

KICKBOXING ORGANIZATION OF SOUTH AFRICA AMATEUR RULES & REGULATIONS REVISION 1

SECTION 1: ADMINISTRATIVE REGULATIONS AND PROCEDURES

RULE 1: KOSA

RULE 2: AMATEUR STATUS

RULE 3: DOPING

RULE 4: TOURNAMENT REGISTRATION

RULE 5: BANNING PERIODS AFTER A HEAD KNOCKOUT

RULE 6: AGE CATEGORIES

RULE 7: WEIGH-IN

RULE 8: MEDICAL EXAMINATION

RULE 9: COMPETITION MANAGEMENT

RULE 10: REFEREES & OFFICIALS

This rulebook reflects the official KOSA Competition Rules and these current rules are valid for all KOSA members.

RULE 1: KOSA

KOSA stands for the Kickboxing Organization of South Africa and all activities and jurisdictions as per the Constitution of KOSA.

RULE 2: AMATEUR STATUS

The term "Amateur" is used to refer to the Kickboxing (Full Contact, Point Fighting, Light Contact & Low Kick Light), Low Kick & K-1. In this rulebook it is used to describe all non-professional competitors.

Amateurs are all competitors who do not meet one or more of the following conditions:

1. Competitor is under a professional contract in ANY Combat Sport.
2. Competitor is listed on a Pro-Rank list in ANY Combat Sport.
3. If a competitor thinks he or she might be listed on a Pro-Rank list when he or she should not be, then the competitor must report it to KOSA and apply for an amateur status confirmation. It is also the competitor's responsibility to contact the organization that lists him or her. KOSA will decide upon the application to remain classified as an amateur. Amateur status will be granted and no professional competition is allowed while the application is pending.

4. Non-Amateurs cannot participate in Amateur events. If KOSA should discover a Non-Amateur competitor's participation in an event, one or more of the following consequences might be considered:
 - a) Disqualification of the Non-Amateur
 - b) Participation ban and time to be determined by the KOSA
 - c) Fine of R10 000.00
 - d) Revocation of the won title

RULE 3: DOPING

1. It is prohibited to use any substance to boost one's performance if such substance is banned by one of the appropriate organizations as a doping substance (IOC, SAIDS, SASCOC etc.).
2. Tournament supervisor/director, tournament promoters, and the official doctor can and may perform tests. Other qualified and authorized organizations or persons may also perform such tests where local law dictates.
3. Competitors who intentionally avoid or evade such controls, or try to obstruct or manipulate the testers in any way, can be disqualified and banned for a period of time, to be determined by KOSA.
4. Privacy, especially for children and female competitors, must be respected. Doping tests may only be done by a qualified person of the same gender.

RULE 4: TOURNAMENT REGISTRATION

Competitors who wish to be registered to compete at a tournament/event, should fulfill the following conditions:

1. Complete tournament/event registration form.
2. Complete Liability Waiver.
3. Provide an annual medical clearance certificate no older than 12 months from the date of the bout, undersigned by a physician.
4. Competitors competing in Ringsport divisions/events may also have to furnish negative HIV, Hepatitis B Surface Antigen, and Hepatitis C Antibody blood test results no older than 6 months from the date of the bout should it be required by the event host/tournament director.
5. Competitors competing in Ringsport are also required to pass a pre-fight physical prior to each event conducted by an approved and licensed physician.
6. Provide a clearance from a medical doctor, reviewed by KOSA, after having lost consciousness due to a head knockout within 6 weeks of last competition, or after the second head knockout within twelve months.
7. Female participants over the age of 14 years old must not be pregnant.
8. In the case of a competitor under the age of 18, a waiver must be signed by the parents/guardians of the competitor.

RULE 5: BANNING PERIODS AFTER A HEAD KNOCKOUT

1. 30 days after any Technical Knockout (TKO)
2. 60 days after the first head knockout within 12 months
3. If loss of consciousness occurs resulting from the head knockout, clearance by a medical doctor is required for KOSA to allow further competition
4. Clearance by a medical doctor is required for KOSA to allow further competition after the second head knockout within twelve months

RULE 6: AGE CATEGORIES

The cutoff date is on the day of the competition.

1. **Peewee**- Under the age of 9 years old (8 years old and younger)
2. **Children**- Under the age of 11 years old (9 & 10 years old)
3. **Younger Cadet**- Under the age of 13 years old (11 & 12 years old)
4. **Older Cadet**- Under the age of 15 years old (13 & 14 years old)
5. **Younger Junior**- Under the age of 17 years old (15 & 16 years old)
6. **Older Junior**- Under the age of 19 years old. (17 & 18 years old)
7. **Senior**- Under the age of 40 years old (19 to 39 years old)
8. **Veteran**- Under the age of 50 years old (40 to 49 years old)
9. **Masters**- Under the of 60 years old (50 to 59 years old)

RULE 7: WEIGH-IN

1. The weigh-in must be completed a day before or at least two hours prior to the first competition.
2. Weigh ins should be conducted by KOSA officials and performed as per Rule 7,1, unless otherwise agreed upon. At Provincial and National competitions, officials should be from different regions, and the weigh-in should take place the day before the competitions.
3. Generally, there shall be no tolerance. Males may only wear light fight shorts/under garments to weigh in and should be done by male officials at the scale. Females may wear only light fight shorts/under garments and a lightweight top or sports bra and should be done by female officials at the scale.
4. Competitors who do not make weight will be given one hour within the allotted weigh in session and may not cut more than two percent of their body weight in this hour time frame.

