

## **K1 Light on the mat**

All Ages CONTROLLED techniques are allowed.  
All forms of boxing in combination with kicks

### **PUNCHES**

Straight Punches  
Hooks. Uppercuts

### **KICKS**

Rear (reverse) kicks to the body  
Spinning back kicks to the body  
Low kicks to the thighs, inside and outside.

### **Knee Attacks**

Knee attacks to body only

## **DEFINITION OF LEGAL TECHNIQUES**

### **All CONTROLLED Techniques**

Must be to target - Definition of target: to body and head

- \* Spinning back fist NOT ALLOWED
- \* Spinning elbow NOT ALLOWED
- \* Neck wrestling NOT ALLOWED

### **Kicks to body and head CONTROLLED**

- \* Roundhouse kick
- \* Push and front kick
- \* Side kick
- \* Spinning Back kick
- \* Jumping kicks
- \* Reverse kick
- \* Kicks to inner and outer legs
- \* Knee Strikes (Junior body only UNDER 18YRS)

\*There is NO KNOCKDOWN RULE in effect due to the nature of being light contact Ref may step in should the fighter show distress and give an eight count so the fight can compose themselves.

## **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 illegally (see definition of legal techniques).
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 awarded to their 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.

| SAFETY EQUIPMENT | K1 JUNIOR RULES           |
|------------------|---------------------------|
| Gum Shield       | Mandatory                 |
| Shin +Instep     | Mandatory                 |
| Boxing Gloves    | Mandatory<br>10oz         |
| Groin Protectors | Mandatory                 |
| Head Guard       | Mandatory                 |
| Body Protectors  | Optional as Light Contact |
| Hand wraps       | Mandatory                 |
| Rounds           | 1 x 90 sec round          |