall be completed using approved WKA Association forms. Valid exams shall be no older than 12 months from the date of the bout, undersigned by a doctor.

(5.01.5.2) Bloodwork: Valid blood tests (Referred to as "Bloodwork,") include the following

- Negative HIV
- Hepatitis B Surface Antigen
- Hepatitis C Antibody blood test results
- Refer to Rule 12, Medical Examination, for additional

clarification.

(5.01.5.3) Additional medical testing may be required according to National, State discretion. Additional exams may also be required, particularly for those competitors over the age of 35, at Association's discretion.

(5.01.5.4) Pre-Fight Physical Check: Competitors are also required to pass a pre-fight physical prior to each event conducted by an approved and licensed doctor

(5.01.6) Exceptions: The requirements listed above represent the general guidelines for sufficient medical data to indicate a competitor is fit to compete safely. These physical and bloodwork requirements listed above may be waived based on National, State, or Association discretion.

(5.01.7) Have no medical or any other reasons preventing them from participating in the event. In addition, a competitor must have no current medical suspension issued by any state athletic commission or recognized sanctioning body. The competitor may provide documentation directly to the WKA Headquarters necessary to lift such a suspension with the WKA.

(5.01.8) Female participants must not be pregnant.

(5.01.9) In the case of a competitor under the age of 18, a Youth Waiver must be signed by the parents of the competitor.

RULE 6 Revoked

RULE 7 SUSPENSION PERIODS AFTER STOPPAGE

7.01 After any stoppage, ringside physician may deem a medical suspension and/or additional medical clearance be necessary for any competitor.

7.01 Thirty (30) day suspension after any Technical Knockout (TKO)

7.02 Sixty (60) day suspension after any Knockout (K.O.)

(7.02.1) If loss of consciousness occurs resulting from the head knockout, clearance by a doctor is required for the Association to allow further competition.

7.03 Clearance by a doctor is required for the Association to allow further competition after the second head knockout within twelve months.

RULE 8 IDENTIFICATION OF THE COMPETITORS

8.01 In international tournaments or competitions, the competitors must prove their identity and nationality by showing a government-issued ID.

RULE 9 EXCEPTIONS FROM NATIONALITY REQUIREMENTS

9.01 A competitor can prove his or her special relations to a country other than the one of his or her nationality (the "chosen" country) by submitting to the Association one of the following documents:

(9.01.1) Birth certificate of the country of choice

(9.01.2) Marriage certificate with citizenship in the country of choice

(9.01.3) Proof of permanent residence of the country of choice

9.02 Competitors must submit a written application to start the "country of choice" process through the national federation, which then shall forward the application to the Association.

9.03 Competitors who have chosen a country of choice can only change the country after obtaining a new citizenship, or after moving to another country for permanent residency.

9.04 The WKA Executive Board has the right to decide upon such applications, which must be submitted at least one month prior to the competition in which the competitor intends to participate.

RULE 10 AGE CATEGORIES

10.01 Definitions

(10.01.1) Youth: Any competitor under the age of 18.

(10.01.2) Adult: Any competitor who is 18 years or older.

(10.01.3) Veteran (Master): Any Competitor who is 35 years or older.

10.02 Cutoff Date: The age cutoff date is 24 hours before the first day of competition.

10.03 A youth can compete in the divisions approved by the Association for youth competitors.

10.04 The adult category can start on the cut off day.

10.05 The veteran category can start on the cut off day. Exceptions may be made after a comprehensive professional physical examination report is completed and submitted to the WKA HQ for all veterans wishing to compete in an adult

category.

10.06 Submission grappling includes the following age classes: Children, Teens, Adults, Executives, and Masters.

- For specifics, refer to Section IV, Rules 5-7.

RULE 11 WEIGH-IN

11.01 The weigh-in must be completed at least two hours prior to the first competition and no longer than one (1) day before the event.

11.02 At international competitions, officials should be from different countries, and the weigh-in should take place no longer than two (2) days before the day of competitions.

11.03 Generally, there shall be no tolerance. An adult competitor wearing light shorts or undergarments will be given a one pound/450g allowance. An adult competitor wearing no clothing will be given no allowance. Males may only wear light fight shorts to weigh in. Females may wear only light fight shorts and a lightweight top or sports bra.

11.04 Competitors who do not make weight will be given one hour within the allotted weigh-in session and may not cut more than two percent of their body weight in this hour time frame.

11.05 In international tournaments, apart from two exceptions listed below, only 3 participants from each country and for each weight-division are permitted.

(11.05.1) During the time of national selection tournaments and world championships, the weight of juniors can change significantly.

RULE 12 MEDICAL EXAMINATION

12.01 Where physical evaluations are required by National or State regulation medical examinations no older than 12 months from the date of competition on an official WKA amateur physical form, undersigned by a doctor.

- A new exam will be required every 12 months.
- Competitors are also required to pass a pre-fight physical prior to each event conducted by an approved and licensed doctor.

12.02 Bloodwork: Where blood tests are required fighters must furnish clear test results no older than 12 months from the date of competition. Results must be from an authoritative medical facility and indicate that they are negative for the following:

- Human immunodeficiency virus (HIV)
- Hepatitis B Surface Antigen
- Hepatitis C Antibody blood test

12.03 Competitors are also required to pass a pre-fight physical prior to each event conducted by an approved medic.

12.04 Additional exams may also be required, particularly for those competitors over the age of 35, at the Association's discretion.

12.05 Competitors must have no medical reasons preventing them from participating in the event. In addition, a competitor must have no current medical suspension issued by any state athletic commission or recognized sanctioning body. The competitor may provide documentation directly to the WKA Headquarters necessary to lift such a suspension with the WKA.

12.06 Competitors must show a clearance from a doctor, reviewed by the Association, after having lost consciousness due to a head knockout, or after the second head knockout within twelve months.

12.07 Female participants must not be pregnant.

12.08 If a domestic competitor is not licensed by the Association for the current year at the time of the physical examination and the weigh-in, he or she shall not be permitted to compete.

12.09 The competitor must be licensed or registered in the country they represent, under the oversight of the country representative.

12.10 These requirements may be amended by National, State, or Association discretion.

RULE 13 FIGHTING AREAS

13.01 Boxing Rings:

(13.01.1) Boxing, Kickboxing, and Muay Thai competitions shall typically be held inside a boxing ring. The boxing ring must meet AIBA (Association International de Box Amateur) standards.

(13.01.2) The boxing ring's components, including all side protections and ropes, must be inspected for suitability and safety prior to the first competition.

(13.01.3) Each side of the squared boxing ring (the length of the rope on one side) should be a minimum of 4.5 meters and a maximum of 6.00 meters. It shall consist of four ropes.

(13.01.4) The minimum diameter of each of the four ropes shall be 2.5cm (1").

(13.01.5) The lowest rope must be placed 33cm (13") above the platform, while the top rope must be placed no more than 1.30m above the platform.

(13.01.6) All ropes must be covered with soft tightly fitted materials.

(I.13.01.7) The four corners must be made of metal. The diagonal distance between opposite corners must not exceed 10.6 meters (outside measurement).

(13.01.8) The height of the corners must not be more than 1.30 meter (52") above the platform of the ring.

(13.01.9) All corners must be covered with commonly used cushions in order to avoid possible injuries.

(13.01.10) The platform itself may not be placed higher than 1.20m above the ground level. It must be covered with a shock absorbent material below the ring floor layer.

(13.01.11) Stairs shall be placed in the red and the blue corners and in one white corner.

(13.01.12) Sufficient chairs must be provided for coaches.

(13.01.13) The referee-tables must be equipped with the following items:

- Pool lists
- Score cards or clickers
- Table stop watch and hand stop watch as a reserve
- Acoustic signal (bell, whistle or horn)
- Spare papers and pencils
- PC and printer (optional)

(13.01.14) Official's tables and chairs shall be located along the four sides of the boxing ring.

(13.01.15) If there is only one ring in use, sufficient space for medics and/or emergency personnel shall be provided at the referee-table.

(13.01.16) To avoid possible injuries, photography and video crew are required to be credentialed and given specific instructions by the Association and promotion.

13.02 MMA competitions may use caged fighting areas pre-approved by the Association. For specific requirements, refer to Section III, Rule 4.

13.03 Submission Grappling: for appropriate competition areas for Submission Grappling, refer to Section IV, Rule 2.

13.04 Where competitions shall take place involving mixed rules sets (combination of separate bouts or standup striking, MMA, and/or Grappling) these bouts must occur in a compliant boxing ring or cage.

RULE 14 OFFICIALS ROLES & RESPONSIBILITIES

14.01 Chief Official

(14.01.1) Alternatively referred to as Event Representative or Event Supervisor, this individual shall be responsible for managing all officials and supervising the work in all competition areas and/or rings.

- The Supervisor shall ensure that the time schedule will work.
- The Supervisor shall also ensure the safety of the fighter by making certain that the mandatory medical team are present.

(14.01.2) The Supervisor is part of the WKA Event Organization Team for World Championships. For international events or gala, he or she shall be appointed by WKA HQ and shall send a report about the event to WKA HQ.

14.02 The Head Referee

(14.02.1) A head referee must be designated for every competition.

(14.02.2) In a competition with several competition areas or rings, the Head Referee shall appoint Ring Inspectors, who shall supervise application of WKA rules at one fighting area or ring.

(14.02.3) The Head referee can replace referees who have been obviously not neutral or who have violated the official WKA competition rules. In such cases, the Head Referee can overrule their decisions.

14.03 Referee

(14.03.1) The referee is the single most important and difficult role to perform as a combat sports official. The referee is responsible first and foremost for the fighter's safety, secondly to enforce the rules and regulations to ensure fair competition.

(14.03.2) All referees are required to be trained and certified by the Association.

(14.03.3) All referees must meet continuing education standards to keep certification.

(14.03.4) Additionally Referees shall:

- Prioritize the safety of the competitors.
- Enforce the rules and regulations impartially to ensure fair competition.
- Possess exhaustive knowledge of the WKA rulebook.
- Attend pre-fight meetings as designated by the event supervisor or Chief Official.
- Be prepared to give the fighters' and corners' meetings.
- Maintain orderly dress and grooming standards as they are the

WKA Official with the highest visibility at any event.

14.04 Judge

(14.04.1) Judges shall be appointed by the Chief Official or Head Referee. Judges are responsible for attentively observing the fight and rendering a decision as to who they believe won each round.

(14.04.2) Additionally Judges shall:

- **Possess exhaustive knowledge of the WKA rulebook.**
- **Attend pre-fight meetings as designated by the event supervisor or Chief Official.**
- **Avoid engaging in any behaviors that would lead to, or give the appearance of, a conflict of interest.**
- **Maintain concentration on the match at all times.**

14.05 Ring Inspectors

(14.05.1) Ring Inspectors shall be assigned by the Chief Official or Head Referee. Ring inspectors shall be present at the fighting area or in the assigned dressings rooms. They are responsible for the correct application of all WKA rules.

(14.05.2) Inspectors shall:

- **Ensure rules and regulations are followed by fighters and seconds.**
- **Oversee fighter gear preparation.**
- **Ensure handwraps and fighter attire comply with WKA Standards**
 - **Oversee wrapping of hands when possible.**
- **Avoid engaging in any behaviors that would lead to, or give the appearance of, a conflict of interest.**
- **If assigned to the locker room, remain there to ensure WKA regulations are followed.**
- **If assigned, remain with the fighter and seconds throughout the duration of the fight to ensure WKA regulations are followed.**
- **It is the responsibility of the Ring Inspector to place referees at his or her competition area or ring according to their nationalities or affiliations with schools, clubs, or particular competitors.**

(14.05.3) The Ring Inspector shall report the results according to the instructions of the Head Referee.

(14.06.3) At events with only one competition area or ring, the Supervisor acts as Ring Inspector.

14.06 Timekeeper

(14.06.1) Timekeeper is responsible for accurately tracking all timing related functions for an event. This includes ensuring accurate time is kept for the bout duration, rest periods, and any stoppages signalled by the referee.

(14.06.2) Timekeeper is responsible for notifying the scorekeeper of the time into a bout where a stoppage occurs. Examples include Knockouts (KO), Technical Knockouts (TKO), Stoppages by the attending medical support, or due to fouls.

14.07 Scorekeeper

(14.07.1) Scorekeepers are responsible for the collection of scorecards, completing the master scorecard, recording and verifying the judges scores, checking the mathematical accuracy of the judges scorecards.

(14.07.2) Should an error be noted by the Scorekeeper, they are required to notify the Head Referee or the Chief Official who can confirm the error and authorize amendments to the scorecards

(14.07.3) Scorekeeper is responsible recording the time into a bout where a stoppage occurs. Examples include Knockouts (KO), Technical Knockouts (TKO), Stoppages by the attending medical support, or due to fouls.

14.08 Required roles:

(14.08.1) All WKA Sanctioned events must include a Chief Official, Timekeeper and Scorekeeper as well as a sufficient number of Referees, and Judges to comfortably and effectively run the event. A sufficient number of Inspectors are recommended for each event to ensure each corner is covered with 2 inspectors, one remaining in the locker room, and one escorting the fighter and seconds to the ring.

(14.08.2) Officials are allowed to work multiple roles in the same event, however must serve only in one role for the duration of the fight they are assigned. (for example an official may inspect for one fight, then judge the next, but cannot simultaneously inspect and judge the same fight)

(14.08.2a) Exception: The timekeeper and scorekeeper roles may be simultaneously worked by the same official.

(14.08.3) It is the responsibility of the Chief Official to ensure all WKA officials are appropriately compensated for their participation.

14.01 All provisions in this article set forth the basic duties of referees. Referees must also fulfill other conditions, requirements, and duties set forth in other WKA official documents related to referees, which are published on the WKA web page.

(14.01.1) All referees are required to be trained and certified by the Association.

(14.01.2) All referees must meet continuing education standards to keep

certification.

14.08 International Referee Categories

(14.07.1) Referees of the categories "A", "B" and "C" shall be identified by different color ID-cards marked "REFEREE."

(14.07.2) A-class referee Requirements:

- **Take part at WKA World Championships**
- **Maintain B-class referee for 3 years (3 times)**
- **Pass the A-class referee test.**
- **A class referee must also have sufficient knowledge of English.**

(14.07.3) B-class referee requirements:

- **Is required to take part at WKA World Championships as a C class referee for 3 years (3 times)**
- **Also to pass the B-class referee test.**
- **A B-class referee must also have sufficient knowledge of English.**

(14.07.4) A C-class referee requirements:

- **Required to have 3 years of practice in refereeing as a first class national referee**
- **Also to pass the C-class referee test.**
- **A C-class referee must also have sufficient knowledge of English.**

(14.07.5) WKA HQ organizes referee super seminars once each year before the WKA World Championships for the purpose of training and licensing A, B and C class referees. Attending these seminars and successfully passing a test, as well as sufficient knowledge of English (the official language of the WKA), are the conditions to become an "A", "B" or "C" class referee.

(14.07.6) Each country's representative is responsible for ensuring their referees are trained and licensed according to the WKA standards for national class referees. National representatives are responsible for ensuring officials in their countries are properly trained and licensed.

(14.07.6a) Training and experience from other sanctioning bodies, state, provincial, or national governments may be factored into their overall experience level and subsequent certification with the WKA.

(14.07.7) Licensed referees are registered in a central database. Their names, categories, nationalities and will be published in the official WKA International members website (<https://wkainternational.com>).

14.08 The Power of A, B, and C Class Referees

(14.08.1) An A-class referee is entitled to be head referee and ring inspector in WKA World Championships and to act as a supervisor in international title competitions.

(14.08.2) A B-class referee is entitled to be a referee in WKA World Championships finals and to act as a referee or judge in international title competitions. A B-class referee is entitled to be a ring inspector in WKA World Championships if there is no A-class referee available.

(14.08.3) A C-class referee is entitled to be a referee in the elimination competitions in WKA World Championships and to act as a judge in national title competitions.

14.09 Conflict of Interest

(14.09.1) In continental and world championship competitions, the referee team has two composition options:

(14.09.1a) One referee from the nationality of the red corner competitor, one referee from the nationality of the blue corner competitor, and one or more referees from the nationality of neither red nor blue corner competitors.

(14.09.1b) All referees of different nationalities, excluding the nationalities of red and blue corner competitors.

(14.09.2) If a referee has several nationalities, or if he or she, based on the exception of the nationality principle, has chosen a country, such a referee must step down whenever a competitor is either from one of the referees' nationalities or from his or her country of choice.

(14.09.2a) The rule about the nationality of referees can be broken only by decision of the supervisor and only in the case when there are not enough referees of different nationalities at the tournament.

(14.09.3) It is the referee's responsibility to report any possible conflict of interest. In case of an omission, the present WKA members, after consulting the Head Referee, may impose one or more of the following measures:

(14.09.3a) Warning

(14.09.3b) Exclusion from further participation as a referee in the event

(14.09.3c) Reduction of the referee's compensation

(14.09.3d) Withdrawal of the referee's license for a period of time determined by the WKA HQ

14.10 Protests

(14.10.1) For protests regarding standup matches or tournaments, refer to Section II Rule 16

(14.10.2) For protests regarding Mixed Martial Arts (MMA) matches or tournaments, refer to Section III Rule 16.

(14.08.1) Decisions of the official medic can be protested to the second medic that is present at the event. The second medic will make the decision about the protest.

