**K1 Rules Cadets/ Seniors 14- Adults**

**All forms of boxing in combination**

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

**Spinning back kicks to the body**

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

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

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

**DEFINITION OF LEGAL TECHNIQUES**  
  
  
Must be to target - Definition of target: to body only  
  
\* Spinning back fist NOT ALLOWED  
\* Spinning elbow     NOT ALLOWED  
\* Neck wrestling NOT ALLOWED  
  
\* Roundhouse kick  
\* Push and front kick  
\* Side kick  
\* Spinning Back kick  
\* Jumping kicks  
\* Reverse kick  
\* Kicks to inner and outer legs  
\* Knee Strikes to body only   
  
**DEFINITION OF ILLEGAL TECHNIQUES**  
  
1. Strikes to spine or knee joints.  
2. Strikes to front of leg.  
3. Knee strikes to head FOR ALL  
4. Elbow strikes to head FOR ALL   
5. No hip throws.  
6. No sweeps.  
7. Strikes to groin.  
8. Striking opponent when knocked down.  
9. Abusive language.  
10. Striking opponent during Referee break.  
11. Striking after the bell.  
12. Holding leg/foot   
13. Spinning Back fist / Elbow to head FOR ALL

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

\* A caution.  
\* Warning - 2nd 1 point deducted, 3rd warning disqualification.  
\* Immediate disqualification.  
\* The fight will be stopped if the fighter that has fouled, injures or knocks out the opponent.  
\* Intentional - the fouled fighter will be announced the winner. If the winner is unable to continue the fighter who committed the foul will NOT be able to advance in the event  
\* Unintentional (see unintentional fouls).  
  
Warnings  
  
\* A caution.  
\* Warning -   
\* 2nd warning - deduct 1 point  
\* 3rd warning - disqualify the fighter.  
  
Unintentional Fouls  
  
1. Injury that stops a fighter; fight will be a Awarded to there opponent.  
  
Disqualifications  
  
1. Striking a fighter entangled or fallen through ropes.  
  
2. Deliberately exiting the ring to avoid attack (Referee decision - may be given standing 8 count).  
  
3. Fighter intentionally uses a foul technique.  
  
4. Fighter drops gum shield 3 times during 1 round.  
  
5. Spitting, biting, holding the leg or foot.  
  
6. Spinning sweeps.  
  
7. Abusive language.  
  
8. Deliberate strikes to joints, spine.  
  
9. Fighter fails to follow Referee instructions.  
  
10. Fighter late for bout or no show.  
  
11. Referee decides fighter has not the will to continue.  
  
12. Fighter receives 3 warnings in one round.  
  
13. Corner man enters the ring or touches the fighter without Referee's permission.  
  
14. Other rules are broken.

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| SAFETY EQUIPMENT | K1 RULES ALL AGES |
| Gum Shield | Mandatory |
| Shin +Instep | Mandatory |
| Foot Protectors | N/A |
| Groin Protectors | Mandatory |
| Head Guard | Mandatory |
| Body Protectors |  |
| Hand wraps | Mandatory |
| Boxing Gloves | Mandatory 10oz |
| Elbow Pads | n/a |
| Shorts | Mandatory |
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| RULES AND FOULS | K1 JUNIOR RULES |
| Kicks | Includes kicks to inner and outer legs |
| Kicks Per Round | Not Applicable |
| Rounds | 2 x 1.5 min eliminations 3 x 1.5 min final |
| Sweeps | ILLEGAL |
| Standing 8 Count | 2nd 8 count in 1 round the bout will be stopped |
| Head Contact |  |
| Spinning Back Fist / Elbow | ILLEGAL |
| Direct Kick to Front of Legs | ILLEGAL |
| Strike to Groin | ILLEGAL |
| Strikes to Leg Joints | ILLEGAL |
| Throws | NO hip throws |
| Strikes with Elbows | ILLEGAL |
| Strikes with Knees | To the body only |
| Holding Opponent's Legs / Foot | NOT ALLOWED |