RULE 8: MEDICAL EXAMINATION

1. In order to compete, all competitors must present a medical examination certificate no older than 12 months, undersigned by a physician. A new exam will be required every 12 months.
2. Ringsport Competitors are also required to pass a pre-fight physical prior to each event conducted by an approved and licensed physician as per Rule 4.5.
3. In addition, competitors may be required to furnish negative HIV, Hepatitis B Surface Antigen, and/or Hepatitis C Antibody blood test results as per Rule 4.4.
4. Competitors must have no medical or any other reasons preventing them from participating in the event. In addition, a competitor must have no current medical suspension issued by any physician or recognized sanctioning body.

5. Competitors must show a clearance from a medical doctor, reviewed by the Association, after having lost consciousness due to a head knockout, or after the second head knockout within twelve months as per Rule 4.6
6. Female participants must not be pregnant as per Rule 4.7.
7. Competitors will enter into one of the two division's recognized by the KOSA either male or female. Male and Female as defined by the XY sex-determination system

RULE 9: FIGHTING AREAS

1. Fighting Areas for Tatami (Point Fighting, Light Contact, Low Kick Light & Forms):

1. The fighting area must be square. Each side must be 7 X 7 meters maximum or 6 x 6 meters minimum.
2. Around the fighting area, a safety zone strip of one meter shall be kept clear. Only referee tables are allowed to be placed within this safety zone. No spectators are allowed to be within that zone. The safety strip zone should be marked.
3. The timekeeper and scorekeeper are located at the referee table facing the head referee.
4. In the case that there is only one fighting area, sufficient space for the medics and/or emergency personnel shall be provided at the referee table.
5. The referee table must be equipped with the following items:
 - a) Draw Sheets
 - b) Scoreboards or display
 - c) Stopwatch
 - d) Bean-bag
 - e) Paper
 - f) Pens.Online systems such as Kihapp or RSports can be used.
6. One chairs at each side for coaches.
7. For Light Contact & Low Kick Light, a chair to be placed at two corners for judges.

2. Fighting Areas for Ringsport (Full Contact, Low Kick Light & K1):

1. Bouts shall be held inside a boxing ring.
2. The boxing ring's components, including all side protections and ropes, must be inspected for suitability and safety prior to the first competition.
3. Each side of the squared box ring (the length of the rope on one side) should be a minimum of 4.5 meters and a maximum of 7.00 meters. It shall consist of four ropes.
4. The minimum diameter of each of the four ropes shall be 2.5cm (1").
5. All ropes must be covered with soft tightly fitted materials.
6. The four corners must be made of metal. The diagonal distance between opposite corners must not exceed 12.6 meters (outside measurement).
7. All corners must be covered with commonly used cushions in order to avoid possible injuries.
8. The platform itself may not be placed higher than 1.20m above the ground level. It must be covered with a shock absorbent material below the ring floor layer.
9. Stairs shall be placed in the red and the blue corners and in one white corner.
10. Two chairs per corner must be provided for coaches.
11. If there is only one ring in use, sufficient space for medics and/or emergency personnel shall be provided at the referee-table.

12. To avoid possible injuries, photography and video crew are required to be credentialed and given specific instructions by the Association and promotion.
13. The referee-tables must be equipped with the following items:
 - a) Draw Sheets
 - b) Score cards and clickers
 - c) Table stop watch and hand stop watch as a reserve
 - d) Acoustic signal (bell, whistle or horn)
 - e) Spare papers and pencils
 - f) PC and printer (optional)
14. Judges' tables and chairs shall be located along the other three sides of the ring box.

RULE 10: REFEREES & OFFICIALS

1. All provisions in this article set forth the basic duties of referees & officials. Referees & officials must also fulfill other conditions, requirements, and duties set forth in other KOSA official documents related to referees & officials.
2. All referees & officials are required to be trained and certified by a KOSA official/representative.
3. All referees & officials must meet continuing education standards to keep certification.
4. Each region is responsible for its own referees' & officials training and licensing according to KOSA's requirements, however KOSA may also offer seminars.
5. Licensed referees are registered in a central database.
6. A head referee must be designated for every competition.
7. In a tournament/event with several competition areas or rings, the Head Referee shall appoint Ring Inspectors, who shall supervise application of KOSA rules at one fighting area or ring.
8. The Head referee can replace referees who have been obviously not neutral or who have violated the official KOSA competition rules.
9. At each fighting area the head of the referees shall be the Ring Inspector. He or she shall be responsible for the correct application of all KOSA rules in his or her fighting area. It is the responsibility of the Ring Inspector to place referees at his or her competition area or ring according to their affiliations with schools, clubs, or particular competitors.
10. The Ring Inspector shall report the results according to the instructions of the Head Referee.
11. At events with only one competition area or ring, the Supervisor acts as Ring Inspector.
12. The Supervisor/Chief Referee shall be responsible for managing all referees and supervising the work in all competition areas and/or rings. He or she shall ensure that the time schedule will work. The Supervisor shall also ensure the safety of the fighter by making certain that the mandatory physician and first aid team are present.
13. Decisions of the official doctor can be subject to protest if a second doctor is present at the event. The second doctor will make a decision about the protest.
14. Protests are only possible in the following situations:
 - a) There exists a proven agreement between the referees and/or judges.
 - b) The mathematical addition of the scores is incorrect.
 - c) An obvious confusion between the red and blue corner has occurred.
 - d) The official KOSA Rules were violated.
 - e) Video recordings cannot be used to justify a protest.