(14.08.2) Protests are only possible in the following situations, and will be considered after the remission of a fee of 100 USD in cash to the Ring-Inspector or the Head Referee:

(14.08.2a) There exists a proven agreement between the referees and/or judges.

(14.08.2b) The mathematical addition of the scores is incorrect.

(14.08.2c) An obvious confusion between the red and blue corner has occurred.

(14.08.2d) The official WKA Rules were violated.

(14.08.3) A protest shall not hold back the competition. Must be done in writing to official email accounts of the national representative, or to the WKA International head office.

(14.08.4) After hearing the protest from both coaches as well as the referee's comments, the Head Referee shall then make the final decision.

(14.08.5) The protest fees shall go into the general account of the WKA HQ fund for future referee trainings and development.

(14.08.6) If a protest is submitted after the competition, the WKA HQ shall make the decision after hearing the protest from both coaches as well as the referee's comments. The national federation has a limit of 30 days to make a statement about a protest.

(14.08.6a) Video recordings may only be used to justify a protest over the commission of a foul.

(14.08.7) If the decision of a protest leads to a loss of an International or World title, the final decision can only be made by the Executive Board of the WKA.

14.11 Attire

(14.11.1) Referees shall wear an Association shirt appropriate to the level of formality called for by the individual event (polo shirt or button-up shirt), black trousers, and black athletic shoes.

(14.11.2) To minimize injuries, it is forbidden for referees to wear any jewelry, watches, pens, large belt buckles, hard soled shoes, etc. Judges are exempted from this rule since no body contact with competitors is possible.

(14.11.3) The use of medical gloves is required.

(14.11.4) For international competitions or tournaments:

(14.11.4a) During the pre-elimination competitions up to the semi finals, T-shirts or Polo shirts with the print "OFFICIAL" or "REFEREE" are permissible. All referees must wear black trousers.

(14.11.4b) For finals or title competitions referees may wear black trousers and white dress shirts.

(14.11.4c) When necessary, a black blazer may also be required.

14.12 Registration of referees per country for world championships

(14.12.1) For every country the following number of referees must be present:

- **0-4 competitors: no referee**
- **5-25 competitors: 1 referee (A or B class)**
- **26-50 competitors: 2 referees (both A or B)**
- **51-75 competitors: 3 referees (at minimum one A and one B)**
- **76-100 competitors: 4 referees (at minimum one A and one B)**
- **101-125 competitors: 5 referees (at minimum one A and two B)**
- **126+ competitors: 6 referees (at minimum one A and two B)**

(14.12.2) Each country that does not fulfill its referee requirement will be fined 250 € per each missing referee. The money shall go into the WKA HQ general account.

(14.12.3) Countries that pre-register their referees for championships and receive confirmation from WKA will receive priority.

(14.12.4) The referee's payment shall be predetermined prior to the event and should be contingent upon each referee's class.

(14.12.5) Payment is due the morning of the final competition's rounds

before these rounds begin.

(14.12.6) The organizer/host shall be responsible for taking care of the referees. He or she must provide separate rooms for referees containing food and beverages. In addition, mineral water must be provided on the referee tables.

Section II: WKA STANDUP: BOXING, FULL CONTACT KICKBOXING, LOW KICK, K-1, UNIFIED RULES OF KICKBOXING, THAIBOXING, MUAY THAI, SAN SHOU

RULE 1 WEIGHT CLASSES

1.01 The following weight divisions shall be used for children (6-11 years and under):

6-7 YEARS	8-9 YEARS
------------------	------------------

MALE		FEMALE		MALE		FEMALE	
-22 kg	-48.4 lb	-22 kg	-48.4 lb	-22 kg	-48.4 lb	-22 kg	-48.4 lb
-25 kg	-55.0 lb	-25 kg	-55.0 lb	-25 kg	-55.0 lb	-25 kg	-55.0 lb
-28 kg	-61.6 lb	-28 kg	-61.6 lb	-28 kg	-61.6 lb	-28 kg	-61.6 lb
-31 kg	-68.2 lb	-31 kg	-68.2 lb	-31 kg	-68.2 lb	-31 kg	-68.2 lb
-34 kg	-74.8 lb	-31 kg	+68.2 lb	-34 kg	-74.8 lb	-31 kg	+68.2 lb
-37 kg	-81.4 lb			-37 kg	-81.4 lb		
+37 kg	+81.4 lb			+37 kg	+81.4 lb		

10-11 YEARS			
MALE		FEMALE	
-26 kg	-57.2 lb	-26 kg	-57.2 lb
-28 kg	-61.6 lb	-28 kg	-61.6 lb
-30 kg	-66.0 lb	-30 kg	-66.0 lb
-32 kg	-70.4 lb	-32 kg	-70.4 lb
-34 kg	-74.8 lb	-34 kg	-74.8 lb
-36 kg	-79.2 lb	-36 kg	-79.2 lb
-38 kg	-83.6 lb	-38 kg	-83.6 lb
-40 kg	-88.0 lb	-40 kg	-88.0 lb
-42 kg	-92.4 lb	+40 kg	+88.0 lb
+42 kg	+92.4 lb		

1.02 The following weight divisions shall be used for juniors (12 to 17 years):

12-13 YEARS				14-15 YEARS			
MALE		FEMALE		MALE		FEMALE	
-34 kg	-74.8 lb	-34 kg	-74.8 lb	-40 kg	-88.0 lb	-40 kg	-88.0 lb
-37 kg	-81.4 lb	-37 kg	-81.4 lb	-43 kg	-94.6 lb	-43 kg	-94.6 lb
-40 kg	-88.0 lb	-40 kg	-88.0 lb	-46 kg	-101.2 lb	-46 kg	-101.2 lb
-43 kg	-94.6 lb	-43 kg	-94.6 lb	-49 kg	-107.8 lb	-49 kg	-107.8 lb
-46 kg	-101.2 lb	-46 kg	-101.2 lb	-52 kg	-114.4 lb	-52 kg	-114.4 lb
-49 kg	-107.8 lb	-49 kg	-107.8 lb	-55 kg	-121.0 lb	-55 kg	-121.0 lb
-52 kg	-114.4 lb	-52 kg	-114.4 lb	-58 kg	-127.6 lb	-58 kg	-127.6 lb
-55 kg	-121.0 lb	-55 kg	-121.0 lb	-61 kg	-134.2 lb	-61 kg	-134.2 lb
-58 kg	-127.6 lb	+55 kg	+121.0 lb	-64 kg	-140.8 lb	-64 kg	-140.8 lb
+58 kg	+127.6 lb			-67 kg	-147.4 lb	-67 kg	-147.4 lb
				+67 kg	+147.4 lb	+67 kg	+147.4 lb

16-17 YEARS			
MALE		FEMALE	
-54 kg	-118.8 lb	-46 kg	-101.2 lb
-57 kg	-125.4 lb	-48 kg	-105.6 lb
-60 kg	-132.0 lb	-50 kg	-110.0 lb
-63.5 kg	-139.7 lb	-54 kg	-118.8 lb
-67 kg	-147.7 lb	-57 kg	-125.4 lb
-70 kg	-154.0 lb	-60 kg	-132.0 lb
-72.5 kg	-159.5 lb	-63.5 kg	-139.7 lb
-76 kg	-167.2 lb	-67 kg	-147.7 lb
-79 kg	-173.8 lb	-70 kg	-154.0 lb
-83 kg	-182.6 lb	-72.5 kg	-159.5 lb
-86 kg	-189.2 lb	-76 kg	-167.2 lb

-90 kg	-198.0 lb	+76 kg	+167.2 lb
-95 kg	-209.0 lb		
+95 kg	+209.0 lb		

1.03 The following weight divisions shall be used for adults (18-35 years):

18-35 YEARS			
MALE		FEMALE	
-54 kg	-118.8 lb	-46 kg	-101.2 lb
-57 kg	-125.4 lb	-48 kg	-105.6 lb
-60 kg	-132.0 lb	-50 kg	-110.0 lb
-63.5 kg	-139.7 lb	-54 kg	-118.8 lb
-67 kg	-147.7 lb	-57 kg	-125.4 lb
-70 kg	-154.0 lb	-60 kg	-132.0 lb
-72.5 kg	-159.5 lb	-63.5 kg	-139.7 lb
-76 kg	-167.2 lb	-67 kg	-147.7 lb
-79 kg	-173.8 lb	-70 kg	-154.0 lb
-83 kg	-182.6 lb	-72.5 kg	-159.5 lb
-86 kg	-189.2 lb	-76 kg	-167.2 lb
-90 kg	-198.0 lb	+76 kg	+167.2 lb
-95 kg	-209.0 lb		
+95 kg	+209.0 lb		

1.04 For non-tournament events, there shall be allowed no greater than a seven pound differential between contestants up to -189.2, no greater than a ten pound differential from +189.2 to -209.0, a fifteen pound differential from 209.0 to 235.0, and any weight differential over 235.0.

1.05 For youth divisions, in addition to weight, other factors must be taken into consideration for matchmaking, such as height, age, and experience.

RULE 2: WORLD LEVEL COMPETITIONS

2.01 In all international tournaments, fighters should be seeded according to ranking or by national title.

2.02 Each competitor's name, country and number must be listed. A minimum of three competitors in each weight class is obligatory. Fewer than three competitors move up to the next higher weight category. In that case each country must get a minimum of 1 copy of all drawing lists and name list of

competitors for free. They should get it at least a few hours before the start of the tournament. There is no way to protest after the drawing.

RULE 3 THE ATTENDANCE OF MEDICAL STAFF

3.01 Every match must have at a minimum two fully qualified paramedics in attendance at ringside. They must be familiar with and adept at performing emergency medicine such as the sort which would be needed in such athletic activity. Any and all directions and/or orders from the attending medic must be immediately obeyed.

3.02 Every medic must also have Emergency Medical equipment including a backboard and neck brace.

3.03 The official medic, who must attend every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

3.04 The attending medic must follow the rules and regulations of the appropriate national health board as well as those approved by the authorities where such rules apply.

3.05 No match may start or proceed before the attending medic is in place, and the medic may not leave his or her place prior to the decision in the last match.

3.06 The attending medic shall be ready to assist if a serious emergency arises, and to administer first aid in the event of less serious injuries.

3.07 The medic has the right to interrupt or stop a contest if he or she thinks a competitor is in danger and the referee has not stopped the fight. He or she is also responsible for making the decision when a referee calls him or her in case of an injury to a competitor.

(3.07.1) The medic shall proceed by notifying the corner inspector.

(3.07.2) In cases where no corner inspector is available the medic shall notify the referee by stepping up on the platform.

3.08 No one, even a competitor's second, may attempt to aid a competitor during a round before the attending medic has had the opportunity to see the injured competitor.

(3.08.1) If the medic is called to the fighting area, he or she must examine the presumed injury and then decide whether or not the fight should continue. The medic's examination must have a duration of not more than one minute. Any kind of treatment of the competitor is forbidden.

(3.08.2) Should one minute be insufficient, the referee shall stop the match and declare the injured competitor's opponent the winner.

(3.08.3) Medics' decisions are final, although they can be protested to the second medic that is present at the event. The second medic will make the

decision about the protest.

3.09 The medics, first aid team, referee, and chief official must all meet to coordinate their activities and duties to be performed ringside prior to the event.

RULE 4 ROUND NUMBER AND LENGTH

4.01 General event matches:

(4.01.1) Adults: Matches shall consist of no more than five (5) two (2) minute rounds with a one (1) minute break between rounds.

- **(5x2 minute rounds, 1 minute break)**

(4.01.2) Youth (Ages 12-17): All preliminary and final matches: no more than three (3) rounds of not more than two (2) minutes each with a one (1) minute break between rounds.

- **(3x2 minute rounds, 1 minute break)**

(4.01.3) Children: (Ages 6-11) All preliminary and final matches no more than three (3) rounds of not more than one and one half (1.5) minutes each with a one (1) minute break between rounds.

- **(3x 1 minute and 30 second rounds, 1 minute break)**

4.02 WKA sanctioned tournaments:

(4.02.1) Adults: All preliminary and final matches: no more than three (3) rounds of not more than two (2) minutes each with a one (1) minute break between rounds.

- **(3x2 minute rounds, 1 minute break)**

(4.02.2) Youth (Ages 12-17): All preliminary and final matches: no more than three (3) rounds of not more than two (2) minutes each with a one (1) minute break between rounds.

- **(3x2 minute rounds, 1 minute break)**

(4.02.3) Children: (Ages 6-11) All preliminary and final matches no more than three (3) rounds of not more than one and one half (1.5) minutes each with a one (1) minute break between rounds.

- **(3x 1 minute and 30 second rounds, 1 minute break)**

4.03 Regional, national, and international title matches shall consist of five (5) two (2) minute rounds with a one (1) minute break.

- (5x2 minute rounds, 1 minute break)

RULE 5 ATTIRE

5.01 Full Contact Kickboxing:

- Competitors shall wear long trousers or shorts. Males shall not wear any upper body covering. Females must wear a sports or athletic top or bra.

5.02 Boxing, Low Kick, K-1, Unified Rules, Thaiboxing, Muay Thai and San Shou:

- competitors shall wear shorts.
- Males shall not wear any upper body covering.
- Females must wear a sports or athletic top or bra.

5.03 All attire shall be permitted at the discretion of the Association.

RULE 6 RULES OF CONDUCT INSIDE AND OUTSIDE THE RING

6.01 It is the duty of every competitor to show good sportsmanship in the ring.

(6.01.1) Equipment Malfunction: If a fighter's safety equipment is not working properly or requires adjustment, he or she shall retreat one step and raise one arm signalling to the referee for assistance.

6.02 Neutral Corner: During a knockdown, or for any other stop in the action, unless otherwise directed by the referee, the opponent who is not being addressed by the referee shall immediately retreat to the nearest neutral corner and wait for the referee to signal that the match can proceed again.

6.03 End of round during an 8-count: If an 8-count is under way, the other competitor shall remain in the neutral corner and all seconds shall stay out of the ring until the referee has concluded the count.

6.04 When a competitor receives a warning or a reprimand from the referee, he or she must put his or her gloves up in guard position and bow toward the referee to indicate that he or she has understood the reason for the warning or reprimand.

6.05 At the conclusion of the fight the competitors shall approach the referee, standing in the center of the ring, and there, with one competitor on each side of the referee, await the speaker's announcement of the decision. The referee shall then raise the arm of the winner.

6.06 After the fight the competitors shall salute each other and each other's seconds, after which both competitors shall bow to the referee in recognition of his or her efforts.

6.07 Violation of WKA rules and regulations, or poor sportsmanship may lead to a warning, disqualification, or suspension depending on the seriousness of the violation or infringement.

RULE 7 THE COMPETITOR

7.01 The competitors must be in good physical shape and have a good sportsmanlike attitude.

7.02 The competitors must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Male competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair that apply to female competitors. All competitors shall be clean and proper. It is the sole prerogative of the WKA referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match. The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net.

7.03 Greasing / oiling restrictions:

- Grease may only be applied to the face in conservative quantity. It is to be applied prior to the initiation of the bout and may be applied sparingly between rounds.
- Thai Oil or like-liniment oil may be applied in the warm-up room, prior to the bout, but the fighter must be dry prior to approaching the fighting area.
- Corners may not drench the body of the competitor with water. Fighters must be dried off prior to beginning each round of the competition.

7.04 The following substances are not approved for treating competitors' cuts between rounds in amateur competition: Adrenaline 1:1000, Avitene, and Thrombin.

7.05 Competitors are prohibited from wearing any type of jewelry or piercing accessories during competition.

7.06 Competitors will enter into one of the two divisions recognised by the WKA either male or female. Male and Female as defined by the XY sex-determination system.

RULE 8 THE COMPETITOR'S EQUIPMENT

8.01 All competitors must be equipped in all divisions with approved safety equipment in the form of padded protectors:

(8.01.1) An individually fitted breast-protector for females in all disciplines and all age classes is recommended, but may be required according to any State or Association regulation.

(8.01.2) An individually fitted groin-protector for all age classes in all disciplines for males is required and for females is recommended.

(8.01.3) Foot protectors and shin guards are required for Full Contact Kickboxing in both novice and open classes.

(8.01.4) Boxing approved boots are required for all boxing bouts in both novice and open classes.

(8.01.5) Foot protectors are optional for Low Kick. If foot protectors are not worn, shin and instep protection is mandatory for both novice and open classes.

(8.01.6) No foot protectors may be worn in K-1, Unified Rules, Thaiboxing, Muay Thai or San Shou. Shin/instep protection is required for novice K-1, Unified Rules, Thaiboxing, Muay Thai, and San Shou matches and are optional for open class K-1, Unified Rules, Thaiboxing, Muay Thai, and San Shou matches, in which case both competitors must be geared alike.

(8.01.7) Elbow pads are required for Muay Thai in both novice and open classes.

(8.01.8) Individually fitted headgear (helmet) is not optional for all novice class competitors and optional in open class matches with prior agreement between competitors, provided that this is in compliance with any state, provincial, or national governing bodies. Exceptions may be made only with prior approval of the Association.

(8.01.9) Head gear must be open faced, with no nose or cross-face protection. In novice divisions, head gear may optionally have cheek protection with the consent of both corners.

(8.01.10) Individually fitted tooth-protector (mouth guard) required for all competitors.

