

RULES FOR XK TOURNAMENT

Adult and Youth

LIGHT CONTACT ONLY!!

- **TIME**
 - Two 1 minute and 30 second rounds unless a draw occurs then an extra round is added
- **Safety Equipment Required:**
 - Head Gear
 - Mouth Guard
 - Shin Guards
 - Gloves (Sparring Gloves)
 - Hand wraps
 - Clothing - Shorts and T-Shirt
- **Legal Areas**
 - Torso- front and side
 - Legs- (all parts)
 - Head- OVER 12 YEARS OLD
- **Techniques**
 - Hand (Punches)
 - Direct
 - Uppercut
 - Hook
 - Spinning back fist
 - Foot (kicks)
 - Front kick to torso
 - Side kick to torso
 - Roundhouse kick
 - Heel kick
 - Crescent kick
 - Axe kick
 - Jump kicks
 - Spinning back kick to torso

- All spinning kicks must be controlled.
- Knee
 - Only to legs or body
 - Clinch, Knee and Immediately release
- Illegal Techniques
 - 12 and under NO HEAD CONTACT
 - No foot sweeps
 - No take downs
 - No knock outs
 - NO EXCESSIVE CONTACT
 - No attacking opponent who is caught between the ropes.
 - No attacking opponent who is falling or already down.
 - No attack to the throat, kidneys, back, groin, neck, back of the head, or top of the shoulder.
 - No grabbing the opponent's leg for any reason.
 - No spinning kicks to the legs.
 - Only Vaseline to face or body (NO OIL)