**Fighting Areas for Pointfighting style rules:**

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**a) The fighting area has to be square. Each side must be 8m in length (8 x 8) maximum or (6 x 6) minimum.**

**b) Around the fighting area, a safety zone strip of two meters has to be kept clear, only Judges/coaches tables/chairs are allowed to be placed within this safety zone. No spectators are allowed to be within that zone. The safety strip zone can be marked.**

**c) The Timekeeper and Scorekeeper are located at the Officials-table centre & facing the Head Referee.**

**d) In case there is only one fighting area, sufficient space for the medics and/or emergency personnel has to be provided at the referee-table.**

**e) The referee-table must be equipped with the following items:**

**The Computer and Screens Draw sheets, Score displays, Stop watch, Bell or Bean-Bag, Paper and pencils.**

**Rounds:**

**In Pointfighting style rules divisions:**

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**Eliminations categories can be either**

* **1 x 1 minute round**
* **1 x 1.5 minute round**

**Finals in categories are**

* **National Event  
  1 x 1.5 minute rounds.**
* **International Event  
  2 x 1 minute rounds   
  2 x 1.5 minute rounds**

**Unless otherwise stated before the start of the tournament.**

**Extra time rule in case of a draw, there is no break; 30 seconds to 1 minute extra time will be given. If there is still no decision, this is followed by sudden death the competitor to get the first point as the winner.**

**The Competitor**

The competitor must be dressed in a clean and appropriate outfit. The competitors

should be wearing a clean T-shirt with long trousers. The trousers must reach the feet and

be open on the bottom. There should be no zip fasteners, pockets or buttons.

Traditional Karate GI or Tae kwon do uniforms (Dobok) can be worn.

Competitors cannot wear any metal objects that may cause injuries to the opponent. Piercing, chains, watches or earrings are not allowed. Eyeglasses are forbidden; soft contact-lenses are possible but at the competitor own risk. Competitors may wear badges of their respective clubs, associations or Sponsor. Names and slogans are permitted as long as they do not offend public decency. Headbands, hairnets and scarves are not allowed since they may slip. Long hair must be tied together. This should be done with an elastic band. Hair grips are not allowed.

**Required Competitor’s Equipment**

* Helmet
* Gum shield (mouth guard)
* Open hands gloves (must have the fingers and thumbs enclosed)
* Safety kicks; (foot boot, must have toes and heels covered)
* Groin protector (men and women) must be worn under the clothes;
* Shin guard must be worn under the clothes;
* Breast protector for female juniors, adults and veterans is optional but strongly recommended.
* Competitors, additionally, may wear:
* Hand -bandages, maximum length 3.5 meters; though no tape on the fist or knuckles
* Elbow and knee protectors (for personal protection not for striking)

**The Referees Power**

1.The referee, world president and doctor are the only persons that can stop the bout.

2.The referee may deduct a point from a competitor leaving the fighting area 3 times

in a bout following area warnings being notified.

3.The referee may disqualify a competitor for leaving the area on 4 occasions during the same bout.

4.The referee may deduct a point from a competitor for dissension after he has been already warned

5.The referee may deduct a point from a competitor for dissension from his coach after he has been already warned.

6.The referee may deduct a point from a competitor for serious unsportsmanlike behaviour, by either himself, their coach, team member or supporter.

7.The referee can disqualify a competitor if he does not turn up after he has been repeatedly called for his fight (usually one minute is allowed).

8.The referee can disqualify a competitor who turns up with improper safety equipment and can not replace it in the time allotted (usually one minute is allowed).

**What a Referee cannot do:**

1.The referee cannot disqualify a competitor for any reason other than those stated in the chapter above.

2.The referee can not at anytime impose, change or alter any of the rules.

3.The referee cannot overrule any score by a judge unless that score is a minority one.(However, if a rule has been broken that the judge is unaware of, then they may be overruled).

**Beginning, Interruption and End of Fights:**

A contest is refereed by a main referee and two side-judges, which are always standing opposite to him. The side-judges have to move during the fight and not stand on the same point.

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Depending on the availability of officials the bouts can be contested with 1 centre referee and 1 mirror Judge/Referee,

Equipment Check: The side-judges have to check the competitors’ safety equipment. Each judge is responsible for the competitor at his end. He starts from the head to the toes. In the case of female competitors, the breast protector and groin protector are checked by asking only.