(8.01.11) Handwrapping and bandage restrictions:

- **Bandaging of each competitor's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide,**
- **Must be placed directly on the hand to protect the part of the hand near the wrist.**
- **The tape may cover the hand but not extend within 3/4 inch of the knuckles when the hand is clenched to make a fist.**
- **Soft surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used.**
- **Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand.**
- **Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles.**
- **Bandages shall be adjusted in the locker room in the presence of an Association official.**
- **Tape may not be applied directly to the skin. Tape may only be applied to the outer surface of the bandage.**
- **Cloth hand-bandages, maximum length of 4.5 meters, may be used.**

- If cloth hand-bandages are used, only a single strip of tape may be used to secure the velcro.
- Cloth hand-bandages may not be used in conjunction with surgical bandages.

(8.01.12) 10 oz. gloves shall be used for all divisions and classes. Gloves must be new for all main events and in good condition or they must be replaced.

8.02 The competitors are responsible for bringing their own personal equipment and that of their seconds to all WKA matches and tournaments. In addition, the promoter shall provide equipment for all competitors, approved by the Association, unless specified by the Association in advance of the event.

8.03 A competitor may place a layer of medical adhesive tape over the closures of his or her gloves and foot protectors in order to hold them in place.

8.04 All competitors with long hair may wear approved hair bands or holders without any metal and must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.

RULE 9 SECONDS

9.01 The second may give up on behalf of their competitor if they deem it irresponsible to let the fight continue. The second may enter the fight platform, at which time the fight shall be immediately stopped by the referee. A second shall not throw in a towel.

- It is their responsibility to clearly and quickly inform the ringside inspector that they wish to stop the fight. At that time the ringside inspector shall stand up on the apron and notify the referee by waving their hands to stop the fight.

9.02 Prior to every event the Head Referee shall call a meeting with all judges, referees, seconds, and fighters to clarify any questions about rules, regulations and the general proceedings of the tournament.

- No rules can be changed during this meeting. This meeting is mandatory for all participating fighters.

9.03 Seconds shall support and advise their competitors during the intermission between rounds.

- Seconds shall remain seated during rounds.
- Nothing, including seconds' hands, water bottles, and the like, shall rest on the ring apron during the round.
- Each competitor may have two seconds, only one of whom may enter the ring during the break.
- For championship fights 3 corners may be allowed. (Though we defer to state, provincial, or national regulations if in conflict)

9.04 During the rounds:

- Neither of the seconds may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight.
- May not place any body parts on the ring apron or ropes.
- May not place items on the ring or apron.
- Seconds shall comply with any and all directions given by the referee.
- Prior to each round the seconds must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spilt water.
- The seconds shall have at their disposal a towel, a sponge, water and grease for the competitor.

9.05 During the rounds the seconds may give advice (only in a professional manner), help, or encourage the competitor. Should a second violate this rule the referee can issue a warning, expel the second, or disqualify the competitor.

- A second who has been expelled may not function as second in the remaining part of the tournament.

9.06 A match starts when the referee gives the command "fight" to begin the first round, and it finishes when the referee stops the fight in the last round. Only the competitors and the referee may be present in the ring during the match. If any other person enters the ring, the referee can decide that the fight is immediately over and cannot continue again.

9.07 If there is a stop in the action for any reason, corners may not communicate with their fighters. They must remain seated and non-disruptive until the referee gives the clear command to resume fighting. Examples include but are not limited to:

- During the referee's count following a knockdown
- During a response to the commission of a foul
- While fixing an issue with the fighter's gear, or the ring.

RULE 10 CLASSIFICATION OF COMPETITORS

10.01 Officials shall verify that competitors compete in their proper weight classes. The count of victories is made by adding the number of victories the individual competitor has had (not the number of matches, which is irrelevant) and then classifying the competitor accordingly. The following Classifications shall be used for adult competitors:

(10.01.1) Class C – Amateur "Novice"—Combat Sports competitors progress to Class B after 3 wins in class.

(10.01.2) Class B – Amateur —Combat Sports competitors may progress to Class A after 10 wins in class.

(10.01.3) Class A – Amateur —Combat Sports competitors may compete in "Open class" divisions.

RULE 11 AMATEUR DIVISION SCORING RULES AND BOUT RESULTS

11.01 Definitions

- **Legal Strike**: Any punch, kick, knee, or elbow which is utilized in an attempt to damage a legal target area.
- **Legal Target Areas**: Any area permissible to be struck, and which scoring advantage may be considered. These areas will vary between different disciplines.
- **Knockdown**: A knockdown occurs when a competitor goes to the ground as a result of a legal technique and the referee initiates an 8-count.
- **Standing 8-count**: This occurs when the referee determines a competitor is overwhelmed, or not effectively defending themselves but has not been knocked down. This is done to assess the competitor's ability to continue.
- **TKO**: Technical Knockout generally occurs when the referee decides to stop a fight prioritizing fighter's safety before the fighter is unable to continue as a result of legal techniques applied by their opponent.
 - This includes failing to exit the corner after a rest period between rounds.
- **KO**: Knockout generally occurs when a fighter is unable to continue, has lost consciousness, or fails to display readiness following a knockdown as a result of legal techniques applied by their opponent.

11.02 The judges shall score all contests and determine the winner using the 10-Point Must System.

- In this system the winner of each round receives ten points and the opponent receives a proportionately smaller number.
- In no circumstances shall a judge award the loser of each round fewer than seven points.
- If a round is judged even, each contestant shall receive ten points.
- No fraction of points may be given.

11.03 Judges should base their scoring of each round on the following criteria, with each tier taking precedence over any item below it (thus, one tier's criterion must be equal in order for a judge to include the tier(s) below it in his or her evaluation):

(11.03.1) Number of knockdowns

- A knockdown is scored only if a referee counts the knocked down fighter.
- Includes knockdowns and standing 8-counts.
- Knockdowns, indicated by an 8-count, carry the most weight in scoring.
- Equal weight must be given to 8-counts scored by both contestants.
- If a knockdown occurs the fighter who scores the knockdown shall not lose that round. See (11.06.3) and (11.06.4) for scoring regarding knockdowns.
- Upon the 3rd knockdown in the same round the fight will be over by TKO.
- Upon the 4th knockdown in the bout the fight will be over by TKO.

(11.03.2) Effective Striking

- Judges should assess strikes for their damage and impact on the opponent.
- A fighter who lands a greater volume of legal strikes to legal target areas which do damage shall be evaluated more favorably, than legal strikes which do not deal damage, or negatively impact the opponent.
- Strikes are evaluated regardless if they are landed in or out of the clinch.

(11.03.3) Effective control of the fighting area

- Evaluated by determining which contestant dictates the bout's pace, location, and positioning.
- In Muay Thai, dominance in the clinch is to be considered.
- In San Shou matches, dominance in grappling exchanges is to be considered.
- This is historically referred to as "Effective Aggressiveness."

(11.03.4) Effective Style-Specific Technique

- The fighter who lands the greater variety of legal techniques to legal target areas shall be viewed more favorably than the fighter the who does not.
- The fighter who performs more clean and technical shall be viewed more favorably than the fighter who does not.

11.04 The WKA scoring criteria is hierarchical

- Highest weight is given to Knockdowns, A fighter who has scored more knockdowns in a round shall not lose that round.
- If Knockdowns are even, or no knockdown has occurred Judges shall evaluate the volume of legal strikes to legal target areas based on the damage dealt.
- If there is no advantage awarded in knockdowns or effective strikes, judges shall evaluate fighters based on their ability to control the fighting area, the pace of the fight, and the striking engagements. For muay thai, the fighter's dominance in the clinch shall also be considered.
- If no advantage is awarded by any criteria listed above, judges shall evaluate fighters based on effective style-specific technique, awarding the round to the fighter who displays the most clean and technical performance.

11.05 Further, a contestant who aggressively presses an opponent throughout a round, but cannot land a threatening kick or punch, should not be judged as favorably as the contestant who back-pedals throughout the round but counter attacks with visible impact.

11.06 The judges shall award points to contestants on a round-by-round basis and in accordance with the following scores:

(11.06.1) 10-10 round: An even round is strongly discouraged, and judges should look through the judging criteria for more effective techniques, more effective command of the action, more style-specific technique, and less commission of fouls.

- An even round should only occur in the case of a loss of points by a contestant.

(11.06.2) 10-9 round: Whenever the winning contestant dominates the losing contestant with a marginal superiority in effectiveness.

(11.06.3) 10-8 round: Whenever the winning contestant scores a knockdown, indicated by the referee counting the knocked-down opponent, or whenever the winning contestant completely dominates the losing contestant with a significant superiority in effectiveness.

(11.06.4) 10-7 round: Whenever the winning contestant dominates the losing contestant by scoring multiple knockdowns.

11.07 Following each round and at the termination of the contest:

(11.07.1) Scorecard Collection:

- The referee or designated WKA official shall pick up the ballots of the judges.
- The referee shall then deliver the ballots to the scorekeeper.
- The scorekeeper shall tally all scores, subtract all penalties and deliver the totals to the Association representative assigned to verify them.
- The majority opinion of the three judges, less penalty points, shall be conclusive. If there is no majority opinion, then the decision shall be a draw.

(11.07.2) The following decisions may be rendered at the completion of a bout:

(11.07.2a) Decision via score cards:

- **Unanimous:** When all three judges score the bout for the same contestant.
- **Split Decision:** When two judges score the bout for one contestant and one judge scores for the opponent.
- **Majority Decision:** When two judges score the bout for the same contestant and one judge scores a draw.

(11.07.2b) Draws:

- **Unanimous:** When all three judges score the bout a draw.
- **Split:** When all three judges score differently and the score total results in a draw.
- **Majority:** When two judges score the bout a draw and one judge scores for either contestant.

(11.07.3) When the Association representative has completed verifying

and totaling the scores, the announcer then in turn shall inform the audience of the decision over the public address system. The referee shall raise the winner's hand.

11.08 Victory by attending medic stopping contest or injury:

(11.08.1) The attending medic is the supreme authority in questions relating to the safety of the competitors and may demand that the match be stopped.

(11.08.2) If one of the competitors is injured, the medic's decision alone can stop the fight.

(11.08.3) The competitor or their second may also retire from the fight.

(11.08.4) The attending medic may stop any match regardless of it being a World or European Championship or any other important match.

(11.08.5) Should the attending medic wish to stop a match to examine a competitor, they must:

- First inform the referee.
- The referee shall then stop the match until the medic has examined the competitor, but the match shall be stopped only for the purpose of deciding whether or not the fight can continue.
- This examination must have a duration of not more than one minute.
- During this time any kind of treatment of the competitor is not allowed.
- Should one minute be insufficient, the referee shall stop the match and declare the injured competitor's opponent the winner.

(11.08.6) Medical Stoppage due to injury:

- If one of the competitors is injured and the fight is declared over because of a foul the fouled competitor is declared the winner.
- In case of an accident, the judges must tally their scorecards and the competitor with the greatest number of points shall be declared the winner.
- If both competitors are injured or knocked out simultaneously, and neither is able to continue the match, the result shall be a draw.
- Should this situation occur in the first round the match shall be declared "No Contest" and no winner shall be declared.

11.09 Victory by one competitor giving up:

(11.09.1) In cases where a competitor voluntarily gives up because of injuries or for any other reason, or if he or she does not resume fighting immediately after the intermission between rounds, the opponent shall be declared the winner.

- In these cases the second shall notify the inspector to step onto the

- ring apron to signal that his or her competitor gives up.
- In cases where no inspector is available, The second may step onto the ring apron themselves and signal the referee.
- Seconds may not enter the fighting area.
- Seconds may not throw anything into the fighting area.

11.10 Victory by the referee stopping a contest:

(11.10.2) The referee must stop a match upon the third 8-count in any single round or upon the fourth 8-count in an entire match. Following the final knockdown, the referee shall stop the contest and the result shall be recorded as a Technical Knockout (TKO).*

- A fighter may not be saved by the bell. Should the round end and the bell ring during an 8-count, the referee shall continue the count to its full duration.

(11.10.1) The referee may stop a match if a competitor is clearly outmatched or if he or she is a hazard to his or her own safety according to the following guidelines:

(11.10.1) If the referee believes that a competitor is clearly overmatched and will face unnecessary punishment in the ring, the match should not be allowed to go on.

(11.10.2) If a referee judges that a competitor is unable to continue the match due to injuries or for any other physical reasons, the referee may consult the ringside medic or may at his or her discretion stop the match.

(11.10.3) Should the referee stop a bout for these reasons the results shall be recorded as a Technical Knockout (TKO).

11.11 Disqualification: When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest.

11.12 Forfeit: When a contestant fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out.

11.13 Technical Draw: When an injury sustained during competition as a result of an unintentional foul causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of stoppage.

11.14 Technical Decision: When an injury sustained during competition as a result of an unintentional foul causes the injured contestant to be unable to continue and the injured contestant is ahead on the score cards at the time of stoppage.

11.15 No contest:

(11.15.1) A match may be stopped immediately and declared a "no contest," by the referee before the prescribed time due to circumstances

beyond the control of the competitors or the referee, for example:

(11.15.1a) The safety equipment of the ring has been damaged.

(11.15.1b) The ring is unsafe for use.

(11.15.1c) The lighting over the ring is failing.

(11.15.1d) Weather conditions force the referee to stop the match.

(11.15.2) A match shall be declared a “no contest” when an unintentional foul causes an injury and the bout cannot continue, and a sufficient number of rounds have not been completed to render a decision via the score cards (see Technical Decision and Technical Draw).

11.16 Victory by walk-over:

(11.16.1) If one competitor is present in the ring and ready to fight and his or her opponent fails to show after his or her name has been called over the loudspeaker,

- **The referee shall signal the referee’s table to begin the running of two minutes.**
- **If the opponent has not entered the ring within the two minute time limit, the timekeeper shall strike the gong to signal that the match has been stopped.**
- **The referee shall then announce the competitor who was first in the ring and declare him or her the winner by “walk-over”.**

(11.16.2) The judges shall note this on their scorecards, which shall then be collected. The judges shall then summon the competitor who has won by walk-over to the center of the ring, and after the announcement of the decision, raise his or her hand and declare him or her the winner.

11.17 The following shall apply to injuries sustained during competition:

(11.17.1) If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured contestant loses by TKO.

(11.17.2) If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.

(11.17.3) If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the contestant who committed the foul.

(11.17.4) If an injury sustained during competition as a result of an intentional foul causes the injured contestant to be unable to continue far enough into the round to score:

- the injured contestant shall win by technical decision, if he or she is ahead on the score cards.
- If the injured contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.

(11.17.5) If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.

(11.17.6) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have been completed in a three round bout or if stopped before three rounds have been completed in a five round bout.

(11.17.7) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the fouled contestant if he/she is ahead on the score cards at the time the bout is stopped only when the bout is stopped after two rounds of a three round bout, or three rounds of a five round bout have been completed. If the fouled contestant is even or behind at this time, the bout shall be declared a technical draw.

(11.17.8) There will be no scoring of an incomplete round. However, if the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score.

11.18.1 For tournaments: draw situations how to proceed: If a draw occurs the Ring Official shall poll the judges who scored the fight to determine who should be allowed to proceed through the brackets.

(11.18.1.1) Disqualification in tournaments: If a fighter is disqualified in 1 division they may continue in a different division only at the discretion of the Association's tournament director.

(11.18.1.2) In tournaments, if a fighter sustains a TKO or KO they shall not continue in any other division in the tournament.

11.19 Loss of Bodily Function: If a fighter, during the course of a round, visibly loses control of bodily function (vomit, urine, feces), the fight shall be stopped by the referee and the fighter shall lose the contest by a Technical Knockout (TKO) due to Medical Stoppage.

(11.19.1) Additionally in the event a loss of bodily function occurs in the rest period between rounds, that combatant shall lose by a Technical Knockout (TKO) due to Medical Stoppage.

(11.19.2) If fecal matter becomes apparent at any time, the contest shall be halted by the referee, and the offending combatant shall lose by a

Technical Knockout (TKO) due to Medical Stoppage.

RULE 12 LEGAL TECHNIQUES

12.01 BOXING:

(12.01.1) All forms of legal punches above the waist to the legal target areas of the body and the head.

12.02 FULL CONTACT KICKBOXING:

(12.02.1) Punches and kicks to the head and body above the waist to legal target areas.

(12.02.2) Spinning kicks to the body and to the head.

(12.02.3) Ankle bump: Use of the ankle area to off balance opponent targeting the opponents ankle area (using the bottom of the foot is prohibited).

(12.02.4) Spinning back fists

- **The legal striking surface for the spinning backfist is the back of the fist.**
- **If the fighter strikes with the wrist, forearm or elbow, he or she may be penalized at the referee's discretion.**
- **This technique is allowed where permitted by State or local jurisdiction, or by Association rules.**

12.03 LOW-KICK KICKBOXING:

(12.03.1) Legal Strikes:

- **Punches are allowed to the head and body.**
- **Kicks are allowed to the head, the body above the waist, and the legs below the waist and above the knees.**

(12.03.2) Spinning kicks to the body and to the head.

(12.03.3) Spinning back fists

- **The legal striking surface for the spinning backfist is the back of the fist.**
- **If the fighter strikes with the wrist, forearm or elbow, he or she may be penalized at the referee's discretion.**
- **This technique is allowed where permitted by State or local jurisdiction, or by Association rules.**

12.04 K-1 KICKBOXING:

(12.04.1) Punches and Kicks:

- **Punches are allowed to the head and body.**
- **Kicks are allowed to the head, the body above the waist, and the legs below the waist and above the knees, and the legs below the knees and above the ankles.**

(12.04.2) Spinning kicks to the body and to the head.