15. A protest shall not hold back the competition. However, the Head Referee can interrupt the continuation of the fights for a short period of time if the result of the protest has a significant influence on the proceeding of the competition.

16. After hearing the protest from both coaches as well as the referee's comments, the Head Referee shall then make the final decision.

17. Referees & officials shall wear an KOSA shirt, black trousers, and black shoes.

18. To minimize injuries, it is forbidden for referees to wear any jewelry, watches, pens, large belt buckles, hard soled shoes, etc. Judges are exempted from this rule since no body contact with competitors is possible.

19. The organizer/host shall be responsible for taking care of the referees. He or she must provide referees & officials with food and beverages. In addition, mineral water must be provided on the referees' tables.

SECTION 2: POINT FIGHTING

RULE 1: WEIGH CLASSES AND AGE DIVISIONS

RULE 2: NUMBER OF ROUNDS & LENGTH

RULE 3: OUTFIT, EQUIPMENT & COACHES

RULE 4: SCORING AREA AND PROHIBITED ACTIONS

RULE 5: TECHNIQUES

RULE 6: POINTS, SCORING AND WARNINGS

RULE 7: CONTROLLING AND RUNNING THE MAT

RULE 8: THE ATTENDANCE OF A PHYSICIAN

RULE 1: WEIGHT CLASSES AND AGE DIVISIONS.

The following weight divisions shall be used for athletes under 13 years old:

PEEWEE		CHILDREN		YOUNGER CADETS	
BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
-18 kg	-18 kg	-18 kg	-18 kg	-25 kg	-25 kg
-22 kg	-22 kg	-22 kg	-22 kg	-30 kg	-30 kg
-26 kg	-26 kg	-26 kg	-26 kg	-35 kg	-35 kg
-30 kg	-30 kg	-30 kg	-30 kg	-40 kg	-40 kg
+30 kg	+30kg	-34 kg	-34 kg	-45 kg	-45 kg
		+34 kg	+34 kg	-50 kg	-50 kg
				-55 kg	-55 kg
				-60 kg	+55 kg
				+60 kg	

The following weight divisions shall be used for athletes under 19 years old:

OLDER CADETS		YOUNGER JUNIORS		OLDER JUNIORS	
BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
-40 kg	-30kg	-50 kg	-40 kg	-55 kg	-45 kg
-45 kg	-35 kg	-55 kg	-45 kg	-60 kg	-50 kg
-50 kg	-40 kg	-60 kg	-50 kg	-65 kg	-55 kg
-55 kg	-45 kg	-65 kg	-55 kg	-70 kg	-60 kg
-60 kg	-50 kg	-70 kg	-60 kg	-75 kg	-65 kg
-65 kg	-55 kg	-75 kg	-65 kg	-80 kg	-70 kg
-70 kg	-60 kg	-80 kg	+65kg	-85 kg	+70 kg
-75 kg	+60 kg	-85 kg		-90 kg	
-80 kg		-90 kg		-95 kg	
+80 kg		+90 kg		+95 kg	

The following weight divisions shall be used for athletes over 19 years old:

SENIORS		VETERANS		MASTERS	
MEN	WOMAN	MEN	WOMAN	MEN	WOMAN
-60 kg	-55 kg	-65 kg	-55 kg	-65 kg	-55 kg
-65 kg	-60 kg	-75 kg	-65 kg	-75 kg	-65 kg
-70 kg	-65 kg	-85 kg	-75 kg	-85 kg	-75 kg
-75 kg	-70 kg	-95 kg	+75 kg	-95 kg	+75 kg
-80 kg	-75 kg	+95 kg		+95 kg	
-85 kg	+75 kg				
-90 kg					
-95 kg					
+95 kg					

RULE 2: NUMBER OF ROUNDS & LENGTH

Elimination rounds and Finals

1. Two rounds of one minute thirty (2 x 1.5 min) under 13 years old (up to Younger Cadets)
2. Two rounds of two minutes (2 x 2 min) 13 years old and older (Older Cadets and older)
3. There will be one minute break between rounds
4. If there is a draw an extra round of one minute is added. There is no rest period!! If still a draw then it will be decided by sudden death "first to score"