This is also the case with the KIDS and the JUNIORS (complying with child safety laws.).

If in case of an injury the competitor was found not to have the correct protective equipment he/she will be disqualified immediately.

The judge is also responsible for the following; that the competitor has no jewellery or metal and that the nails on toes are short. NO glasses (spectacles)are allowed to be worn during a competition. There are NO exceptions to this rule. This includes specially made unbreakable sports spectacles. Also no face shields on helmets. Soft contact-lenses are possible but at their own risk. Groin protectors, shin guards (and breast protectors for female juniors, adults and veteran) must be worn under the clothes, breast protector for female kids is recommended.

**Start:**

The main referee will take his place in the middle of the competitors, facing the official table. He must check that his side-judges are ready to start, that the timekeeper and scorekeeper are ready to begin and that the match medical team is by the referee table or close by in the hall. Finally he should keep an eye on the visual score cards, that they are not showing points or warning, except in a team competition.

After the command “shake hands “or“ touch gloves “or “bow” to the competitors he will start the match with the command “fight”.

**Interruption:**

If the main referee acknowledges a point scored by one of the competitors referee shall raise their hand IMMEDIATELY then the ref will stop the fight saying “stop” and both competitors will return to their starting position.

The match time is still running! The main referee will also quickly return to his starting position and show with his hand in the direction of the competitor who has scored. Referee must look for his side-judges, and in case of a majority decision he will give the points and announce the score.

After giving the point he should start the competition again with the command “fight”. The main referee should always keep an eye on the referee table, to be sure that the visual scoreboard shows the correct points and warnings.

**Important note:**

When the side-judges are not showing the point by raising their hands before the main referee stopped the fight the only possible decision is no score. To raise the hand or to show a point after the command “stop” is too late and illegal.

Apart from the referee, only the doctor / medic and supervisor can stop a competition.

The coach may throw in the towel for his competitor, when he wants to retire from the

fight. The referee has to stop the time if the competitor is outside of the area, for giving warnings, penalty points and additional 10 seconds penalty time, or when the equipment is not fitting well.

**End of the Match:**

The time of the fight is over when the timekeeper shouts “stop” and concurrently rings the bell on the fighting area. The fight is over in any case, when the main referee stops the fight finally with the command “stop” and not earlier.

The difference of 10 points in elimination fights ends a fight by TKO. i.e. if the score is 10-0 or 13-3, a significant 10 point gap has occurred which will declare the winner being the fighter with the clear 10 point lead.

If there is a score in the time between the “end of time” and “end of fight” that score is valid. Main referee turns to the referee table, takes one hand of both competitors and shows the winner, announcing the final score.

**Rules of Competition:**

Scoring Areas:

* Front, back and side of the head Front and side of the body.
* Sweeps boot to boot.
* Drop sweeps are allowed (Hands must not touch the floor)
* Every strike must be controlled and well timed
* Punch only a downed opponent within 2 seconds (2 points if follows sweep)
* The referee will count until 2 in their mind before calling stop. In the event of a competitor falling on to the floor the 2 second rule still applies.

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Scoring Values:

* All hand strikes to both head and body 1 Point
* Sweep & Strike 2 points  
  (Successful sweep downing opponent, can strike within 2 seconds & score 2 Points)
* Body kick 2 Points
* Jump body kick 3 Points (Both feet must leave floor)
* Head kick 3 Points
* Cartwheel Kick to the body 4 Points
* Jump Head Kick 5 Points (Both feet must leave floor)
* Cartwheel Kick to the head 5 Points

For any point to be scored requires minimum of 2 out of the 3 Referees to have seen it.

Main Referee can overrule and have a single minority and score a clean/blatant strike if the line of site was not clear for another Referee/Judge to see. But other referees must agree they saw an attempted strike but may not have seen it land due to line of site being obscured.

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If 2 Referees see a clean strike and raise their hands but the Main Referee does not. The Main Referee can stop the fight and if the Referees confirm clean strike the point/s will be awarded if both judges declare the strike was clean and award the appropriate points.

Prohibited Actions:

* Sweep and kick to knee and thigh (low kick).
* Kick and punch to the groin
* Kick and punch to the back of the body or to the top of the head
* Scratching, biting, spitting, verbal attacks to the referees or his opponent
* Kick and punch after stop called
* Uncontrolled actions
* Leaving the fighting area or falling down to waste time

It is not usual to stop the time to give points, but the referee will stop time to give a warning or minus-point.