(12.04.3) Spinning back fists

- **The legal striking surface for the spinning backfist is the back of the fist.**
- **If the fighter strikes with the wrist, forearm or elbow, he or she may be penalized at the referee's discretion.**
- **This technique is allowed where permitted by State or local jurisdiction, or by Association rules.**

(12.04.4) Knee attacks are allowed to the body and legs.

(12.04.5) Catching the kick: Fighters may catch the kick in order to throw one legal technique, then release the leg. Fighters may alternatively catch the kick and take one step while holding the leg, then release. Fighters may throw one technique OR take one step, but not both.

(12.04.6) Clinch: Allowed for the purpose of throwing one legal knee attack to a legal target area. After this the fighter must release the clinch.

- **Fighters must knee upon entry to the clinch. Clinching without throwing knee attacks is prohibited.**

12.05 UNIFIED RULES OF KICKBOXING:

(12.05.1) Punches and Kicks:

- **Punches are allowed to the head and body.**
- **Kicks are allowed to the head, the body above the waist, and the legs below the waist and above the knees, and the legs below the knees and above the ankles.**

(12.05.2) Spinning kicks to the body and to the head.

(12.02.3) Ankle bump: Use of the ankle area to off balance opponent targeting the opponents ankle area (using the bottom of the foot is prohibited).

(12.05.4) Spinning back fists

- **The legal striking surface for the spinning backfist is the back of the fist.**

- If the fighter strikes with the wrist, forearm or elbow, he or she may be penalized at the referee's discretion.
- This technique is allowed where permitted by State or local jurisdiction, or by Association rules.

(12.05.6) Knee attacks are allowed to the body and legs.

(12.05.7) Catching the kick: Fighters may catch the kick in order to throw one legal technique, then release the leg. Fighters may alternatively catch the kick and take one step while holding the leg, then release. Fighters may throw one technique OR take one step, but not both.

(12.05.7) Clinch: Allowed for the purpose of throwing legal knee attacks to legal target areas.

- Fighters are allowed up-to five (5) seconds to throw knee attacks. After this the fighter must release the clinch.
- Fighters must knee upon entry to the clinch. Clinching without throwing Knee attacks is prohibited.

12.06 THAIBOXING:

(12.06.1) Punches and Kicks:

- Punches are allowed to the head and body.
- Kicks are allowed to the head, the body above the waist, and the legs below the waist and above the knees, and the legs below the knees and above the ankles.

(12.06.2) Spinning kicks to the body and to the head.

(12.02.3) Ankle bump: Use of the ankle area to off balance opponent targeting the opponents ankle area (using the bottom of the foot is prohibited).

(12.06.4) Spinning back fists

- The legal striking surface for the spinning backfist is the back of the fist.
- If the fighter strikes with the wrist, forearm or elbow, he or she may be penalized at the referee's discretion.
- This technique is allowed where permitted by State or local jurisdiction, or by Association rules.

(12.06.6) Knee attacks are allowed to the body and legs.

(12.06.7) Catching the kick: Fighters may catch the kick. While holding the leg the competitor may make two (2) legal movements then release the leg. These movements include:

- 2 steps.
- 2 strikes to legal target area.
- 1 strike to legal target area and 1 step.

- 1 step and 1 strike to legal target area.

In all cases fighters must release the leg following any combination of the above listed movements.

(12.06.8) Clinch: Allowed as long as both competitors are landing effective knee attacks, or fighting for dominance in the clinch.

(12.06.9) Flat throws are allowed below the waist line only in clinching situations.

(12.06.10) Elbow strikes to legal target areas below the neck.

12.07 MUAY THAI:

(12.07.1) Punches and Kicks:

- Punches are allowed to the head and body.
- Kicks are allowed to the head, the body above the waist, and the legs below the waist and above the knees, and the legs below the knees and above the ankles.

(12.07.2) Spinning kicks to the body and to the head.

(12.02.3) Ankle bump: Use of the ankle area to off balance opponent targeting the opponents ankle area (using the bottom of the foot is prohibited).

(12.07.4) Spinning back fists

- The legal striking surface for the spinning backfist is the back of the fist.
- If the fighter strikes with the wrist, forearm or elbow, he or she may be penalized at the referee's discretion.
- This technique is allowed where permitted by State or local jurisdiction, or by Association rules.

(12.07.6) Knee attacks are allowed to the body and legs.

(12.07.7) Catching the kick: Fighters may catch the kick. While holding the leg the competitor may make two (2) legal movements then release the leg. These movements include:

- 2 steps.
- 2 strikes.
- 1 strike and 1 step.
- 1 step and 1 strike.

In all cases fighters must release the leg following any combination of the above listed movements.

(12.07.8) Clinch: Allowed as long as both competitors are landing

effective knee attacks, or fighting for dominance in the clinch.

(12.07.9) Flat throws below the waist line only in clinching situations

(12.07.10) Elbow strikes to the head, body, and legs.

(12.07.11) Spinning Elbow Attacks: Spinning elbow attacks are allowed as long as the elbow is the striking surface, not the forearm.

RULE 13 ILLEGAL TECHNIQUES (FOULS)

13.01 BOXING:

(13.01.1) All forms of biting

(13.01.2) Any strikes to areas other than legal target areas:

- **Back of the head**
- **Neck**
- **Spine**
- **Joints such as knees, elbows, ankles**
- **Groin**
- **Any area below the waistline.**

(13.01.3) Strikes other than punches, including, but not limited to:

- **Elbow Strikes**
- **Headbutts**
- **Open-hand or palm strikes**
- **Hammer fists**
- **Backfists**
- **Shoulder strikes**
- **Pushing**
- **Knee strikes**
- **Kicks**

(13.01.4) Attacking a downed opponent or an opponent who touches the floor with their glove

(13.01.5) Spitting out one's Mouthguard.

(13.01.6) Any kind of throws, sweeps, reaps or takedowns.

(13.01.7) Holding the ropes and attacking an opponent

(13.01.8) Any form of clinching or holding the opponent

(13.01.9) Timidity: Repeatedly displaying an intent to avoid engagement or contact with the opponent.

(13.01.10) Intentionally or carelessly striking after the bell.

(13.01.11) Dirty Boxing: Holding the opponents head and punching.

(13.01.12) Spitting at the opponent

(13.01.13) Abusive language, gestures or unsportsmanlike behavior.

(13.01.14) Wrestling techniques

(13.01.15) Intentionally falling on a downed opponent, pressing elbow or knee upon them.

13.02 FULL CONTACT KICKBOXING:

(13.02.1) All forms of biting

(13.02.2) Any strikes to areas other than legal target areas:

- **Back of the head**
- **Neck**
- **Spine**
- **Joints such as knees, elbows, ankles**
- **Groin**
- **Any area below the waistline.**

(13.02.3) Strikes other than punches and kicks, including, but not limited to:

- **Elbow Strikes**
- **Headbutts**
- **Open-hand or palm strikes**
- **Hammer fists**
- **Backfists**
- **Shoulder strikes**
- **Pushing**
- **Knee strikes**

(13.02.4) Attacking a downed opponent or an opponent who touches the floor with their glove

(13.02.5) Spitting out one's mouthguard

(13.02.6) Any kind of throws, sweeps, reaps or takedowns.

(13.02.6a) Sweep is defined as (but not limited to): Use of the bottom of the foot or back of the leg in order to off-balance the opponent towards the ground.

(13.02.6b) Any attack to the legs by a grounded opponent is prohibited.

(13.03.7) Catching the kick and Holding the opponent's leg while executing striking techniques

(13.02.8) Holding the ropes and attacking an opponent

(13.02.9) Any form of clinching or holding the opponent

(13.02.10) All types of strikes with the elbow

(13.02.11) Any form of knee strikes

(13.02.12) All kicks against the thighs or under the waistline.

(13.02.13) Timidity: Repeatedly displaying an intent to avoid engagement or contact with the opponent.

(13.02.14) Intentionally or carelessly striking after the bell.

(13.02.15) Dirty Boxing: Holding the opponents head and punching.

(13.02.16) Spitting at the opponent

(13.02.17) Abusive language, gestures or unsportsmanlike behavior.

(13.02.18) Elevating opponent off the ground in the clinch

(13.02.19) Wrestling techniques

(13.02.20) Intentionally falling on a downed opponent, pressing elbow or knee upon them.

13.03 LOW-KICK KICKBOXING:

(13.03.1) All forms of biting

(13.03.2) Any strikes to areas other than legal target areas:

- **Back of the head**
- **Neck**
- **Spine**
- **Joints such as knees, elbows, ankles**
- **Groin**
- **Kicks below the knee**

(13.03.3) Strikes other than punches and kicks, including, but not limited to:

- **Elbow Strikes**
- **Headbutts**
- **Open-hand or palm strikes**
- **Hammer fists**
- **Backfists**
- **Shoulder strikes**
- **Pushing**
- **Knee strikes**

(13.03.4) Attacking a downed opponent or an opponent who touches the floor with his or her glove

(13.03.5) Spitting out one's mouthguard

(13.02.6) Any kind of throws, sweeps, reaps or takedowns.

(13.02.6a) Sweep is defined as (but not limited to): Use of the bottom of the foot or back of the leg in order to off-balance the opponent towards the ground.

(13.02.6b) Any attack to the legs by a grounded opponent is prohibited.

(13.03.7) Catching the kick or holding an opponent's leg.

(13.03.8) Holding the ropes and attacking an opponent

(13.03.9) Any form of clinching or holding the opponent

(13.03.10) All types of strikes with the elbow

(13.03.11) Any form of kicking with the knees

(13.03.12) Timidity: Repeatedly displaying an intent to avoid engagement or contact with the opponent.

(13.03.13) Intentionally or carelessly striking after the bell.

(13.03.14) Dirty Boxing: Holding the opponents head and punching.

(13.03.15) Spitting at the opponent

(13.03.16) Abusive language, gestures or unsportsmanlike behavior.

(13.03.17) Elevating opponent off the ground in the clinch

(13.03.18) Wrestling techniques

(13.03.19) Intentionally falling on a downed opponent, pressing elbow or knee upon them.

13.04 K-1 KICKBOXING:

(13.04.1) All forms of biting.

(13.04.2) Any strikes to areas other than legal target areas:

- **Back of the head**
- **Neck**

- Spine
- Joints such as knees, elbows, ankles
- Groin
- Knees strikes to the head.

(13.04.3) Strikes other than punches, kicks, knees (to the body or legs), and spinning backfists including, but not limited to:

- Elbow Strikes
- Headbutts
- Open-hand or palm strikes
- Hammer fists
- Backfists
- Shoulder strikes
- Pushing

(13.04.4) Attacking a downed opponent or an opponent who touches the floor with his or her glove

(13.04.5) Spitting out one's mouthguard

(13.02.6) Any kind of throws (above the waistline), sweeps, reaps or takedowns.

(13.02.6a) Sweep is defined as (but not limited to): Use of the bottom of the foot or back of the leg in order to off-balance the opponent towards the ground.

(13.02.6b) Any attack to the legs by a grounded opponent is prohibited.

(13.04.7) Executing more than one technique or taking more than one step while holding an opponent's leg.

(13.04.8) Holding the ropes and attacking an opponent, including in clinching situations

(13.04.9) Grabbing, clinching or holding for any reason other than to immediately attack with one legal knee strike to a legal target area; this includes:

- Holding to rest or grabbing an opponent in order to stop them from striking.
- Clinching or holding while executing more than one knee strike is illegal.

(13.04.10) Timidity: Repeatedly displaying an intent to avoid engagement or contact with the opponent.

(13.04.11) Intentionally or carelessly striking after the bell.

(13.04.12) Dirty Boxing: Holding the opponents head and punching.

(13.04.13) Spitting at the opponent

(13.04.14) Abusive language, gestures or unsportsmanlike behavior.

(13.04.15) Elevating opponent off the ground in the clinch

(13.04.16) Wrestling techniques

(13.04.17) Intentionally falling on a downed opponent, pressing elbow or knee upon them.

13.05 UNIFIED RULES OF KICKBOXING:

(13.05.1) All forms of biting.

(13.05.2) Any strikes to areas other than legal target areas:

- **Back of the head**
- **Neck**
- **Spine**
- **Joints such as knees, elbows, ankles**
- **Groin**
- **Knees strikes to the head.**

(13.05.3) Strikes other than punches, kicks, knees (to the body or legs), and spinning backfists including, but not limited to:

- **Elbow Strikes**
- **Headbutts**
- **Open-hand or palm strikes**
- **Hammer fists**
- **Backfists**
- **Shoulder strikes**
- **Pushing**

(13.05.4) Attacking a downed opponent or an opponent who touches the floor with his or her glove

(13.05.5) Spitting out one's Mouthguard (gum-shield)

(13.02.6) Any kind of throws (above the waistline), sweeps, reaps or takedowns.

(13.02.6a) Sweep is defined as (but not limited to): Use of the bottom of the foot or back of the leg in order to off-balance the opponent towards the ground.

(13.02.6b) Any attack to the legs by a grounded opponent is prohibited.

(13.05.7) Executing more than one technique or taking more than one step while holding an opponent's leg.

(13.05.8) Holding the ropes and attacking an opponent, including in clinching situations

(13.05.9) Grabbing, clinching or holding for any reason other than to immediately attack with legal knee strikes to a legal target area; this includes:

- **Holding to rest or grabbing an opponent in order to stop them from striking.**
- **Turning and repositioning the clinch position.**
- **Continuing to engage in the clinch longer than 5 seconds, or after the referee shouts the command "Break."**

(13.05.10) Timidity: Repeatedly displaying an intent to avoid engagement or contact with the opponent.

(13.05.11) Intentionally or carelessly striking after the bell.

(13.05.12) Dirty Boxing: Holding the opponents head and punching.

(13.05.13) Spitting at the opponent

(13.05.14) Abusive language, gestures or unsportsmanlike behavior.

(13.05.15) Elevating opponent off the ground in the clinch

(13.05.16) Wrestling techniques

(13.05.17) Intentionally falling on a downed opponent, pressing elbow or knee upon them.

13.06 THAIBOXING:

(13.06.1) All forms of biting.

(13.06.2) Any strikes to areas other than legal target areas:

- **Back of the head**
- **Neck**
- **Spine**
- **Joints such as knees, elbows, ankles**
- **Groin**
- **Knees strikes to the head.**

(13.06.3) Strikes other than punches, elbows (to the body), kicks, knees (to the body or legs), and spinning backfists including, but not limited to:

- **Elbow Strikes to the head**
- **Headbutts**
- **Open-hand or palm strikes**
- **Hammer fists**
- **Backfists**
- **Shoulder strikes**
- **Pushing**

(13.06.4) Attacking a downed opponent or an opponent who touches the floor with his or her glove

(13.06.5) Spitting out one's Mouthguard (gum-shield)

(13.02.6) Any kind of throws (above the waistline), sweeps, reaps or takedowns.

(13.02.6a) Sweep is defined as (but not limited to): Use of the bottom of the foot or back of the leg in order to off-balance the opponent towards the ground.

(13.02.6b) Any attack to the legs by a grounded opponent is prohibited.

(13.06.7) Executing more than two (2) movements after catching the kick or while holding the opponents leg.

(13.06.8) Holding the ropes and attacking an opponent, including in clinching situations

(13.06.9) Grabbing, clinching or holding for any reason other than to attack with legal knee strikes to a legal target area or to fight for dominance in the clinch; this includes:

- **Holding to rest or grabbing an opponent in order to stop them from striking.**

(13.06.10) Timidity: Repeatedly displaying an intent to avoid engagement or contact with the opponent.

(13.06.11) Intentionally or carelessly striking after the bell.

(13.06.12) Dirty Boxing: Holding the opponents head and punching.

(13.06.13) Spitting at the opponent

(13.06.14) Abusive language or gestures.

(13.06.15) "Back-breaker" or similar techniques with intent to damage opponents spine.

(13.06.16) Elevating opponent off the ground in the clinch

(13.06.17) Wrestling techniques

(13.06.18) Intentionally falling on a downed opponent, pressing elbow or knee upon them.

13.07 MUAY THAI:

(13.07.1) All forms of biting.

(13.07.2) Any strikes to areas other than legal target areas:

- Back of the head
- Neck
- Spine
- Joints such as knees, elbows, ankles
- Groin
- Knees strikes to the head.

(13.07.3) Strikes other than punches, elbows, kicks, knees (to the body or legs), and spinning backfists including, but not limited to:

- Headbutts
- Open-hand or palm strikes
- Hammer fists
- Backfists
- Shoulder strikes
- Pushing

(13.07.4) Attacking a downed opponent or an opponent who touches the floor with his or her glove

(13.07.5) Spitting out one's Mouthguard

(13.02.6) Any kind of throws (above the waistline), sweeps, reaps or takedowns.

(13.02.6a) Sweep is defined as (but not limited to): Use of the bottom of the foot or back of the leg in order to off-balance the opponent towards the ground.

(13.02.6b) Any attack to the legs by a grounded opponent is prohibited.

(13.07.7) Executing more than two (2) movements after catching the kick or while holding the opponents leg.

