

RULES AND TERMS: SEMI LOW KICK DIVISION

1. Terminology and meaning:

The 10-point must system of judging is employed:

10-10 if the standard of the fighters is equal.

10-9 if one fighter is superior.

10-8 if the opponent is K.O. or the ref stops the bout due to the opponent being overpowered.

A body kick or punch that stuns the opponent will be a knockout (K.O.) win. The referee will make point deductions.

The fight takes place in a ring (four, six or eight corners) or a 6m x 6m impact mat. There will be a referee, head point official, 3 judges, timekeeper, and a medical assistant.

All competitors must wear short pants and tops (GI, suit, or the relevant organizations outfit). A RCFA logo MUST be on the outside left leg of their pants.

Protection gear includes a head guard (not mandatory), gum guard, groin guard, shin guards, foot guards, boot, 10oz boxing gloves for all categories, and a chest protector for female fighters.

2. Age Categories:

Toddler competitions will be a separate division.

Juniors: 4 to 6, 7 to 9, 10 to 12, 13 to 15, 16 to 17 years.

Seniors: 18 to 40 years.

Veterans: 41 years and older.

(Positive proof of age may be required at all championships)

3. Divisions:

A. Beginners:

First three grading's (White, Red, 1st Blue, 2nd Blue) will only be able to make use of straight, hook and uppercut-controlled punches to the face and full power straight, hook, and uppercut punches to the body. Full power front-, roundhouse, and sidekicks to the body, Controlled kicks to the inside and outside of the legs above the knee, all kicks must be well placed and pulled back, all kicks going through will be deemed excessive contact. These kicks may target the head but must be controlled.

Foot-to-foot sweep (boot to boot) to take the balance of opponent is allowed.

No spinning and jumping punches or kicks are allowed.

Duration of bout: 1 x 1-minute round.

If it is a draw an extension of 30 seconds will be added. There can only be two extensions.

B. Advanced Division:

The next four grading's (1st Yellow, 2nd Yellow, 1st Green, 2nd Green) all the above-mentioned kicks may target the head but must be controlled.

Full power front kick, sidekick, roundhouse kick and back kick to the body.

Controlled kicks to the inside and outside of the legs above the knee, all kicks must be well placed and pulled back, all kicks going through will be deemed excessive contact.



The back hand (no spinning back hand). Spinning back kick and jumping front kick are compulsory to win the fight.

Duration of bout: 2 x 1-minute rounds with 30 seconds rest between rounds.

If it is a draw an extension of 30 seconds will be added. There can only be two extensions.

C. Open division (Brown and Black belts):

All punches and kicks allowed, controlled to the head and face and full power to the body.

Controlled kicks to the inside and outside of the legs above the knee, all kicks must be well placed and pulled back, all kicks going through will be deemed excessive contact.

All spinning and jumping kicks are compulsory to win the fight.

Duration of bout: 3 x 1-minute rounds with 30 seconds rest between rounds.

If it's a draw an extension of 30 seconds will be added. There can only be two extensions.

Note: Some of the above determinations may be waived at certain tournaments based on the decision of the tournament organizer and permission from the Master/National President. However, in Semi High Kicks / Semi Low Kicks / Millennium all kicks and punches may not be full power to the head. It must be controlled. This rule may not be waived.

4. Techniques not allowed:

- No Spinning backhand.
- No Knee kicks.
- No Low kicks to calves
- No Low kicks to the groin
- No Elbow strikes.
- No Clinching
- No Throws
- No punches or kicks to the back or back of the head.

5. Warnings

Referee can give warnings and point deductions for fouls:

6. Fouls:

- Hitting (punching and kicking) below the navel or behind the ear.
- Hitting an opponent who is down or is getting up after being down.
- Holding an opponent with one hand and hitting with the other.
- Holding or deliberately maintaining a clinch.
- Striking an opponent after being instructed by the referee to a neutral corner.
- Butting with the head or shoulder or using the knee.
- Hitting with the open glove, the butt of the hand, the wrist or the elbow.
- Purposely going down without being hit.
- Jabbing the opponent's eyes with the thumb of the glove.
- Using abusive language in the ring/tatami.
- Engaging in any unsportsmanlike conduct including, but not limited to, a trick or other action which causes injury to an opponent.
- Hitting on the break.
- Hitting after the bell has sounded signaling the end of the round.
- Hitting an opponent whose head is between or outside of the ropes.
- Pushing an opponent.

- Intentionally spitting out the mouthpiece/gum guard.
- Biting or spitting.
- Not following referee's instructions.
- Stepping on opponent.
- Leaving neutral corner.

In case of any unauthorized techniques being used the fighter will be disqualified.
In the case of accidental use of unauthorized techniques, a warning will be issued.
Head guard is not mandatory.

7. RCFA Weight Divisions for Amateurs:

- 7.1 Junior under 20kg, 25kg, 30kg, 35kg, 40kg, 45kg, 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 80kg, 80kg+ open
When matching, also consider the ages for fair matchmaking.
- 7.2 Senior under 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 82kg, 90kg, 90kg+ open
- 7.3 Professionals: Only from 18 years old
Under: 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 82kg, 90kg, 90kg+ open.