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**Pointfighting Techniques**

**Permitted Techniques**

* Jab and Reverse
* Back Fist
* Ridge Hand
* Side Kick
* Front Kick
* Spinning Back Kick
* Roundhouse Kick
* Hook Kick
* Crescent Kick
* Axe Kick
* Sweep
* Spinning Sweep

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**Illegal Techniques:**

* Punch Inside of Hand
* Spinning Back Fist
* Knife Hand
* Throws
* Elbow Strike
* Pushing With Arms
* Low Kick
* Knee Butts
* Head Butts

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In Point-Fighting competitions only one coach is allowed and he/she is to stay seated. If the coach feels there has been an infringement of the rules, he may indicate to the centre referee using the sign “T” -for time.

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At no time may the coach enter the fighting area. The referee may give a penalty point if a coach enters the fighting area and may disqualify a fighter if coaches repeatedly enter the fighting area.

On each fighting area the referees also acts as the “ring inspector “ the referee is responsible, that on their fighting area all WKO rules will be correctly applied.

Referee is also responsible that neutral referees are on duty, depending on the competitors. (E.g. they are not from the same club as the competitor)

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Judges and Referees can officiate members from their club but to ensure no bias, never no more that 1 official from a club to be directly linked to fighter competing on that area.

##### **Light Continuous**

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* Open Tournaments will be two rounds of National 1 x 1.5 minute rounds eliminations & finals. International eliminations 1 x 1.5 minute rounds Finals 2 x 1.5 minute rounds 45 seconds rest.  
   (Volume of entries and running times will dictate at organisers discretion the length of bouts. But only at approval of WKO Chief Official in Attendance)
* Head shots are allowed for all ages
* The match can only end by ref stoppage due to No Contest.
* Both the referee and the ring doctor have full authority to stop the fight.
* The fight is scored by three judges on a ten-point must system (The winner of each round receives ten points, and the loser receives nine or less. If the round is even, both competitors receive ten points).
* If there is a draw after three rounds, the judges’ scores are thrown out and one or two rounds are contested. The judges’ decision will then come from the scoring of each extra round only. If, after the extra round(s), there is still a draw, the judges will decide a winner based on the flow of the entire match, considering even the slightest difference. A fight can only end in a draw if both fighters go down at the same time and cannot get up, or in the case of accidental injury in the late stages of the contest.
* There is NO KNOCKDOWN rule in effect due to the nature being light contact. Ref may step in and give a count should a fighter need to compose themselves.
* The standing eight count is in effect (the referee has the right to declare a knockdown on a fighter who appears to be in a dangerous condition to continue in the match)
* ​

In Gala Light Contact Kickboxing single elimination tournament matches:

* Each match is two rounds in duration.
* One or two reserve fights are held prior to the single elimination matches. If for any reason a fighter who wins and advances through the brackets is unable to continue, a reserve match competitor, or the fighter’s opponent from the most recent match, takes his place. There are certain exceptions to this rule (i.e. a fighter who lost a match by knockout might not be eligible to replace another fighter).

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REQUIRED EQUIPMENT

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The following equipment is mandatory:

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HEAD-GEAR All amateurs must where HEAD-GEAR. Only Adults may opt out of wearing head gear and both sides must either wear or not wear head gear. Top Ten Head-guards aren't mandatory but are the recommend brand to wear.

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GUM-SHIELDS are required at all levels.

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TOPS All must wear either a t-shirt or vest as this is one of the fundamental differences between Kickboxing and Light Continuous Kickboxing.

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BREAST PROTECTORS are optional but recommended for females.

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GLOVES:

80z Gloves are allowed for 8yrs old and younger

10oz Gloves are required for 9yrs old & above

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WRAPS Hands may only be wrapped with bandage or cotton hand wraps. Use of zinc oxide or GAFFA style tapes is NOT ALLOWED for light continuous.

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TROUSERS Long Kickboxing trousers must be worn.

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GROIN-GUARD for males is required, unless fighter/coach declares to not wear one. Females is optional

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SHIN-GUARDS are also required but must not be ones with metal inserts within them.

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FOOT-PADS are mandatory

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ANKLE-SUPPORTS are optional

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AUTHORISED FIGHTING TECHNIQUES

The following techniques are authorised:

Punches: Straight punches, hooks, uppercuts.

