



## RULES IN BRIEF – K1 - FULL

### SCORING:

1, 10-9 MUST SYSTEM

2, NO ELBOWS ALLOWED

3, NO KNEE TO HEAD ALLOWED – BODY ONLY

4, NO EXTENDED CLINCH – 1 OR 2 HAND TO HEAD  
INSTANT STRIKE THEN RELEASE- NO PULLING HEAD  
DOWN!

5, CATCH OR LEG TAKE IS ALLOWED BUT FIGHTER MUST  
STRIKE AND RELEASE INSTANTLY AND NO! MOVING OF  
OPPONENT.

6, NO THROWING OR DUMPING OPPONENTS

7, NO DIRECT ATTACKS TO JOINTS - LOW KICK TO THIGH  
AND CALF ONLY!

8, 3 KNOCK DOWNS IN 1 ROUND = FIGHT IS OVER AND  
4 KNOCKDOWNS IN WHOLE FIGHT = FIGHT IS OVER

### WARNINGS:

1<sup>ST</sup> = VERBAL

2<sup>ND</sup> = VERBAL

3<sup>RD</sup> = MINUS POINT

4<sup>TH</sup> = DISQUALIFICATION

NOTE: REFEREE CAN JUMP LEVELS IF HE DEEMS IT NECESSARY.

REFEREE/ JUDGE DECISION IS FINAL.

EQUIPMENT/CLOTHING

10 oz Boxing gloves

Shin and Instep protectors

Head Guard

Groin Guard

Mouth Guard (gum shield)

Shorts Thai or MMA style

Chest Protection Ladies (optional)

Male bare top/Ladies vest top.