RULE 3: OUTFIT, EQUIPMENT & COACHES

1. OUTFIT (UNIFORM)

1. The competing athletes must be dressed in a clean and appropriate uniform.
2. The competing athletes should wear a clean T-shirt with long Kickboxing trousers or fight suit. At least the top half of the upper arm must be covered and sleeves may reach the elbow.
3. The trousers must reach the feet and be open on the bottom. There should be no zip fasteners, pockets or buttons. A traditional Karate Gi or Tae Kwon Do uniform is permitted.
4. Every competing athlete's shirt must be tucked in to denote the waistline. If the uniform top is worn on the outside of the pants in the case with a Gi, then a belt must be worn.
5. Competitors cannot wear any metal objects that may cause injuries to the opponent. Piercing, chains, watches, earrings, and other jewelry are not allowed. Eyeglasses are forbidden; soft contact-lenses are permissible but at the competitor's own risk.
6. Athletes may wear badges of their respective clubs, associations or sponsors. Names and slogans are permitted as long as they do not offend public decency.
7. Long hair must be tied back with an elastic band. Hair grips or any other hair accessories are not allowed.
8. Fingernails and toenails must be trimmed to avoid cuts.

2. EQUIPMENT

All competing athletes must wear:

1. Head guard must cover the top and back of the head and be open face.
2. Gum guard should fit correctly and be the property of the competing athlete. Athletes that wear dental braces should ensure that the gum guard that is used is fit for purpose and completely covers the braces to avoid injuries due to cuts. Football gum shield with straps are not allowed.
3. Gloves should be open hands gloves with the fingers and thumbs enclosed.
4. Groin protector (men and women) should be worn under the clothes
5. Shin guards should be worn under the clothes (no instep guards are permitted)
6. Breast protector to be worn by competing female athletes from Older Cadets to Senior Veterans.
7. Foot padding must cover the sides, heel, and top of the foot, including the toes.
8. Competitors may also optionally wear:
 - a) Elbow pads
 - b) Hand wrapping (maximum length 3.5 meters). NO tape is allowed on the fist or knuckles.
 - c) Breast protector for female Younger Cadets
 - d) Transparent Face Shields/Guards are allowed up to Younger Cadets divisions only.

Accepted equipment brands are Top Ten, Adidas, Kwon, Green Hill, SAP, Title, Shen, Smai, RDX, Ringstar, Cayhill, Twins, Primo & Fairtex. All safety equipment must be in good working order free of rips, tears and loose tape or covering. Foam should be firm density and in tact.

3. COACHES

1. Coaches must wear appropriate track suit pants and sport shoes, which must be clean.
2. Coaches must remain seated at all times during the bout and must behave in a disciplined manner.
3. If the coach does not follow the referees' instructions, his/her athlete may be penalised by a warning and, if necessary, even disqualified.
4. Only one Coaches is allowed during bouts.
5. A coach may throw in the towel if he/she wishes to retire a competing athlete from the bout.

RULE 4: SCORING AREA AND PROHIBITED ACTIONS

1. SCORING AREA

1. Entire head and face
2. Front and side of the body above the waist.
3. Sweeps below the ankle (boot to boot)

Every action must be controlled and well-timed with light to moderate firm contact.

2. PROHIBITED ACTIONS

1. Sweeps and kicks to the knee and thigh (low kick).
2. Kicks and punches to the groin.
3. Kicks and punches to the back of the body.
4. Scratching, biting, spitting, and verbal attacks to the referees or the opponent.
5. Attacking after stop is called.
6. Heavy contact.
7. Running away from opponent.
8. Leaving the fighting area.
9. Falling down to waste time.

RULE 5: TECHNIQUES

1. LEGAL TECHNIQUES

1. Jab punch
2. Back fist/Reverse punch
3. Ridge hand
4. Front kick
5. Round house kick
6. Side kick
7. Hook kick
8. Crescent kick
9. Axe kick
10. Spinning kick
11. Jumping kicks (controlled)
12. Sweeps and spinning sweep, boot to boot

2. ILLEGAL TECHNIQUES

1. Palm of hand
2. Inside of glove
3. Spinning back fist
4. Hook punch
5. Upper cut punch
6. Knife hand
7. Elbow strikes
8. Hip or shoulder throws
9. Pushing with arms
10. Knees strikes
11. Head butts
12. Using thighs
13. Strikes to the back or below the waist.

RULE 6: POINTS AND SCORING

1. POINTS

- | | |
|---------------------------|----------|
| 1. All punches | 1 point |
| 2. Kicks to the body | 1 point |
| 3. Kicks to the head | 2 points |
| 4. Jump kicks to the body | 2 points |
| 5. Jump kicks to the head | 3 points |
| 6. Foot sweeps | 1 point |

2. SCORING

1. The correct definition of a score is when a legal technique hits a legal target area with reasonable power, good balance and controlled technique.
2. The competing athlete must make eye contact with the target area.
3. The competing athlete scoring must remain on his/her feet. E.g. - the technique must be completed to score, unless the scoring competitor is thrown or pushed to the floor.
4. The competing athlete executing the technique must stay within the fighting/competition area.
5. A sweep is only acceptable as a legal technique if the competing athlete utilizes his/her front or rear leg to sweep his/her opponents leg and the target area of the sweep is the below the opponent's ankle.
6. The sweep must also be executed with the inside of the foot or be a spinning sweep, heel to heel.
7. Spinning sweeps must be executed in standing position.
8. The opponent is swept if his/her balance is broken and at least three parts of his/her body touch the ground.
9. The competing athlete executing the sweep must remain on his/her feet without touching the floor.
10. The center referee will refer to all competing athletes as Red or Blue when awarding points or warnings or when declaring the winner of a match.
11. The scoring shall be done by the center referee following a majority system only. Majority Vote: Points are awarded by a majority vote of center referee and all judges.