(13.07.8) Holding the ropes and attacking an opponent, including in clinching situations

(13.07.9) Grabbing, clinching or holding for any reason other than to attack with legal knee strikes to a legal target area or to fight for dominance in the clinch; this includes:

- Holding to rest or grabbing an opponent in order to stop them from striking.

(13.07.10) Timidity: Repeatedly displaying an intent to avoid engagement or contact with the opponent.

(13.07.11) Intentionally or carelessly striking after the bell.

(13.07.12) Dirty Boxing: Holding the opponents head and punching.

(13.07.13) Spitting at the opponent

(13.07.14) Abusive language or gestures.

(13.07.15) "Back-breaker" or similar techniques with intent to damage opponents spine.

(13.07.16) Elevating opponent off the ground in the clinch

(13.07.17) Wrestling techniques

(13.07.18) Intentionally falling on a downed opponent, pressing elbow or knee upon them.

RULE 14 SPECIAL PROVISIONS FOR YOUTH

14.01 Youth Divisions shall be divided into the following age categories:

- **6-7 years old**
- **8-9 years old**
- **10-11 years old**
- **12-13 years old**
- **14-15 years old**
- **16-17 years old**

14.02 Children's Divisions: Children shall be divided into A Class and B Class.

- **6-7 years**
- **8-9 years**
- **10-11 years**

(14.02.1) A Class children shall be permitted controlled head contact.

(14.02.2) B Class children shall have no contact to the head.

(14.02.3) Children under 10 cannot compete in Boxing.

(14.02.4) Bout time constraints: Children's matches shall consist of no more than three (3) rounds of not more than one and one half (1.5) minutes each with a one (1) minute break between rounds.

- **(Childrens rounds 3x (1 minute and 30 second) rounds with 1 minute rest period.)**

14.03 Juniors Division: Juniors shall be permitted controlled head contact in

both A and B class.

- 12-13 years
- 14-15 years
- 16-17 years

14.04 Spinning backfists shall be illegal in all youth divisions.

14.05 The referee must stop a youth match upon the second 8-count in any single round or upon the third 8-count in an entire match. Upon the final knockdown, the referee may issue the 8-count to the fighter and then wave off the bout as a Technical Knockout (TKO).

14.06 Headgear, and shin and instep protection must be worn by all youth, regardless of Novice or Open Class, although special provisions may be made at the Association's discretion.

RULE 15 FOULS, WARNINGS AND MINUS POINTS

15.01 Definitions:

(15.01.1) Accidental Foul: A foul that is unavoidable, or executed through no fault of the offending fighter, may be considered accidental.

(15.01.2) Foul: Otherwise fouls should be assessed for the following criteria to determine how to respond:

- **Damage inflicted on the other fighter.**
- **Intentionality:** The offending fighter displayed clear intent to violate the rules.
- **Recklessness or carelessness:** The offending fighter shows complete disregard for accuracy.

(15.01.3) Referees must consider the combination of damage inflicted by the foul and either the intentionality or recklessness displayed by the offending fighter when determining how to respond.

15.02 Referees may respond in the following manner:

- **Issue an unofficial warning**
- **Issue an official warning**
- **Deduct a point**
- **Disqualify the offending fighter**

(15.02.1) The order listed above is not hierarchical. A referee may disqualify a fighter prior to warning or taking a point if the situation merits such a response.

15.03 Referee procedure: If a foul occurs and the referee needs to stop the

action, the referee shall:

- **Shout "Stop," stepping between the fighters.**
- **Direct Timekeeper to stop time.**
- **Direct the offending fighter to the neutral corner, then address the fouled fighter. Fouled fighter will also be directed to the opposite neutral corner if they are capable.**
- **Notify the offending fighter of the reason for stopping the action.**
- **If official warning is needed:**
 - **From the center of the ring, the Referee will clearly notify each judge that official warning was given, as well as the reason.**
 - **For the first official warning the referee may indicate this as "First Warning" or "First Official Warning"**
 - **For the second official warning the referee may indicate this as "Second Warning" or "Second Official Warning."**
- **If point deduction is needed:**
 - **Referee will take the offending fighter to the center of the ring**
 - **Referee will raise fingers indicating the number of minus points to be given. Referee will do this facing each judge individually.**
- **Allow fouled fighter up to five (5) minutes to recover.**
- **If the determination is made to continue, referee will give the clear command to "fight," time will commence running, and the fight will continue.**
- **If the determination is made to end the fight, the referee shall clearly indicate the fight has ended by waiving one or both arms in the air.**

(15.03.1) A referee may shorten this procedure to verify if a foul occurred, or provide any unofficial warnings to the fighters. This may be conducted as long as it does not interfere with the execution of the match.

15.04 Warnings and minus points may also be given based upon rule violations committed by the cornermen or seconds.

15.05 Multiple Fouls in Tournaments:

(15.05.1) Formal warning: If 2 formal warnings have been issued for a violation a fighter may not receive additional warnings for the same violation, at least 1 point must be deducted.

(15.05.2) Multiple Point Deductions:

(15.05.2a) A fighter who has received a point deduction may not receive additional warnings for any other fouls that occur (Does not apply to Accidental Fouls).

(15.05.2b) A fighter who has committed fouls resulting in the deduction 2 points may not be allowed to continue. That fighter shall

be disqualified from that division.

RULE 16 PROTESTS AND ALTERATION OF DECISIONS

16.01 A judge's decision, given at the conclusion of any match, shall be final and binding. It may only be altered at the direction of the head referee or Chief Official when there is clear evidence of:

(16.01.1) Conspiracy: A conspiracy has taken place or an illegal agreement has been entered into that affects the result of the match.

(16.01.2) Errors: The addition of the recorded scores is faulty or one judge has incorrectly identified the corners, resulting in the victory being given to the wrong competitor.

(16.01.3) Rules violation: A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.

(16.01.3) In cases where evidence is subjective, in dispute, unavailable, or where time or resources are required to review evidence, an official protest must be made to change the results.

16.02 Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

16.02 Procedure: All official protests must be made, in writing, to the event's Chief Official or to the National Representative for the country in which the alleged violation took place. All protests must be made within 48 hours of the event.

(16.02.1) Reporting:

- Written protests that are hand-delivered to Chief Officials must clearly state the facts and circumstances regarding the protest and must include:
 - Signature of the individual making the protest.
 - Printed name of the individual making the protest.
 - Contact information.
 - Event name.
 - Event date.
 - Bout details (fight number, fighter names)
 - Chief Official name.
- Alternatively protests may be filed electronically via email to the Chief Official or National Representative.
 - Signature of the individual making the protest.
 - Printed name of the individual making the protest.
 - Contact information.
 - Event name.
 - Event date.
 - Bout details (fight number, fighter names)
 - Chief Official name.

- **At no time should protests be directed to judges or referees.**

(16.02.1) Any questions regarding protests, rules violations, errors, or ethical concerns are to be directed to the Chief Official.

(16.02.2) For official protests requiring review at the national or international level, a fee must be assessed. National representatives shall be responsible for collecting the protest fee of \$150.00 USD. National representatives may escalate protests to the WKA International review board if needed.

(16.02.03) In all cases of protests national representatives must submit written reports to the WKA International Review Board documenting the reason for the protest, the findings, and the resolution.

(16.02.04) As the WKA is a global organization, the right is reserved to adjust this fee at the discretion of the regional or national representative.

16.03 Exception: Tournaments

(16.03.1) Protests during tournaments may be made directly to the Chief Official, generally located at the administration table, in order to ensure the competition proceeds in an orderly and expedient fashion.

(16.03.2) The Chief Official will decide on the protest after hearing evidence from the protesting side, the officials involved, and any other relevant party. The decision made at that time is final.

(16.03.3) The Chief Official is responsible for recording the nature of the protest and the decision rendered, and ensuring it is reported to WKA International.

16.04 Decisions of the official Medic are final, although they can be protested to the second medic that is present at the event. The second medic will make the decision about the protest.

16.04 Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made. The protest must be accompanied by a processing fee of no less than \$100 USD, and no more than \$500. The fee will be returned if the protest is found to be valid. The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees, etc.

ADDENDUM 1: SAN SHOU

Rules and regulations for San Shou. The bout may take place on either a raised platform with no ropes or in a boxing ring with ropes, cage, or pit. All fighting areas are subject to approval by the association.

A1.01 San Shou: Legal Techniques

(A1.01.1) Punches are allowed to the head and body. Kicks are allowed to the head, the body above the waist, and the legs below the waist and above the knees, and the legs below the knees and above the ankles.

(A1.01.2) Spinning kicks to the body and to the head.

(A1.01.3) Ankle bump: Use of the ankle area to off balance opponent targeting the ankle area (using the bottom of the foot is prohibited).

(A1.01.4) Spinning back fists

- **The legal striking surface for the spinning backfist is the back of the fist.**
- **If the fighter strikes with the wrist, forearm or elbow, he or she may be penalized at the referee's discretion.**
- **This technique is allowed where permitted by State or local jurisdiction, or by Association rules.**

(A1.01.5) Knee attacks are allowed to the body and legs.

(A1.01.6) Catching the kick: Fighters may catch the kick. While holding the leg the competitor may make two (2) legal movements then release the leg. These movements include:

- **2 steps.**
- **2 strikes to legal target area.**
- **1 strike to legal target area and 1 step.**
- **1 step and 1 strike to legal target area.**
- **1 strike and takedown**
- **1 strike and throw**
- **1 step and takedown**
- **1 step and throw**

If a takedown or throw is not attempted or completed following these movements fighters must release the leg following any combination of the above listed movements.

(A1.01.7) Clinch: Allowed as long as both competitors are landing effective knee attacks, or fighting for dominance in the clinch.

(A1.01.8) Throws below the waistline.

(A1.01.9) Judo, wrestling throws, and takedowns that do not involve small joint manipulation.

A1.02 San Shou: Illegal Techniques (Fouls)

(A1.02.1) All forms of biting.

(A1.02.2) Any strikes to areas other than legal target areas:

- Back of the head
- Neck
- Spine
- Joints such as knees, elbows, ankles
- Groin
- Knees strikes to the head.

(A1.02.3) Strikes other than punches, kicks, knees (to the body or legs), and spinning backfists including, but not limited to:

- Elbow Strikes
- Headbutts: (Defined in Section III Rule 14.01.1)
- Open-hand or palm strikes
- Hammer fists
- Backfists
- Shoulder strikes
- Pushing

(A1.02.4) Attacking a downed opponent or an opponent who touches the floor with his or her glove. (This includes any attempt to submit the opponent on the ground.)

(A1.02.5) Spitting out one's Mouthguard (gum-shield)

(A1.02.6) Throws above the waistline

(A1.02.7) Executing more than two (2) movements after catching the kick or while holding the opponent's leg.

- This includes "plowing" an opponent across the fighting area.
- If a fighter has caught the leg and is unable to take down their opponent after 2 movements are made, they may not continue the takedown attempt. The leg must be released.

(A1.02.8) Holding the ropes and attacking an opponent, including in clinching situations

(A1.02.9) Holding to rest or grabbing an opponent in order to stop them from striking is prohibited. It is prohibited to Grab, clinch or hold for any reason other than to:

- Attack with knee strikes to a legal target area.
- Attempt a throw.
- Attempt a takedown.

(A1.02.10) Timidity: Repeatedly displaying an intent to avoid engagement or

contact with the opponent.

(A1.02.11) Intentionally or carelessly striking after the bell.

(A1.02.12) Dirty Boxing: Holding the opponents head and punching.

(A1.02.13) Spitting at the opponent

(A1.02.14) Abusive language or gestures.

(A1.02.15) "Back-breaker" or similar techniques with intent to damage opponents spine.

(A1.02.16) Takedowns or throws which intentionally cause the opponent to land on their head.

(A1.02.17) Takedowns, throws, or judo techniques which involve small joint manipulation.

(A1.02.18) Grappling submission techniques.

A1.03 San Shou Scoring Criteria

Scoring in San Shou combines elements of scoring in MMA and Scoring in Standup.

(A1.03.1) Number of knockdowns

- **A knockdown is scored only if a referee counts the knocked down fighter.**
- **Includes knockdowns and standing 8-counts.**
- **8-counts carry the most weight in scoring.**
- **Equal weight must be given to 8-counts scored by both contestants.**
- **If a knockdown occurs the fighter who scores the knockdown shall not lose that round. See (11.06.3) and (11.06.4) for scoring regarding knockdowns.**
- **Upon the 3rd knockdown in the same round the fight will be over by TKO.**
- **Upon the 4th knockdown in the bout the fight will be over by TKO.**

(A1.03.2) Effective Striking, Takedowns and Throws

- **Judges should assess strikes for their damage and impact on the opponent.**
- **A fighter who lands a greater volume of legal strikes to legal target areas which do damage shall be evaluated more favorably, than legal strikes which do not deal damage, or negatively impact the opponent.**
- **Strikes are evaluated regardless if they are landed in or out of the clinch.**
- **Takedown is considered successful if the fighter is able to complete the technique without having the opponent fall on top of them or into a controlling position.**
- **A kick that lands but is CAUGHT by the receiving fighter and the receiving fighter FOLLOWS with a counter that lands effectively, or a throw/sweep that is executed effectively, the kick DOES NOT count in favor of the kicking fighter.**

- **Successful Throws** are also given weight in this criteria favoring the fighter who successfully, legally, throws the opponent to the ground while maintaining a standing fighting position.

(A1.03.3) Effective control of the fighting area

- Evaluated by determining which contestant dictates the bout's pace, location, and positioning.
- In Muay Thai, dominance in the clinch is to be considered.
- In San Shou matches, dominance in wrestling exchanges is to be considered.

(A1.03.4) Effective Style-Specific Technique

- The fighter who lands the greater variety of legal techniques to legal target areas shall be viewed more favorably than the fighter the who does not.
- The fighter who performs more clean and technical shall be viewed more favorably than the fighter who does not.

A1.04 The WKA scoring criteria is hierarchical

- Highest weight is given to Knockdowns, A fighter who has scored more knockdowns in a round shall not lose that round.
- If Knockdowns are even, or no knockdown has occurred Judges shall evaluate the volume of successful takedowns, throws, legal strikes to legal target areas based on the damage dealt.
- If there is no advantage awarded in knockdowns or effective strikes, throws, or takedowns, judges shall evaluate fighters based on their ability to control the fighting area, the pace of the fight, and the striking engagements. Dominance in the clinch shall also be considered.
- If no advantage is awarded by any criteria listed above, judges shall evaluate fighters based on effective style-specific technique, awarding the round to the fighter who displays the most clean and technical performance.

A1.05 Fighting Area platform specifications

(A1.05.1) The WKA will comply with the International Wushu Federation (IWUF) Sanshou (Sanda) competition platform standards, known as a leitai, measures 8 meters (approx. 26.2 ft) in length and width, and stands 80 centimeters (approx. 2.6 ft) high.

(A1.05.2) The surface is covered with high-density, shock-absorbing mats, and the platform is surrounded by a 2-meter-wide, 30-centimeter-thick protective cushion.

