

Northern RingSports Kickboxing Championships

The Northern Ringsport Championship is a light contact event intended to bring on developing talent in a safe and controlled format. For this reason, all forms of fight experience must be taken into account by fighters/coaches when entering competitors for each category. The following definitions are for guidance as to what is determined as 'Novice' and 'Intermediate', if coaches/ competitors are unsure of the criteria above, please contact the organisers for clarity.

NOVICE

Any more than the stated amount of any of these criteria means move into intermediate.

- No more than 3 full contact fights in a ring/cage, regardless of outcomes (including Full Contact Kickboxing, K1 Kickboxing, Muay Thai, Boxing, MMA or any other full contact combat sport)
- No more than 5 light contact or points fighting tournaments (semi-contact, taekwondo, karate, kung fu etc)
- No more than 5 interclubs entered (Kickboxing, Muay Thai, MMA)

INTERMEDIATE

All fight experience should be taken into consideration.

- Never competed at a professional level in any full contact combat sport
- No more than 8 full contact fights in a ring/cage, regardless of outcomes (including Full Contact Kickboxing, K1 Kickboxing, Muay Thai, Boxing, MMA or any other full contact combat sport)
- Never competed at international level, representing national team in any form of fighting (i.e. Olympics for Team GB in Taekwondo, world championships for semi-contact points fighting etc)

WEIGHT CATEGORIES

- Categories are divided into increments of 5kg
- In the event that only one person is entered into a category, the organisers have the right to move them up/down a category where possible, with the maximum weight differential allowed being 5kg (i.e. 72kg vs 68kg is ok but 74kg vs 68kg is not!)
- Any entrant that can not be matched through no fault of their own, will receive a full refund of entry fee
- Any entrant not matched due to their weight being entered incorrectly by themselves or coach will not be refunded
- All competitors weights are to be checked on the day of the championships, except for those competitors entered into the heaviest categories that have no upper weight limit.

BOUT DURATION

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- All bouts will be 2 x 1min (juniors 5 – 13yrs) and 2 x 1min 30 sec (14yrs - adults)
- Rest periods between rounds will be 45 seconds

SCORING

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

CONTACT

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

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

EQUIPMENT

All categories (K1 Light, Light Contact Kickboxing and Box-Lite)

- Juniors aged 5-7yrs – 8oz - 10oz boxing gloves in good condition
- Juniors aged 8-13yrs – 10oz - 12oz- boxing gloves in good condition
- Juniors aged 14-17yrs – 12oz – 14oz- boxing gloves in good condition
- Adults 18yrs+ – 12 - 16oz boxing gloves in good condition
- Gumshield
- Head guard
- Groin guard
- Kickboxing trousers or shorts with no pockets or containing metal parts such as zips/studs etc
- T-shirt or vest

K1 Light

- Junior –13yrs and under – body protector required (over 13yrs is optional at the coaches discretion)
- For K1 light – appropriate padded shin & instep guards (note, no spinning kicks that connect with the heel are allowed to the head of opponent)

Light Contact Kickboxing

- For LC Kickboxing – appropriate padded shin guards + kickboxing boots that cover the entire foot including the heel

Box-Lite

- Boxing boots or appropriate training shoes

CONDUCT

- Coaches and competitors must conduct themselves in an appropriate and respectful manner at all times, this includes all members of a corner

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- For the safety of all competitors, the referees and medics decisions are final
- If coaches want to dispute a judging decision, they must wait to speak to head judge when they are free.

COACHES/CORNERS

- Clubs with 1-5 fighters are allowed to register 2 coaches
- Clubs with 6+ fighters are allowed to register up to 4 coaches
- Corner teams should be no more than 2 persons per ring