12. However, the majority of judges and referee do not have to agree on the same technique being scored, only that a point(s) was scored to the same competing athlete. In this case, the center referee will award points according to the lesser of the points scored as per the following examples:
 - a) Example A: If the Blue competitor receives (2) two points from one referee and (1) one point from another referee then the competitor will receive (1) one point.
 - b) Example B: If the Blue competitor receives (3) three points from one referee and (1) one point from another referee then the competitor will receive (1) one point.
 - c) Example C: If the Blue competitor receives (3) three points from one referee and (2) two points from another referee then the competitor will receive (2) two points.
 - d) Example D: If the Blue competitor receives (3) three points from one referee and (2) two points from the second referee and (1) one point from the third referee then the competitor will receive (1) one point.
13. The center referee will call stop when he/she or one of the side judges sees a point and raises a hand. The clock stays running. All judges must respond to a hand signal quickly when the center referee calls stop.
14. When the center referee or judges see a score they must indicate this IMMEDIATELY. After each acknowledged technique the fight must be stopped and the score announced.
15. Points are awarded only by unanimous or majority decision of the referee and the judges. If there is no majority decision the only possible score is no score.
16. The center referee must in any case must show his/her own opinion. He/she cannot give a score if there is no majority. He/she must raise up his/her own hand to show the point before stopping the competition.
17. If just one judge gives a point, the second judge shows "saw nothing" or "no score" and the center referee did not raise up his hand BEFORE he stopped the fight, the only possible decision is no score.
18. In case of a clash, where both competitors have scored, the center referee gives one point to each competitor.
19. A competitor may receive a point for a proper technique simultaneously with a point from a warning (minus point) issued to the opponent.
20. To raise up the hand or to show a point after the command "stop" is too late and illegal.

3. WARNINGS & MINUS POINTS

1. All infringements of the rules, depending on how serious they are, may result in warning, minus point(s), or even disqualification.
2. Warnings will be carried throughout the match.
3. Only team fights start again without warning from the rounds before.
4. All Warnings for all offences (including illegal techniques, exits, etc.) are cumulative.
5. If a competitor voluntarily steps out of a fighting area or is refusing to fight the referee warnings can be issued.
6. The warnings and penalty points are given for using all illegal techniques or doing prohibited actions, as well as any illegal action from coaches.
7. A competitor cannot receive a point and a warning on the same call, the warning overrides the point(s).
8. The procedure for warnings is as follow in Point Fighting:
 - a) First warning
 - b) Second warning- First point is given to opponent
 - c) Third warning- Second point is given to opponent
 - d) Fourth warning- Disqualification, ending the bout

4. EXIT RULE

1. Exit means the whole foot must be outside the competition area.
2. It is only an exit if the competing athlete deliberately steps out the area.
3. If the competing athlete steps out when in an exchange of techniques this is not an exit.
4. Being pushed out with a kick is also not an exit.
5. In case of an Exit, the attacking competitor can score if the defender exits the area as long as he/she scores prior to the referee stopping the fight due to exit.
6. If the centre referee is not sure about the judges' decision, he/she must stop time and ask the judges again, commanding "score", and that score shall be final.

5. REFEREE AND JUDGES HAND SIGNALS

Referees and judges possible opinions, which must be shown with clear hand signs:

Opinion:	Sign:
Yes, I saw the points	Raise up the hand and show the score
No, I saw nothing	Both hands are crossed in front of the face
Yes, I saw the movement but there	Both hands are crossed in front of the legs was no score
Competitor stepped out of the area	Point to the area line and moves the arm
Both competitors scored (clash)	Raise up both hands and show all points
Illegal techniques	Raise up the arm and circle the hand

Additional hand signs for the center referee and judges to use:

To give a warning or a penalty point (minus point) to a competing athlete, he/she must inform the competitor why he/she was penalized. This must be done clearly and in an authoritative way. During this time, the center referee shall instruct the timekeeper to stop the time.

The center referee shall first name the foul and show the sign, whipping one finger with a loud and clear: "NO".

Opinion:	Sign:
Contact too strong	Punch the fist in his own hand
Legal technique to a forbidden area	Show the forbidden area
Blind score	Turn the body and strike a punch
Holding or grappling	Hold his own arm and pull
Turning the body or running away	Similar
Speaking during the fight	Fingers and thumb open and close

6. POSSIBLE SITUATIONS

1. In the event of a strike that dazes a competing athlete, the center referee first of all must stop the time, after which the center referee shall ask the judges "What did you see? Was there a foul or not?" If the majority decide for "foul" the center referee will penalize the offender. If they decide on "accident" then there is no penalty.