(A1.05.3) Key Dimensions and Specifications:

- **Platform Size:** 8m x 8m (26.25 ft x 26.25 ft)
- **Platform Height:** 80 cm (31.5 inches)
- **Safety Cushion:** 2m wide, 30cm thick (surrounding the entire platform)
- **Surface:** Covered with high-density, anti-slip material
- **Markings:** A 5cm-wide red line marks the perimeter, and yellow warning lines (10cm wide) are typically set 90cm inside the edge

SECTION III: MIXED MARTIAL ARTS (MMA)

RULE 1 WEIGHT CLASSES OF MIXED MARTIAL ARTISTS

1.01 Mixed martial artists shall be divided into the following weight classes for male and female adults:

Division Name	Weight range
Strawweight	-115lbs
Flyweight	116lbs - 125lbs
Bantamweight	126lbs - 135lbs
Featherweight	136lbs - 145lbs
Lightweight	146lbs - 155lbs
Welterweight	156lbs - 170lbs
Middleweight	171lbs - 185lbs
Light Heavyweight	186lbs - 205lbs
Heavyweight	206lbs - 265lbs
Super Heavyweight	+265lbs

1.02 The following weight divisions shall be used for children (8 to 11 years):

8-9 YEARS				10-11 YEARS			
MALE		FEMALE		MALE		FEMALE	
-24 kg	-52.8 lb	-24 kg	-52.8 lb	-26 kg	-57.2 lb	-26 kg	-57.2 lb
-26 kg	-57.2 lb	-26 kg	-57.2 lb	-28 kg	-61.6 lb	-28 kg	-61.6 lb
-28 kg	-61.6 lb	-28 kg	-61.6 lb	-30 kg	-66.0 lb	-30 kg	-66.0 lb
-30 kg	-66.0 lb	-30 kg	-66.0 lb	-32 kg	-70.4 lb	-32 kg	-70.4 lb
-32 kg	-70.4 lb	-32 kg	-70.4 lb	-34 kg	-74.8 lb	-34 kg	-74.8 lb
-34 kg	-74.8 lb	+32 kg	+70.4 lb	-36 kg	-79.2 lb	-36 kg	-79.2 lb
-36 kg	-79.2 lb			-38 kg	-83.6 lb	-38 kg	-83.6 lb
-38 kg	-83.6 lb			-40 kg	-88.0 lb	-40 kg	-88.0 lb
+38 kg	+83.6 lb			-42 kg	-92.4 lb	+40 kg	+88.0 lb
				+42 kg	+92.4 lb		

1.03 The following weight divisions shall be used for juniors (12 to 17 years):

12-13 YEARS				14-15 YEARS			
MALE		FEMALE		MALE		FEMALE	
-34 kg	-74.8 lb	-34 kg	-74.8 lb	-40 kg	-88.0 lb	-40 kg	-88.0 lb
-37 kg	-81.4 lb	-37 kg	-81.4 lb	-43 kg	-94.6 lb	-43 kg	-94.6 lb
-40 kg	-88.0 lb	-40 kg	-88.0 lb	-46 kg	-101.2 lb	-46 kg	-101.2 lb
-43 kg	-94.6 lb	-43 kg	-94.6 lb	-49 kg	-107.8 lb	-49 kg	-107.8 lb
-46 kg	-101.2 lb	-46 kg	-101.2 lb	-52 kg	-114.4 lb	-52 kg	-114.4 lb
-49 kg	-107.8 lb	-49 kg	-107.8 lb	-55 kg	-121.0 lb	-55 kg	-121.0 lb
-52 kg	-114.4 lb	-52 kg	-114.4 lb	-58 kg	-127.6 lb	-58 kg	-127.6 lb
-55 kg	-121.0 lb	-55 kg	-121.0 lb	-61 kg	-134.2 lb	-61 kg	-134.2 lb
-58 kg	-127.6 lb	+55 kg	+121.0 lb	-64 kg	-140.8 lb	-64 kg	-140.8 lb
+58 kg	+127.6 lb			-67 kg	-147.4 lb	-67 kg	-147.4 lb
				+67 kg	+147.4 lb	+67 kg	+147.4 lb

16-17 YEARS			
MALE		FEMALE	
-60 kg	-132.0 lb	-47.7 kg	-105.0 lb
-65 kg	-143.0 lb	-52.2 kg	-115.0 lb
-70 kg	-154.0 lb	-56.8 kg	-125.0 lb
-75 kg	-165.0 lb	-61.3 kg	-135.0 lb
-80 kg	-176.0 lb	-65.9 kg	-145.0 lb
-85 kg	-187.0 lb	+65.9 kg	+145.0 lb
-90 kg	-198.0 lb		
+90 kg	+198.0 lb		

1.04 Non-Tournament Weight Differentials:

- No more than a ten (10) pound (lb) differential between contestants up to -155.0 lb.,
- No more than a fifteen (15) pound differential from 156.0 lb. to 185.0 lb.
- No more than twenty (20) pound differential from 186.0 lb. to 205.0 lb.
- For contestants weighing more than 205lbs, the differential shall be agreed upon by the contestants' chief seconds, and allowed at the Association's discretion.

1.05 For youth divisions, in addition to weight, other factors must be taken into consideration for matchmaking, such as height, age, and experience.

RULE 2: WORLD LEVEL COMPETITIONS

2.01 In all international tournaments, fighters should be seeded according to ranking or by national title.

2.02 Each competitor's name, country and number must be listed. A minimum of three competitors in each weight class is obligatory. Fewer than three competitors move up to the next higher weight category. In that case each country must get a minimum of 1 copy of all drawing lists and name list of competitors for free. They should get it at least a few hours before the start of the tournament. There is no way to protest after the drawing.

RULE 3 THE ATTENDANCE OF MEDICAL STAFF

3.01 Every match must have at a minimum two fully qualified paramedics in attendance at ringside. They must be familiar with and adept at performing emergency medicine such as the sort which would be needed in such athletic activity. Any and all directions and/or orders from the attending medic must be immediately obeyed.

3.02 Every medic must also have Emergency Medical equipment including a backboard and neck brace.

3.03 The official medic, who must attend every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

3.04 The attending medic must follow the rules and regulations of the appropriate national health board as well as those approved by the authorities where such rules apply.

3.05 No match may start or proceed before the attending medic is in place, and the medic may not leave his or her place prior to the decision in the last match.
06 The attending medic shall be ready to assist if a serious emergency arises, and to administer first aid in the event of less serious injuries.

3.07 The medic has the right to interrupt or stop a contest if he or she thinks a competitor is in danger and the referee has not stopped the fight. He or she is also responsible for making the decision when a referee calls them in case of an injury to a competitor.

3.08 No one, even a competitor's second, may attempt to aid a competitor during a round before the attending medic has had the opportunity to see the injured competitor.

- **If the medic is called to the fighting area, he or she must examine the presumed injury and then decide whether or not the fight should continue.**
- **The medic's examination must have a duration of not more than one minute.**
- **Any kind of treatment of the competitor is forbidden.**
- **Should one minute be insufficient, the referee shall stop the match and declare the injured competitor's opponent the winner.**
- **Medic's decisions are final, although they can be protested to the second medic that is present at the event. The second medic will make the decision about the protest.**

3.09 The medics, first aid team, referee, and chief official must all meet to coordinate their activities and duties to be performed ringside prior to the event.

RULE 4 FIGHTING AREA

4.01 MMA contests may take place in either a cage or a ring that has been approved by the Association. The cage or ring should meet the requirements set forth by the Association and should be inspected prior to each event by Association representative or referee.

4.02 The fighting area:

- **Canvas shall be no smaller than 18 feet by 18 feet.**
- **No larger than 32 feet by 32 feet.**
- **The fighting area canvas shall be padded in a manner as approved by the Association, with at least one inch layer of foam padding. Padding shall extend beyond the fighting area and over the edge of the platform.**

4.03 The fighting area canvas shall not be more than four feet above the floor of the building and shall have suitable steps or ramp for use by the competitors. Posts shall be made of metal not more than six inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the fighting area canvas and shall be properly padded in a manner approved by the Association.

4.04 The fighting area canvas area shall be enclosed by a fence made of such material as will not allow a fighter to fall out or break through it onto the floor or spectators, including, but not limited to, vinyl coated chain link fencing. All metal parts shall be covered and padded in a manner approved by the Association and shall not be abrasive to the contestants.

4.05 The fence shall provide two separate entries onto the fighting area canvas.

4.06 The ring shall be not less than 17 feet square within the ropes. In world and national title bouts, the Association recommends and may require that the ring be not less than 20 feet square.

4.07 The ring floor shall extend beyond the ropes not less than 18 inches. The ring floor shall be padded in a manner approved by the Association. Padding must extend beyond the ring ropes and over the edge of the platform.

4.08 A fifth rope, lower than a boxing ring's other four ropes, is recommended in order to help keep competitors safely in the ring.

4.09 A ring stool of a type approved by the Association shall be available for each contestant.

4.10 An appropriate number of stools or chairs, of a type approved by the Association, shall be available for each contestant's seconds. Such stools or chairs shall be located near each contestant's corner.

RULE 5 ROUND NUMBER AND LENGTH

5.01 Novice class:

(5.01.1) Three (3) three (3) minute rounds with a one (1) minute rest period between rounds.

- **3 x 3 minute rounds with 1 minute break.**

5.02 Open class:

(5.02.1) Non-title matches shall consist of three (3) three (3) minute rounds with a one (1) minute rest period between rounds.

- **3 x 3 minute rounds with 1 minute break.**

5.03 Open class title matches:

(5.03.1) Five (5) three (3) minute rounds with a one (1) minute rest period between rounds.

- **5 x 3 minute rounds with 1 minute break.**

RULE 6 ATTIRE

6.01 Each contestant shall wear mixed martial arts shorts, biking shorts, or kick boxing shorts. At the Association's discretion, competitors wearing loose-fitting shorts may be required to wear spandex or bike shorts underneath fight shorts. Shorts that give any particular advantage to a competitor shall not be allowed. Shorts may not pose any danger to an opponent in the form of zippers, plastic toggles, pockets, or the like.

6.02 Gis or shirts are prohibited during competition.

(6.02.1) Female competitors must wear a sports or athletic bra and may wear a form fitting rashguard.

6.03 Shoes are prohibited during competition.

RULE 7 RULES OF CONDUCT INSIDE AND OUTSIDE THE RING

7.01 It is the duty of every competitor to show fair play in the ring. Should a competitor not be ready to continue the match, because his or her safety equipment is not working properly or for other reasons, he or she shall retreat one step and raise one arm.

7.02 A competitor shall immediately retreat to the nearest neutral corner if so directed by the referee and wait for the referee to signal that the match can proceed again.

03 When a competitor receives a warning or a reprimand from the referee, he or she must put his or her gloves up in guard position and bow toward the referee to indicate that he or she has understood the reason for the warning or reprimand.

7.04 At the conclusion of the fight the competitors shall approach the referee, standing in the center of the ring, and there, with one competitor on each side of the referee, await the speaker's announcement of the decision. The referee shall then raise the arm of the winner.

7.05 After the fight the competitors shall salute each other and each other's seconds, after which both competitors shall bow to the referee in recognition of his or her efforts.

7.06 Violation of WKA rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

RULE 8 THE COMPETITOR

8.01 The competitors must be in good physical shape and have a good sportsmanlike attitude.

8.02 The competitors must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Male competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair that apply to female competitors. All competitors shall be clean and proper. It is the sole prerogative of the WKA referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match. The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net.

8.03 Excessive use of grease or similar substances is prohibited.

8.04 Competitors are prohibited from wearing any type of jewelry or piercing accessories during competition.

RULE 9 THE COMPETITOR'S EQUIPMENT

9.01 Individually fitted tooth-protector (mouth guard) required for all competitors.

9.02 Bandaging Restrictions:

- **Bandaging of each competitor's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide, placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within 3/4 inch of the knuckles when the hand is clenched to make a fist. Soft surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used. Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles. Bandages shall be adjusted in the locker room in the presence of an**
- **Association official. Cloth hand-bandages, maximum length of 3.5 meters, may be used.**

9.03 An individually fitted breast-protector for females is recommended.

9.04 An individually fitted groin-protector for males is required and for females is recommended.

9.05 The gloves shall be new for all main events and in good condition or they must be replaced.

9.06 All contestants shall wear gloves weighing no less than six ounces, supplied by the promoter and approved by the Association. No contestant shall supply his or her own gloves for participation.

9.07 Novice competitors may be required to wear shin and instep protection and/or headgear if required by a State Athletic Commission in the jurisdiction of the bout or by Association.

9.08 The following substances are approved for treating competitors' cuts between rounds: Adrenaline 1:1000, Avitene, and Thrombin.

9.09 Petroleum jelly may be used lightly around a competitor's eyes and on a competitor's face. Petroleum jelly, lotion, or any other type of lubricant on any other part of a competitor's body is prohibited. Menthol-based liniments or ointments such as Thai oil, boxing liniment, Ben Gay, or IcyHot are strictly prohibited on any part of the body.

9.10 A corner may administer only water to a competitor between rounds in a bout. Any other beverage is prohibited.

RULE 10 SECONDS

10.01 The second may give up on behalf of his or her competitor if he or she deems it irresponsible to let the fight continue. The second may enter the fight

platform, at which time the fight shall be immediately stopped by the referee. A second shall not throw in a towel.

10.02 Prior to every tournament the Head Referee shall call a meeting with all judges, referees, seconds, and fighters to clarify any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting. This meeting is mandatory for all participating fighters.

10.03 Seconds shall support and advise their competitors during the intermission between rounds. Each competitor may have two seconds, only one of whom may enter the ring at any time.

10.04 During the rounds neither of the seconds may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight. Seconds shall comply with any and all directions given by the referee. Prior to each round the seconds must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spilt water. The seconds shall have at their disposal a towel, a sponge, water and grease for the competitor.

10.05 During the rounds the seconds may give advice (only in a proper manner), help, or encourage the competitor. Should a second violate this rule the referee can issue a warning, expel the second, or disqualify the competitor. A second who has been expelled may not function as second in the remaining part of the tournament.

10.06 A match starts when the referee gives the command "fight" to begin the first round, and it finishes when the referee stops the fight in the last round. Only the competitors and the referee may be present in the ring during the match. If any other person enters the ring, the referee can decide that the fight is immediately over and cannot continue again.

RULE 11 CLASSIFICATION OF COMPETITORS (SPECIFIC TO MMA)

11.01 Officials shall verify that competitors compete in their proper weight classes. The count of victories is made by adding the number of victories the individual competitor has had (not the number of matches, which is irrelevant) and then classifying the competitor accordingly. The following Classifications shall be used for adult competitors:

11.02 Class C – Amateur "Novice" MMA, Rule Restrictions: no elbow or knee strikes to head grounded or standing; limited closed fist strikes allowed to the head while grounded. Non-championship and championship bouts of mixed martial arts contest shall be three rounds, of three minutes duration, with a one minute rest period between each round. Contestant use oversized MMA approved gloves. Competitors may be required to wear shin and instep protection where required by State regulation. After 3 wins in class, progress to Class B.

11.03 Class B – Amateur "Open" MMA, Rule Restrictions: no elbow or knee strikes to head grounded or standing, closed fist strikes to head of grounded opponent. Non-championship bouts of mixed martial arts contest shall be three

rounds, of three minutes duration, with a one minute rest period between each round. Championship bouts of mixed martial arts contest shall be five rounds, of three minutes duration, with a one minute rest period between each round. Contestant use oversized MMA approved gloves. After 5 wins in class, combatant may progress to Class A.

11.04 Class A – Professional MMA, Full Rules: combatants who have acquired a level to be licensed as professional fighters.

11.05 Only Class B (Amateur “Open” Class) bouts will be featured at the World Championships.

RULE 12 AMATEUR DIVISION SCORING RULES AND BOUT Results

12.01 All bouts will be evaluated and scored by three judges.

12.02 The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and nine points or fewer must be awarded to the loser, except for a rare even round, which is scored (10-10).

12.03 Judges Scoring Criteria

(12.03.1) Effective Striking

(12.03.1) Effective Striking

- Judges should assess strikes for their damage and impact on the opponent.
- A fighter who lands a greater volume of legal strikes to legal target areas which do damage shall be evaluated more favorably, than legal strikes which do not deal damage, or negatively impact the opponent.
- Strikes are evaluated regardless if they are landed in or out of the clinch, wrestling or grappling positions.

(12.03.2) Effective Wrestling and/or Grappling

- Dominance in wrestling and grappling exchanges is to be considered.
- **Effective Wrestling:** Successful execution of takedowns or throws allowing a fighter to achieve advantageous positions.
- **Effective Grappling:** Successful execution of grappling skills which damage or exhaust the opponent or which result in takedown(s), reversal(s), submission attempt(s), and/or achieving advantageous position(s).
- Fighters shall be viewed more favorably for attempting takedowns or submissions.

(12.03.3) Effective control of the fighting area

- Evaluated by determining which contestant dictates the bout’s pace, location, and positioning.
- Fighters shall be viewed more favorably by maintaining dominant positions

for longer durations of time than their opponent.

- This is historically referred to as "Effective Aggressiveness."

(12.03.4) Effective Style-Specific Technique

- The fighter who successfully executes the greater variety of legal techniques shall be viewed more favorably than the fighter the who does not.
- The fighter who performs more clean and technical shall be viewed more favorably than the fighter who does not.

12.04 The WKA scoring criteria is hierarchical

- Highest weight is given to effective striking, and dominance in wrestling, and grappling.
- If there is no advantage awarded in effective striking, effective wrestling, or effective grappling, judges shall evaluate fighters based on their ability to control the fighting area, the pace of the fight, and the position in wrestling and grappling exchanges.
- If no advantage is awarded by any criteria listed above, judges shall evaluate fighters based on effective style-specific technique, awarding the round to the fighter who displays the most clean and technical performance.

12.05 Judges shall use a sliding scale and recognize the length of time the fighters are either standing or on the ground, as follows:

(12.05.1) If the mixed martial artists spent a majority of a round on the canvas, then:

- Effective grappling is weighed first; then effective striking is considered

(12.05.2) If the mixed martial artists spent a majority of a round standing, then:

- Effective striking is weighed first; then effective grappling is weighed

(12.05.3) If a round ends with a relatively even amount of standing and canvas fighting, striking and grappling are weighed equally.

12.06 The following objective scoring criteria shall be utilized by the judges when scoring a round.

(12.06.1) A 10 points to 10 points round is strongly discouraged, and judges should look through the judging criteria for more effective striking and grappling, more effective control of the fighting area, and more effective aggressiveness. An even round should only occur in the case of a loss of points by a contestant.

(12.06.2) A round is to be scored as a 10-9 Round when a contestant wins by a close margin, based on the above-listed hierarchical criteria.

(12.06.3) A round is to be scored as a 10-8 Round when a contestant overwhelmingly dominates by striking or grappling in a round, typically showing domination in multiple scoring criteria (e.g. a fighter whose significant strikes result in severe damage to the opponent, or who displays domination in wrestling or grappling exchanges while maintaining control of the fighting area for a significant duration of time).

(12.06.4) A round is to be scored as a 10-7 Round when a contestant totally dominates by striking or grappling in a round (e.g. a fighter who displays strikes that do severe damage to the opponent AND displays overwhelming domination in wrestling or grappling exchanges.)

12.12 The following are the types of bout results:

(12.12.1) Submission by:

- **Tap Out:** When a contestant physically uses his or her hand to indicate that he or she no longer wishes to continue.
- **Verbal tap out:** When a contestant verbally announces to the referee that he or she does not wish to continue.
- **Technical submission:** When a submission is executed to its completeness, causing the referee to intervene and stop the contest.