Above Waist Kicks: Front kicks, middle kicks, high kicks, side kicks, back kicks, jumping kicks and spinning kicks.

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All Hand and Leg strikes must be controlled strikes at all times. Excessive striking can and will result in disqualification at the referees discretion.

The following restrictions apply to the usage of the backspin blow.

When it is evident that the attack was made by an elbow, forearm or glove, the attack is considered as a foul In case the referee cannot determine whether the backspin blow was made by the any none authorised area or not, the match shall be stopped, and the rules director, supervisor, supervisory staff, and the referee and the judges shall review the fight by reviewing the Video Replay, if necessary. When it is determined that the attack was made by the unauthorised blow, the backspin blow is considered as a foul, and the fighter shall be penalised or disqualified at referee discretion.

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FOUL TECHNIQUES

ANY EXCESSIVE TECHNIQUE USED WITHOUT THE LEVEL OF CONTROL AGREED AND EXPECTED. CAN AND WILL RESULT IN DISQUALIFICATION AT THE REFEREES DISCRETION.

**REFEREES DECISION IS FINAL.**

1. A fighter who executes a foul technique shall be penalised with a “caution”, “warning”, or a “point deduction”. The referee announces a “caution” and “warning” verbally. (2) cautions shall lead to one (1) warning; any warning then on shall be given instead of cautions thereafter. Two (2) warnings shall lead to a one (1) point deduction, and three (3) point deductions in one (1) round shall be grounds for disqualification.

However, this clause shall not apply in cases where the referee rules that the foul technique as unintentional. If the referee judges that the foul technique is malicious or causes significant damages on the opponent, the fighter might be given point reduction immediately, skipping order of foul calls.

The following behaviour is considered as foul techniques.

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ANY LOW KICK OR USE OF KNEE WILL BE DEEMED A FOUL

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1. Using the head to deliver a blow.

2. Using the elbow to deliver a blow.

3. Attacking the opponent in the groin (knee kicking or punching the opponent in the area under the navel shall be considered as low-blows and will be ruled as fouls).

4. Delivering wrestling or judo throwing or submission techniques.

5. Thumbing the opponent

6. Choking and punching the throat of the opponent.

7. Biting the opponent.

8. Attacking the opponent while he is down or in the process of getting up.

9. Attacking the opponent after the referee calling a break.

10. Holding the ropes to whether offensively or defensively.

11. Using offensive or insulting language to the referee.

12. Attacking the back of the head with a punch (the side of the head and the area around the ears are not considered as the back of the head and are valid target areas).

13. Attempting to cause the opponent to fall out of the ring.

14. Voluntarily exiting the ring during the course of a match.

15. Attacking the opponent who turned around and showed his back. However, the referee may give a caution, warning or point reduction to the fighter who showed his back as loosing his will to fight.

16. Delivering a backspin blow with elbows, forearms or glove and giving damage to the opponent.

A point reduction may be given immediately to a fighter if the referee finds that the foul technique was inflicted with malicious intent.

A caution shall be given to a fighter who repeatedly charges inside the opponent’s arms, with his head held low (i.e. to avoid attack). This shall be considered as inducing a head-butt. In case that either of the fighters gets a cut from a head-butt and is bleeding, the fighter who has caused the cut shall receive a one (1) point deduction. However, if the referee finds the head-butt to have been obviously intentional or malicious, a deduction of two (2) points shall be given. If the referee judges the head-butt as accidental, there may not be any point reduction.

A caution, warning, and a point reduction shall be given to a fighter who repeatedly uses holding that is not accompanied by attacks, and are judged as being defensive/passive in nature (ie. to avoid attack). Two (2) cautions will sum up to one (1) warning, and the next caution shall be a deduction of one (1) point. Furthermore, the same applies to when grasping and holding the opponent immediately after launching an attack (ie. to avoid a counter-attack.), or falling on the canvas intentionally.

A caution, warning, and a reduction of point may be given to the fighter when a fighter is only waiting for a counter blow and is delivering few attacks, and is considered to be passive.

Holding the kicking leg of an opponent is a foul, Holding the kicking leg and using a throwing technique is also a foul.

Passive holding or clinching is prohibited. However, the referee can permit it only when it is accompanied by an authorised attack. A fighter can be penalised if he resorts to holding or clinching after an authorised attack or in order to avoid attacks.