2. If one of the competing athletes is injured, it is only the doctor's decision that can stop the bout. Otherwise, only the competing athlete or the competing athletes coach may choose to end the bout if they wish to retire.
3. The center referee cannot decide how seriously a competing athlete is injured; he or she must call the doctor.
4. If one of the competing athletes are injured and the bout is over because of a foul, the innocent competitor is declared the winner. In case of an accident, the competitor with the highest number of points is declared winner. If a draw, the uninjured competitor is the winner.
5. If a competing athlete is out of condition, the center referee will declare RSC (Referee Stops Contest), after discussion with the judges.
6. It is not usual to stop the time to give points, but the center referee will stop time to give a warning or minus-point.
7. In Point Fighting competitions only one coach is allowed and he/she must stay seated.
8. If the coach feels there has been an infringement of the rules, he/she may indicate to the center referee using the sign "T" - for time. At no time may the coach enter the fighting area. The center referee may give a penalty point in such a case.
9. On each fighting area, the head of the referees is the ring inspector. He/she is responsible for ensuring that on his/her fighting area, all KOSA rules will be correctly applied. The ring inspector is also responsible for ensuring that neutral referees are on duty to guarantee a fair assignment of referees to competitors.

RULE 7: CONTROLLING AND RUNNING THE TATAMI

1. CENTER REFEREE'S POWER

1. The referee, supervisor and medical staff/doctor are the only persons who can stop the bout.
2. The center referee should have the medical staff examine a competing athletes injuries even if they are minor and try to monitor them throughout the match.
3. The center referee cannot decide how seriously a competing athlete is injured—only the medical staff/doctor can make this decision.
4. For instances other than injuries, only the center referee and Supervisor have the ability to stop the match.
5. Every competition must have a center Referee and two side judges at opposing corners.
6. All three must be constantly moving throughout the bout in order to maintain a good position to see contact from both competing athletes.
7. The side judges must stay outside of the competition area to allow space for the center referee and competing athletes.
8. The center referee should be the most experienced referee on the Tatami and must be thoroughly versed in the rules and regulations as well as the order of competition.
9. The center referee must promote the safety of the competing athletes, enforce the rules, and ensure fair play.
10. The center referee starts and stops the bout, awards points, makes warning decisions, administrates the voting of the side referees, communicates clearly with the scorekeeper and timekeeper, and announces the winner of each bout.

2. ADDITIONAL POWERS OF THE CENTER REFEREE

1. The bout starts and ends only with his/her command (not with the command of the timekeeper).
2. Has the final decision on any disputes in score.
3. Has the power to issue warnings and award penalty points without a majority decision to the competing athletes or coaches.
4. Can overrule a majority call only to issue a warning.
5. Automatically has the power to disqualify a competing athlete who receives four warnings
6. Has the power to issue time-outs. A competing athlete may ask for a time-out to fix safety gear or for a possible injury, but the center referee must grant this permission.
7. The disqualification of a competing athlete, where disqualification is not automatic, is determined only by a majority vote of the center referee and side judges.
8. The referee shall award the opponent with a point for a competing athlete's dissension after he/she has been warned.
9. The referee shall award the opponent with a point for dissension from a competing athlete's coach after he/she has been warned.
10. The referee shall award the opponent with a point for a competing athlete and/or a coach's serious unsportsmanlike behavior.
11. The referee shall disqualify a competing athlete if he/she does not turn up after having been repeatedly called for the fight. (Four minute rule)
12. The four minute rule shall be applied in following way:
 - a) After the first minute the competitor will receive a warning.
 - b) After the second minute the competitor shall receive minus 1 point.
 - c) After the third minute the competitor shall receive a second minus point.
 - d) After the fourth minute the competitor shall be disqualified.
13. The referee shall disqualify a competing athlete who turns up with improper safety equipment and cannot replace it in four minutes, with the four minute rule being applied as described above.

3. THE REFEREE DOES NOT HAVE THE FOLLOWING POWERS.

1. The referee cannot disqualify a competing athlete for any reason other than those stated in the section above or mentioned herein.
2. The referee cannot at any time 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 the judge may be overruled).

4. BEFORE THE FIGHT STARTS

A contest is refereed by a center referee and two side-judges, who are always standing opposite to the referee. Thus, the side-judges must move during the fight and cannot stand on the same point.

5. EQUIPMENT CHECK

1. First, the side-judges shall check the competitors' safety equipment.
2. Each judge is responsible for the competing athlete at his/her end.
3. The equipment shall be checked from the head to the toes.
4. For female the breast protector and male and female groin protector are checked by asking and not touching. If the competing athlete replies "yes" then this is expectable.
5. If in the case of an injury, the competing athlete was found not to have the correct protective equipment after he/she has confirmed it to be in place, he/she will be disqualified immediately.
6. The judge is also responsible for the following rules.
 - a) Check that the competitor has no jewelry or metal fixings.
 - b) Check that the nails on toes are short.
 - c) No glasses (spectacles) are allowed to be worn during a competition. There are no exceptions to this rule. Soft contact-lenses are permissible but at the competing athlete's own risk.
7. Groin protectors, shin guards and breast protectors must be worn under the clothes.
8. Competing athletes who do not allow the side judges and/or center referee to check any equipment will be automatically disqualified.
9. In the case of an injury, if a competing athlete is found to have improper safety gear, the competitor will be disqualified.