(12.12.2) Technical knockout (TKO) by:

- Referee stops bout.
- Ringside medic stops bout.
- When an injury as a result of a legal maneuver is severe enough to terminate a bout.
- Loss of bodily control, vomit, urine, or fecal matter is discharged.

(12.12.3) Knockout by failure to rise from the canvas.

(12.12.4) Decision via score cards:

- **Unanimous Decision:** When all three judges score the bout for the same contestant.
- **Split Decision:** When two judges score the bout for one contestant and one judge scores for the opponent.
- **Majority Decision:** When two judges score the bout for the same contestant and one judge scores a draw.

(12.12.5) Draws:

- **Unanimous Draw:** When all three judges score the bout a draw.
- **Split Draw:** When all three judges score differently and the score total results in a draw.
- **Majority Draw:** When two judges score the bout a draw and one judge scores for either contestant.

(12.12.6) Disqualification: When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest.

(12.12.7) Forfeit: When a contestant fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out.

(12.12.8) Technical Draw: When an injury sustained during competition as a result of an unintentional foul causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of stoppage.

(12.12.9) Technical Decision: When an injury sustained during competition as a result of an unintentional foul causes the injured contestant to be unable to continue and the injured contestant is ahead on the score cards at the time of stoppage.

(12.12.10) No Contest:

- When a contest is prematurely stopped due to injury caused by an accidental foul and a sufficient number of rounds have not been completed to render a decision via the score cards (see Technical Draw and Technical Decision).
- If the safety equipment of the ring has been damaged or the ring is otherwise unsafe for use.
- If the lighting over the ring is failing.
- If the weather conditions force the referee to stop the match.

(12.12.11) Walkover:

- If one competitor is present in the ring and ready to fight and his or her opponent fails to show after his or her name has been called over the loudspeaker, the referee shall signal the referee's table to begin the running of two minutes.
- If the opponent has not entered the ring within the two minute time limit, the timekeeper shall strike the gong to signal that the match has been stopped.
- The referee shall then announce the competitor who was first in the ring and declare him or her the winner by "walk-over".

12.13 The following shall apply to injuries sustained during competition:

(12.13.1) If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured contestant loses by technical knockout.

(12.13.2) If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.

(12.13.3) If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the contestant who committed the foul.

(12.13.4) If an injury sustained during competition as a result of an intentional foul causes the injured contestant to be unable to continue at a subsequent point in the contest, the injured contestant shall win by technical decision, if he or she is ahead on the score cards. If the injured contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.

(12.13.5) If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.

(12.13.6) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have been completed in a three round bout or if stopped before three rounds have been completed in a five round bout.

(12.13.7) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the fouled contestant if he/she is ahead on the score cards at the time the bout is stopped only when the bout is stopped after two rounds of a three round bout, or three rounds of a five round bout have been completed. If the fouled contestant is even or behind at this time, the bout shall be declared a technical draw.

(12.13.8) There will be no scoring of an incomplete round. However, if the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score.

12.14 Loss of Bodily Function: If a fighter, during the course of a round, visibly loses control of bodily function (vomit, urine, feces), the fight shall be stopped by the referee and the fighter shall lose the contest by a Technical Knockout (TKO) due to Medical Stoppage.

(12.14.1) Additionally in the event a loss of bodily function occurs in the rest period between rounds, that combatant shall lose by a Technical Knockout (TKO) due to Medical Stoppage.

(12.14.2) If fecal matter becomes apparent at any time, the contest shall be halted by the referee, and the offending combatant shall lose by a Technical Knockout (TKO) due to Medical Stoppage.

RULE 13 LEGAL TECHNIQUES

13.01 MIXED MARTIAL ARTS (MMA):

(A1.01.1) Punches are allowed to the head and body. Kicks are allowed to the head, the body above the waist, and the legs below the waist and above the knees, and the legs below the knees and above the ankles.

(A1.01.2) Spinning kicks to the body and to the head.

(A1.01.4) Spinning back fists

- **The legal striking surface for the spinning backfist is the back of the fist.**
- **If the fighter strikes with the wrist, forearm or elbow, he or she may be penalized at the referee's discretion.**
- **This technique is allowed where permitted by State or local jurisdiction, or by Association rules.**

(A1.01.5) Knee attacks are allowed to the body and legs.

(13.01) Elbow strikes are allowed to the body and legs.

(13.01a) Elbow strikes do not require an angle of attack. "12-6 elbows" to legal target areas are permitted.

(A1.01.6) Catching the kick: Fighters may catch the kick and hold the leg. Competitors must attempt takedowns or legal strikes to legal target areas.

(A1.01.7) Clinch: Allowed as long as both competitors are landing effective knee attacks, fighting for dominance in the clinch, or attempting takedowns.

13.10 All throws, sweeps, and takedowns, provided that they do not aim to land an opponent on his or her head or neck

13.11 Submissions such as rear naked choke, armbar, triangle, straight kneebar.

- **Submissions that do not involve twisting the head neck or spine, knees, or ankles.**

RULE 14 ILLEGAL TECHNIQUES

14.01 The following are fouls and will result in penalties if committed:

(14.01.1) Headbutts.

- **Considered any attempt to use the head as a striking instrument.**

(14.01.2) Eye gouging.

- **Attempts to intentionally damage the eyes using fingers, toes, elbows, or the chin. Legal strikes to legal target areas which also contact the eye are not included in this definition.**

(14.01.3) Biting an opponent or spitting at an opponent.

(14.01.4) Pulling hair.

(14.01.5) Intentionally placing a finger or toe in any of an opponent's orifices or injuries.

- **Fish hooking: Inserting fingers into an opponents mouth and pulling, stretching or tearing the opponents skin.**

(14.01.6) Elbow strikes to the head, standing or grounded.

(14.01.7) Kneeing the head of an opponent, standing or grounded.

(14.01.8) Small joint manipulation.

- **Small Joints: Defined as fingers and toes.**
- **A minimum of 3 fingers or toes must be held for this prohibition not to apply.**

(14.01.9) Heel kicks to the kidney.

(14.01.10) Clawing, pinching, twisting the flesh or grabbing the clavicle.

(14.01.11) Kicking the head of a grounded fighter.

- **Grounded Fighter: a fighter who has body parts other than their hands or feet in contact with the floor is considered grounded.**

(14.01.12) Stomping of a grounded fighter.

- **This prohibition does not include axe kicks or any other round kick to the body of a grounded fighter.**

(14.01.13) Throwing an opponent out of the fighting area.

(14.01.14) Flagrant disregard of the referee's instructions.

(14.01.15) Spiking or pile-driving an opponent.

- **Throwing a fighter to the canvas where their feet are in the air, and the head or neck are the primary point of impact.**

- This applies even when the fighter is trying to get out of a submission

(14.01.16) Submission attempts which involve twisting the head, neck, spine or joints such as the knees or ankles.

(14.01.17) Holding gloves or clothing (the fighter's own or the opponents).

(14.01.18) Stretching out fingers towards an opponents face or eyes.

(14.01.19) Holding or grasping the cage or ropes with fingers, toes, arms, or legs.

- Does not apply to fighters who brace themselves against the padding, fence, or ropes.
- Applies to fighters who purposefully step through the ropes (in a boxing ring)
- Should a violation occur which results in the offending fighter obtaining dominant position, the referee shall:
 - Stop Time
 - Explain the rule infraction
 - Return fighters to a neutral, standing position
 - Give the clear command to begin fighting

(14.01.20) Intentionally or carelessly attacking an opponent on or during the break or after the end of the round.

(14.01.21) Intentionally or carelessly attacking an opponent who is under the referee's care at the time.

(14.01.22) Timidity.

- Including but not limited to: avoiding contact, consistent dropping of mouthpiece, or faking an injury.

(14.01.23) The use of abusive language in fighting area.

(14.01.24) Any unsportsmanlike conduct that causes an injury to opponent.

(14.01.25) Interference from a mixed martial artist's seconds.

14.02: Any strikes to areas other than legal target areas:

- Back of the head
- Neck
- Spine
- Joints such as knees, elbows, ankles, wrists and feet.
- Groin
- Knees strikes to the head.

14.03: Additional Illegal Techniques for youth fighters by age division.

(14.03.1) All Youth Divisions:

- Punches or kicks to the head during standup engagements
 - Applies to Novice Youth ONLY.
- Punches to the head of grounded opponent.
- Up-kick to the head from a grounded position.

- Takedowns only using a neck grip
- Slamming
 - Raising the opponent off the canvas and then violently driving them into the canvas in a straight up and straight down movement onto his/her head, neck, back, side or stomach is prohibited.
 - This applies to situations where a fighter is trying to escape a submission.
 - Does not apply to throws with a continuous and arched motion.
 - This also applies to high amplitude throws where the fighter's feet are elevated above the waistline.
- Certain Submissions:
 - Submissions targeting the throat.
 - Lower body submissions.
 - Rib or neck compressions
 - Knee or shin on throat position
 - Standing guillotine chokes.

(14.03.2) Additional techniques illegal for Children's divisions (-11 years old)

- Punches or kicks to the head, standing or grounded, novice or open.
- Omolplata shoulder attack
- Connected guard jump
- Connected jumping submission attack.

14.04 The prohibited submissions outlined above are not exhaustive and do not represent the full array of prohibited technical situations and variations. WKA referees reserve the right to exercise their discretion and expertise to prioritize fighter safety during competition.

RULE 15 WARNINGS AND MINUS POINTS

15.01 Definitions:

(15.01.1) Accidental Foul: A foul that is unavoidable, or executed through no fault of the offending fighter, may be considered accidental.

(15.01.2) Foul: Otherwise fouls should be assessed for the following criteria to determine how to respond:

- **Damage inflicted on the other fighter.**
- **Intentionality:** The offending fighter displayed clear intent to violate the rules.
- **Recklessness or carelessness:** The offending fighter shows complete disregard for accuracy.

(15.01.3) Referees must consider the combination of damage inflicted by the foul and either the intentionality or recklessness displayed by the offending fighter when determining how to respond.

15.02 Referees may respond in the following manner:

- Issue an unofficial warning
- Issue an official warning

- Deduct a point
- Disqualify the offending fighter

(15.02.1) The order listed above is not hierarchical. A referee may disqualify a fighter prior to warning or taking a point if the situation merits such a response.

15.03 Referee procedure: If a foul occurs and the referee needs to stop the action, the referee shall:

- Shout "Stop," stepping between the fighters.
- Direct Timekeeper to stop time.
- Direct the offending fighter to the neutral corner, then address the fouled fighter. Fouled fighter will also be directed to the opposite neutral corner if they are capable.
- Notify the offending fighter of the reason for stopping the action.
- If official warning is needed:
 - From the center of the ring, the Referee will clearly notify each judge that official warning was given, as well as the reason.
 - For the first official warning the referee may indicate this as "First Warning" or "First Official Warning"
 - For the second official warning the referee may indicate this as "Second Warning" or "Second Official Warning."
- If point deduction is needed:
 - Referee will take the offending fighter to the center of the ring
 - Referee will raise fingers indicating the number of minus points to be given. Referee will do this facing each judge individually.
- Allow fouled fighter up to five (5) minutes to recover.
- If the determination is made to continue, referee will give the clear command to "fight," time will commence running, and the fight will continue.
 - Should a violation occur which results in the offending fighter obtaining dominant position, the referee shall:
 - Stop Time
 - Explain the rule infraction
 - Return fighters to a neutral, standing position
 - Give the clear command to begin fighting
 - Should the bottom contestant commit a foul, unless the top contestant is injured, the fight shall continue, so as not to jeopardize the top contestant's superior positioning at the time.
 - The referee shall verbally notify the bottom contestant of the foul.
 - When the round is over, the referee shall assess the foul and notify both corners' seconds, the judges and the official

scorekeeper.

- **If the determination is made to end the fight, the referee shall clearly indicate the fight has ended by waiving one or both arms in the air.**

(15.03.1) A referee may shorten this procedure to verify if a foul occurred, or provide any unofficial warnings to the fighters. This may be conducted as long as it does not interfere with the execution of the match.

15.04 Warnings and minus points may also be given based upon rule violations committed by the cornermen or seconds.

15.05 Multiple Fouls in Tournaments:

(15.05.1) Formal warning: If 2 formal warnings have been issued for a violation a fighter may not receive additional warnings for the same violation, at least 1 point must be deducted.

(15.05.2) Multiple Point Deductions:

(15.05.2a) A fighter who has received a point deduction may not receive additional warnings for any other fouls that occur (Does not apply to Accidental Fouls).

(15.05.2b) A fighter who has committed fouls resulting in the deduction or a 2nd point may not be allowed to continue. That fighter shall be disqualified from that division.

15.06 The referee shall issue a single warning for the following infractions. After the initial warning, if the prohibited conduct persists, a penalty will be issued. The penalty may result in a deduction of points or disqualification.

(15.06.1) Holding or grabbing the fence.

(15.06.2) Holding opponent's or the competitor's own shorts or gloves.

(15.06.3) The presence of more than one second inside the fighting area.

15.07 Disqualification occurs after any combination of three or the fouls listed in (01) above or after a referee determines that a foul was intentional and flagrant.

15.08 Fouls will result in a point being deducted by the official scorekeeper from the offending mixed martial artist's score.

15.09 Only a referee can assess a foul. If the referee does not call the foul, judges shall not make that assessment on their own and cannot factor such into their scoring calculations.

15.10 A fouled fighter has up to five minutes to recuperate.

15.11 If a foul is committed, the referee shall:

(15.11.1) Call time.

(15.11.2) Check the fouled mixed martial artist's condition and safety.

(15.11.3) Assess the foul to the offending contestant, deduct points, and notify each corner's seconds, judges and the official scorekeeper.

(15.11.3) The referee may terminate a bout based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.

RULE 16 PROTESTS AND ALTERATION OF DECISIONS

16.01 A judge's decision, given at the conclusion of any match, shall be final and binding. It may only be altered at the direction of the head referee or Chief Official when there is clear evidence of:

(16.01.1) Conspiracy: A conspiracy has taken place or an illegal agreement has been entered into that affects the result of the match.

(16.01.2) Errors: The addition of the recorded scores is faulty or one judge has incorrectly identified the corners, resulting in the victory being given to the wrong competitor.

(16.01.3) Rules violation: A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.

(16.01.3) In cases where evidence is subjective, in dispute, unavailable, or where time or resources are required to review evidence, an official protest must be made to change the results.

16.02 Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

16.03 Procedure: All official protests must be made, in writing, to the event's Chief Official or to the National Representative for the country in which the alleged violation took place. All protests must be made within 48 hours of the event.

(16.03.1) Reporting:

- **Written protests that are hand-delivered to Chief Officials must clearly state the facts and circumstances regarding the protest and must include:**
 - **Signature of the individual making the protest.**
 - **Printed name of the individual making the protest.**
 - **Contact information.**
 - **Event name.**
 - **Event date.**

- Bout details (fight number, fighter names)
 - Chief Official name.
- Alternatively protests may be filed electronically via email to the Chief Official or National Representative.
 - Signature of the individual making the protest.
 - Printed name of the individual making the protest.
 - Contact information.
 - Event name.
 - Event date.
 - Bout details (fight number, fighter names)
 - Chief Official name.
- At no time should protests be directed to judges or referees.

(16.03.1) Any questions regarding protests, rules violations, errors, or ethical concerns are to be directed to the Chief Official.

(16.03.2) For official protests requiring review at the national or international level, a fee must be assessed. National representatives shall be responsible for collecting the protest fee of \$150.00 USD. National representatives may escalate protests to the WKA International review board if needed.

(16.03.03) In all cases of protests national representatives must submit written reports to the WKA International Review Board documenting the reason for the protest, the findings, and the resolution.

(16.03.04) As the WKA is a global organization, the right is reserved to adjust this fee at the discretion of the regional or national representative.

16.04 Exception: Tournaments

(16.04.1) Protests during tournaments may be made directly to the Chief Official, generally located at the administration table, in order to ensure the competition proceeds in an orderly and expedient fashion.

(16.04.2) The Chief Official will decide on the protest after hearing evidence from the protesting side, the officials involved, and any other relevant party. The decision made at that time is final.

(16.04.3) The Chief Official is responsible for recording the nature of the protest and the decision rendered, and ensuring it is reported to WKA International.

16.05 Decisions of the official Medic are final, although they can be protested to the second medic that is present at the event. The second medic will make the decision about the protest.

RULE 17 AGE CATEGORIES & SPECIAL PROVISIONS FOR YOUTHS

17.01 Youth Divisions shall be divided into the following age categories:

- 8-9 years old
- 10-11 years old
- 12-13 years old
- 14-15 years old
- 16-17 years old

17.02 Children's Divisions: Children shall be divided into A Class and B Class.

- 8-9 years
- 10-11 years

(17.02.4) Bout time constraints: Children's matches shall consist of no more than three (3) rounds of not more than one and one half (1.5) minutes each with a one (1) minute break between rounds.

- (Childrens rounds 3x (1 minute and 30 second) rounds with 1 minute rest period.)

17.03 Juniors Division: Juniors shall be permitted controlled head contact in both A and B class.

- 12-13 years
- 14-15 years
- 16-17 years

(17.03.1) A Class juniors & children shall be permitted controlled head contact.

(17.03.2) B Class juniors & children shall have no contact to the head.

17.04 Protective equipment:

- Children (8-9, 10-11) shall wear shin and instep protection.
- Juniors (12-13, 14-15, 16-17) shall also wear shin and instep protection,
- Special provisions may be made at the Association's discretion for A Class fighters.

SECTION IV: SUBMISSION GRAPPLING

RULE 1 TOURNAMENT ADMISSION

1.01 At the Association's discretion, Association may choose to waive license fee for a tournament registration fee.

RULE 2 FIGHTING AREA

2.01 Grappling competitions shall be conducted on grappling or wrestling mats divided into "rings". A ring is an area that is clearly marked by color, tape or similar means.

2.02 Each ring area shall measure no less than ten (10) feet by ten (10) feet. The center of each ring should be clearly marked. In addition, each ring should have a safety perimeter around it on all sides of a width no less than two (2) feet.

2.03 Only competitors ready to engage in a match and referees shall be on the competition mats. Coaches, teammates, and other spectators must remain off of the mat area. Approved camera crew may, at the Association's discretion, film on the mats between competition rings.

RULE 3 WEIGH-IN

3.01 Weigh-ins for tournaments may be conducted the morning of the tournament or the evening before the tournament.

3.02 No tolerance shall be given, with or without garments.

3.03 Competitors shall not weigh in wearing a Gi or kimono.

RULE 4 REFEREES, TIMEKEEPERS, AND SCOREKEEPERS

4.01 Each "ring" shall be accompanied by a table at the edge of the mat which faces the mat. Each table shall be equipped with chairs for the scorekeeper and the timekeeper. Each table shall also be equipped with the following: a scoreboard with easily-changed numbers large enough to be visible to the referee, a stopwatch, pens/pencils and paper, referees' armbands in contrasting colors, competitors' anklebands in contrasting colors, and a beanbag (a belt with tape wrapped around it may also be used) for stopping time. Each table should also provide water for the referee, timekeeper, and scorekeeper.

4.02 Whenever possible, there should be one scorekeeper and one timekeeper at each table, although in the event that there are not enough officials at a tournament, a scorekeeper may also keep time.

4.03 A timekeeper shall keep time with a hand stopwatch. A list of match lengths should be kept on each table for reference. A timekeeper should briefly check with the referee at the beginning of each bracket to make certain that both are aware of the appropriate length of the match. The referee shall call "Time!" and make a T-shape with his or her hands when he or she wishes the time to be stopped. At the end of the match, the timekeeper shall call "Time!" and throw the beanbag or belt into the ring in plain sight of the referee. A timekeeper shall also be responsible for stopping the clock when a match is stopped for a winning submission and for communicating the time of the match up to the submission to the scorekeeper.

4.04 A scorekeeper shall watch the referee closely at all times and keep track of points and advantages. All points shall be noted on the scoreboard. All advantages shall be recorded for each match on a piece of paper. The scorekeeper must take care to zero the scoreboard and erase all advantages at the end of each match. The scorekeeper is also responsible for recording on the bracket sheet the winner of each match as well as whether the match was won by points or by submission. In the event of a submission, the scorekeeper must record both the type of submission and the length of the match until the submission on the bracket sheet.

4.05 The referee shall wear a wristband on each wrist, each of a different color. Each competitor shall wear a corresponding band. In No Gi matches, this shall be worn around the competitor's ankle; in Gi matches, the band shall be fastened around the competitor's belt in the back. At the beginning and the end of the action, each competitor shall stand on the side of the referee with the wristband corresponding in color to his or her ankleband.

4.06 When points are awarded, the referee will hold up the hand with the wristband corresponding in color to the competitor's ankleband and clearly indicate with his or her fingers how many points should be noted on the scoreboard. In the event of two sets of points being given at the same time for two separate techniques (for example, a takedown followed by a mounted position), the referee shall first display the first number of points, then clearly say "And" and display the second number of points. The referee should check the scoreboard to ensure that the scorekeeper has understood his or her point count correctly. For advantages, the referee shall wave the hand with the appropriate wristband, palm down, in one sweeping motion.

RULE 5 AGE CLASSES

5.01 Competitors shall be divided into the following age classes:

- **Children: 4-12 years**
 - **4-5 years old**
 - **6-8 years old**
 - **9-11 years old**
- **Teens: 12-17 years**
 - **12-14 years old**
 - **15-17 years old**
- **Adults: 18 years and older**

- **Executives: 30-39 years**
- **Masters: 40 years and older**

5.02 Competitors in the Children and Teen divisions may NOT compete as Adults.

5.03 Competitors who fall into the Executive or Master divisions may also compete in the Adult division.

RULE 6 ADDITIONAL REGULATIONS OF CLASS AND DIVISION

6.01 Men and women shall not compete against each other in the Adult, Executive, and Masters divisions. However, there shall be no distinction between boys and girls in the Children and Teen divisions.

RULE 7 WEIGHT CLASSES

Note: All weights given in pounds.

CHILDREN (GI AND NO GI, BOYS AND GIRLS)	
BANTAMWEIGHT	-49.9
FLYWEIGHT	-59.9
FEATHERWEIGHT	-69.9
LIGHTWEIGHT	-79.9
WELTERWEIGHT	-94.9
MIDDLEWEIGHT	-109.9
CRUISERWEIGHT	-124.9
HEAVYWEIGHT	+125

TEENS (GI AND NO GI, BOYS AND GIRLS)	
FEATHERWEIGHT	-99.9
LIGHTWEIGHT	-114.9
WELTERWEIGHT	-129.9
MIDDLEWEIGHT	-149.9
CRUISERWEIGHT	-169.9
HEAVYWEIGHT	+170

WOMEN, WOMEN EXECUTIVE, AND WOMEN MASTER: NO GI / WHITE AND BLUE BELT	
CLASS A	-114.9
CLASS B	-129.9
CLASS C	-144.9
CLASS D	-159.9
CLASS E	+160
WEIGHT CLASSES FOR WOMEN'S PURPLE, BROWN, AND BLACK BELT DIVISIONS SUBJECT TO AVAILABILITY OF COMPETITORS IN THESE DIVISIONS AT PARTICULAR TOURNAMENT.	

MALE: NO GI	
BANTAMWEIGHT	-129.9
FLYWEIGHT	-139.9
FEATHERWEIGHT	-149.9
LIGHTWEIGHT	-159.9
WELTERWEIGHT	-169.9
MIDDLEWEIGHT	-179.9
CRUISERWEIGHT	-189.9
LIGHT HEAVYWEIGHT	-199.9
HEAVYWEIGHT	-209.9
SUPERWEIGHT	+210

EXECUTIVES AND MASTERS: NO GI	
LIGHTWEIGHT	-159.9
MIDDLEWEIGHT	-179.9
CRUISERWEIGHT	-199.9

HEAVYWEIGHT	+200
-------------	------

MALE: WHITE AND BLUE BELT	
BANTAMWEIGHT	-129.9
FLYWEIGHT	-139.9
FEATHERWEIGHT	-149.9
LIGHTWEIGHT	-159.9
WELTERWEIGHT	-169.9
MIDDLEWEIGHT	-179.9
CRUISERWEIGHT	-189.9
LIGHT HEAVYWEIGHT	-199.9
HEAVYWEIGHT	-209.9
SUPERWEIGHT	+210
MALE PURPLE BELT WEIGHT DIVISIONS ARE THE SAME AS ABOVE, BUT WITH NO BANTAMWEIGHT (-129.9) DIVISION.	
MALE BROWN BELT WEIGHT DIVISIONS ARE THE SAME AS ABOVE, BUT WITH NO BANTAMWEIGHT (-129.9) AND FLYWEIGHT (-139.9) DIVISIONS.	
MALE BLACK BELT WEIGHT DIVISIONS CONSIST OF THE FOLLOWING: -159.9, -179.9, -199.9, AND +200.	

EXECUTIVE AND MASTERS: WHITE, BLUE, AND PURPLE BELT	
FEATHERWEIGHT	-149.9
LIGHTWEIGHT	-159.9
WELTERWEIGHT	-169.9
MIDDLEWEIGHT	-179.9
CRUISERWEIGHT	-189.9
LIGHT HEAVYWEIGHT	-199.9
HEAVYWEIGHT	-209.9

SUPERWEIGHT	+210
MALE BLACK BELT WEIGHT DIVISIONS CONSIST OF THE FOLLOWING: -139.9, - 159.9, -179.9, -199.9, AND +200.	

Note: Adjacent weight divisions may be combined if any weight division has too few competitors.

RULE 8 APPAREL FOR GI (BJJ) AND NO GI DIVISIONS

8.01 Competitors in all No Gi divisions shall wear appropriate grappling or MMA shorts with no zippers or metal components. In addition, competitors may wear a close-fitting T-shirt or rashguard. Female competitors must also wear a sports or athletic bra.

8.02 Competitors in all Gi (BJJ) divisions must wear an appropriate Gi or Kimono that includes long pants, a jacket, and a belt. Male competitors may not wear a shirt or rashguard under the jacket. Competitors must wear shorts underneath the Gi in case the Gi should tear during competition. The Gi must be in good condition (i.e., not torn, soiled, or malodorous). Each competitor shall have a second Gi with them in case of a tear or rip in his/her Gi during competition.

8.03 A mouthpiece is recommended for all competitors but required for competitors who have braces.

8.04 Male participants are recommended to wear foul-proof groin protection.

8.05 No jewelry may be worn during competition. All piercings must be removed.

8.06 The use of oils, lotions, grease, or other lubricants (including hair products such as gel, mousse, and similar substances) are forbidden on any part of the body.

8.07 Fingernails and toenails must be trimmed short and clean for the safety and hygiene of competitors.

8.08 Competitors with long hair must have hair arranged in such a manner that it does not interfere with competition. Any hair ties must be free of metal components, and the use of any plastic or metal hair clips or clasps is prohibited.

8.09 Any kind of footwear, including wrestling shoes, is prohibited.

8.10 Association approved headgear may be worn.

RULE 9 EXPERIENCE LEVELS AND BELT LEVELS

9.01 Gi divisions for adults will be classified according to the traditional Brazilian

Jiu Jitsu belt system, with the following ranks: White, Blue, Purple, Brown, and Black Belt. For Teens, the following belt divisions will be used: White, Yellow, Orange, Green, and Blue. For Children, the following belt divisions will be used: White, Yellow, Orange, and Green.

9.02 No Gi divisions will be classified as Novice, Intermediate, or Advanced.

(9.02.1) Guidelines for No Gi experience categories:

- **Novice: less than one year of training in the grappling arts**
- **Intermediate: one to four years of training in the grappling arts**
- **Advanced: more than four years of training in the grappling arts**

(9.02.2) Note: Grappling arts include, but are not limited to, Brazilian Jiu-Jitsu, Sombo, Judo, wrestling, and Shootfighting.

RULE 10 RULES FOR GI AND NO GI DIVISIONS

10.01 An "advantage" shall be defined as follows:

(10.01.1) A submission attempt that poses a serious threat to a competitor's opponent

(10.01.2) Near-takedowns, near sweeps, near passes, etc.

(10.01.3) Advantages will only be considered in the case of a tie in points at the end of the match.

10.02 No stalling shall be allowed. Stalling includes no activity, backing out of the guard, and fleeing the ring to avoid a submission or takedown. After the first offense of stalling, the referee will issue a warning. After the second offense, the referee will order two points to be deducted from the offending competitor's score. After the third offense, the offending competitor shall be disqualified. If a competitor flees the ring when he or she is locked into a submission, and he or she is obviously fleeing the ring to avoid the submission, the competitor will be automatically disqualified.

10.03 No excessive force is permitted. The referee may issue warnings or end the match at his or her discretion if he or she feels that excessive force is being used.

10.04 The referee's decisions are final and may not be disputed. Competitors, their teammates, and coaches must show respect to the referee at all times.

10.05 No points shall be awarded for reversals or escapes. It is the duty of a grappler to escape from a disadvantageous position, such as mount, side mount, or rear mount.

10.06 If the competitors near the edge of the ring and are in danger of crossing

the ring boundary, then the referee will restart the competitors from the same position in the middle of the ring. If the referee is unable to duplicate the competitors' position, then he or she will restart the competitors from a standing position.

10.07 The following are illegal techniques in submission grappling:

(10.07.1) Biting

(10.07.2) Eye gouging (including chin-to-eye)

(10.07.3) Head butting

(10.07.4) Striking

(10.07.5) Small joint manipulation (fingers and toes)

(10.07.6) Hair pulling

(10.07.7) Ear pulling

(10.07.8) Fish hooking or placing fingers into any orifice of the opponent

10.08 Competitors may not engage in any unsportsmanlike conduct, including, but not limited to, using foul language, spitting, and using obscene gestures. The referee may, at his or her discretion, issue warnings, penalties, or disqualification for such behavior.

10.09 No slamming is permitted. Takedowns and throws are not considered slams, provided that a competitor delivers his or her opponent safely to the mat. No competitor may slam an opponent in order to escape a submission or pass the guard, nor may any competitor stand up in the guard and slam his or her opponent.

RULE 11 ADDITIONAL RULES FOR NO GI DIVISIONS

11.01 No grabbing of any article of clothing, including shorts and rashguards, is permitted.

11.02 The following techniques are illegal in all Novice, Intermediate, Children's, Teens', and Master's divisions:

- heel hooks,
- twisting knee locks,
- neck cranks, and
- flying scissors takedowns.

11.03 Additional techniques illegal for Children's division:

- omoplatas,
- guillotine chokes,

- wrist locks,
- straight kneebars,
- straight ankle locks

11.03 All submissions are legal in Advanced divisions and Super Fights.

11.04 Any competitor who has reached the rank of Blue Belt must compete in Intermediate or Advanced divisions. Any competitor who has reached the rank of Purple Belt or higher must compete in Advanced divisions.

11.05 Novice, Intermediate, and Children's divisions will go by the 12-Point Overrule, which states that if one competitor is twelve points ahead of his or her opponent, the match is stopped and that competitor declared the winner.

RULE 12 ADDITIONAL RULES FOR GI DIVISIONS

12.01 The following techniques are illegal in all Gi matches for all divisions: heel hooks, twisting knee locks, neck cranks, and flying scissors takedowns. In addition, omoplatas, guillotine chokes, wrist locks, straight kneebars, and straight ankle locks are illegal in Children's divisions.

12.02 Kneebars and figure-four toeholds are legal in Brown and Black Belt divisions only.

RULE 13 SCORING

13.01 Points will be awarded as follows:

- Takedown 2 points
- Takedown into side control (No Gi only) 3 points
- Sweep 2 points
- Passing the guard 3 points
- Mounted position 4 points
- Back Mount with hooks in 4 points
- Back Mount, with knees on ground, opponent flat on stomach+ 4 points
 - Achieving both hooks from this position (Gi only) 4 points
 - Knee on belly (Gi only) 2 points

13.02 A competitor must demonstrate clear control of a position for three seconds before he or she may be awarded points for that position.

13.03 In the case of a tie in points, advantages will be used to determine a winner.

13.04 In the case of a tie in points and advantages in Gi divisions, the winner shall be chosen by referee decision.

13.05 In the case of a tie in points and advantages in No Gi divisions, the match shall proceed into an overtime equal to half the length of time of the match. If this overtime yields no points or advantages, the winner shall be chosen by referee decision.

RULE 14 MATCH LENGTHS

14.01 Children and Teens:

- **Novice: 3 minutes**
- **Intermediate: 4 minutes**
- **Advanced: 4 minutes**

14.02 Adults: No-Gi:

- **Novice 4 minutes**
- **Intermediate 5 minutes**
- **Advanced 6 minutes**

14.03 Adults:

- **White Belt: 5 minutes**
- **Blue Belt: 6 minutes**
- **Purple Belt: 7 minutes**
- **Brown Belt: 8 minutes**
- **Black Belt: 10 minutes**

14.04 Executive and Masters: 5 minutes

14.05 Super Fights and Pro Fights 10 minutes

Addendum 1: COMBAT JIU-JITSU

Rules and regulations for Combat JJ

Addendum

Competition rules for Amateur Combat Jiu-Jitsu:

- (1) Rounds are 10 minutes long, with no overtime. If there is no submission or TKO, the match will be considered a draw.**
- (2) Strikes and slaps are only allowed once one competitor has been "downed". No strikes can be exchanged with both parties are standing**
- (3) No closed fist strikes, only open palm.**
- (4) Strikes to the face and body are allowed.**
- (5) A "downed" competitor is considered when one person has both their knees on the ground or their buttocks on the floor.**
- (6) Standing grappling will go on for 1 minute maximum after 1 minute of stand up a bell or whistle will sound indicating to the referee that the match needs to be grounded. The referee will stop the match and enforce the "Get Down" rule. A coin toss will be done before the match starts, and the winner of the coin toss will choose to be on top in butterfly guard with double underhooks or to be on the bottom.**
- (7) "Stalling" is when one competitor is grounded and the other is still standing and not engaging in a leg entanglement or guard position. A competitor is allowed 30 seconds of "stalling" after which the grounded person will choose to be on top in butterfly guard with double underhooks or to be on the bottom.**
- (8) If a person is standing while their competitor has a full guard or is in a leg entanglement with them, that is not considered stalling. If the standing competitor disengaged from a leg entanglement or breaks guard, they are allowed 10 seconds to re-engage before they are considered to be stalling and timer starts.**
- (9) All submissions are legal except spinal locks or cranks and heel hooks. No small joint manipulation.**
- (10) A match can be won by Submission or by TKO.**