6. START OF THE FIGHT

1. The center referee will take his/her place in the middle of the competing athletes, facing the officials' table. He/she must check that the side-judges are ready to start, that the timekeeper and scorekeeper are ready to begin, and that the medical team is by the referee table or visible in the venue.
2. When all of this has been assured and the competing athletes have been approved by the side judges for their safety equipment, the bout is ready to begin.
3. Finally, the center referee should keep an eye on the visual score cards to ensure that they are not showing any points unless it is the start of a second round or during a team event where team members change.
4. He/she should also check to see that coaches are seated.
5. The center referee will ask that the competing athletes touch gloves and back up to their respective starting line. He/she will then command the timekeeper to start the time and then immediately issue the command to the competing athletes to fight.

7. AWARDING POINTS

1. If the center referee acknowledges a point scored by one of the competing athletes, he/she must raise up his/her hand IMMEDIATELY and then stop the fight by saying "stop", at which time both athletes will return to their starting position. The match time is still running during this procedure.
2. The center referee will then quickly return to his/her starting position and show points with the hand in the direction of the competitor who has scored. The referee must look to the side-judges, and in case of a majority decision give the points appropriately and announce the score.
3. After giving the points, the center referee shall start the competition again with the command "fight".

4. The center referee should always keep an eye on the officials table to ensure that the visual scoreboard shows the correct points and warnings.
5. Important note: when the side-judges do not show the points by raising their hands before the main referee stopped the fight the only possible decision is no score. To raise up the hand or to show a point after the command “stop” is too late and illegal.
6. Apart from the center referee, only the doctor/medic staff and supervisor can stop a bout.
7. The coach may throw in the towel for his/her competing athlete when he/she wants to retire from the bout.
8. The center referee must stop the time if the competing athlete is outside of the fighting area, for giving warnings, penalty points or when the equipment must be adjusted.
9. Unless the center referee declares that the time must be stopped, the time must continue to run.

8. END OF THE FIGHT

1. The time of the bout is over when the timekeeper shouts “stop” and concurrently throws the bean bag on the fighting area.
2. The fight is over ONLY when the center referee stops the bout for the final time with the command “stop” and not earlier.
3. The difference of 10 points in elimination fights ends a bout e.g. 10 - 0 and 12 – 2.
4. The center referee can still award points or warnings after the time has expired, but only when there has been an exchange seconds before the time has expired.
5. If there is a score in the time between the “end of time” and “end of bout” that score is valid.
6. The center referee shall turn to the officials table, take one hand of each competing athlete and show the winner, announcing the final score.

RULE 8: THE ATTENDANCE OF A PHYSICIAN/MEDICAL STAFF

1. Every bout must have a licensed physician or medical staff in attendance at the venue. Any and all directions and/or orders from the attending physician/medical staff must be immediately obeyed.
2. Every tournament/event must also have Emergency Medical Transport with equipment including a backboard/spinal board and neck brace.
3. The official physician/medical staff, is the final authority in questions of the safety of the competing athletes, and he/she may at any time stop or terminate a bout at his or her discretion.
4. No tournament/event may start or proceed before the attending physician/medical staff is in place, and the physician/medical staff may not leave his/her place prior to the decision in the last bout of the tournament/event.
5. The attending physician/medical staff shall be ready to assist if a serious emergency arises, and to administer first aid in the event of less serious injuries.
6. The physician/medical staff has the right to interrupt or stop a contest by calling “stop” to the center referee, if he/she thinks a competing athlete is in danger and the referee has not stopped the bout. He/she is also responsible for making the decision when a center referee calls him/her in case of an injury to a competing athlete
7. No one may attempt to aid a competing athlete during a round before the attending physician/medical staff has had the opportunity to see the injured athlete.
8. If the physician/medical staff is called to the fighting area, he/she must examine the presumed injury and then decide whether or not the bout should continue.

9. The physician/medical staff examination must have duration of not more than one minute. Any kind of treatment of the competitor is forbidden. Should one minute be insufficient, the center referee shall stop the bout and declare the injured athlete's opponent the winner.
10. The "blood rule" of 2 minutes in totality of the bout shall apply where there is blood present due to injury sustained during the bout. The timekeeper at the officials table shall monitor this time as well.
11. Physician/medical staff's decisions are final, although they can be protested if a second physician/senior medical staff member is present at the event. The later will make the decision about the protest and final call on the fitness to compete of the injured athlete.
12. The physician/medical staff, center referees, and chief official must all meet to coordinate their activities and duties to be performed prior to the event.

SECTION 3: LIGHT CONTACT & LOW KICK LIGHT

RULE 1: WEIGH CLASSES AND AGE DIVISIONS

RULE 2: NUMBER OF ROUNDS & LENGTH

RULE 3: OUTFIT AND EQUIPMENT

RULE 4: SCORING AREA AND PROHIBITED ACTIONS

RULE 5: TECHNIQUES

RULE 6: POINTS, SCORING AND WARNINGS

RULE 7: CONTROLLING AND RUNNING THE TATAMI

RULE 8: THE ATTENDANCE OF A PHYSICIAN/MEDICAL STAFF

RULE 1: WEIGHT CLASSES AND AGE DIVISIONS.

The following weight divisions shall be used for athletes under 13 years old:

PEEWEE		CHILDREN		YOUNGER CADETS	
BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
-18 kg	-18 kg	-18 kg	-18 kg	-25 kg	-25 kg
-22 kg	-22 kg	-22 kg	-22 kg	-30 kg	-30 kg
-26 kg	-26 kg	-26 kg	-26 kg	-35 kg	-35 kg
-30 kg	-30 kg	-30 kg	-30 kg	-40 kg	-40 kg
+30 kg	+30kg	-34 kg	-34 kg	-45 kg	-45 kg
		+34 kg	+34 kg	-50 kg	-50 kg
				-55 kg	-55 kg
				-60 kg	+55 kg
				+60 kg	

Kickboxing Organization of South Africa



The following weight divisions shall be used for athletes under 19 years old:

OLDER CADETS		YOUNGER JUNIORS		OLDER JUNIORS	
BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
-40 kg	-30kg	-50 kg	-40 kg	-55 kg	-45 kg
-45 kg	-35 kg	-55 kg	-45 kg	-60 kg	-50 kg
-50 kg	-40 kg	-60 kg	-50 kg	-65 kg	-55 kg
-55 kg	-45 kg	-65 kg	-55 kg	-70 kg	-60 kg
-60 kg	-50 kg	-70 kg	-60 kg	-75 kg	-65 kg
-65 kg	-55 kg	-75 kg	-65 kg	-80 kg	-70 kg
-70 kg	-60 kg	-80 kg	+65kg	-85 kg	+70 kg
-75 kg	+60 kg	-85 kg		-90 kg	
-80 kg		-90 kg		-95 kg	
+80 kg		+90 kg		+95 kg	

The following weight divisions shall be used for athletes over 19 years old:

SENIORS		VETERANS		MASTERS	
MEN	WOMAN	MEN	WOMAN	MEN	WOMAN
-60 kg	-55 kg	-65 kg	-55 kg	-65 kg	-55 kg
-65 kg	-60 kg	-75 kg	-65 kg	-75 kg	-65 kg
-70 kg	-65 kg	-85 kg	-75 kg	-85 kg	-75 kg
-75 kg	-70 kg	-95 kg	+75 kg	-95 kg	+75 kg
-80 kg	-75 kg	+95 kg		+95 kg	
-85 kg	+75 kg				
-90 kg					
-95 kg					
+95 kg					

RULE 2: NUMBER OF ROUNDS & LENGTH

Elimination rounds and Finals

1. Two rounds of one minute thirty (2 x 1.5 min) under 13 years old (up to Younger Cadets)
2. Two rounds of two minutes (2 x 2 min) 13 years old and older (Older Cadets and older)
3. There will be one minute break between rounds
4. If there is a draw an extra round of one minute is added. There is no rest period!!

RULE 3: OUTFIT, EQUIPMENT & COACHES

1. OUTFIT (UNIFORM)

1. The competing athletes must be dressed in a clean and appropriate uniform.
2. For Light Contact, the competing athletes should wear a clean T-shirt with long Kickboxing trousers or fight suit. At least the top half of the upper arm must be covered and sleeves may reach the elbow.



3. The trousers must reach the feet and be open on the bottom. There should be no zip fasteners, pockets or buttons. A traditional Karate Gi or Tae Kwon Do uniform is permitted.
4. Every competing athlete's shirt must be tucked in to denote the waistline. If the uniform top is worn on the outside of the pants in the case with a Gi, then a belt must be worn.
5. For Low Kick Light competing athletes should wear a clean T-shirt with shorts
6. Competitors cannot wear any metal objects that may cause injuries to the opponent. Piercing, chains, watches, earrings, and other jewelry are not allowed. Eyeglasses are forbidden; soft contact-lenses are permissible but at the competitor's own risk.
7. Athletes may wear badges of their respective clubs, associations or sponsors. Names and slogans are permitted as long as they do not offend public decency.
8. Long hair must be tied back with an elastic band. Hair grips or any other hair accessories are not allowed.
9. Fingernails and toenails must be trimmed to avoid cuts.

2. EQUIPMENT

All competing athletes must wear:

1. Head guard must cover the top and back of the head and be open face.
2. Gum guard should fit correctly and be the property of the competing athlete. Athletes that wear dental braces should ensure that the gum guard that is used is fit for purpose and completely covers the braces to avoid injuries due to cuts. Football gum shield with straps are not allowed.
3. Gloves should be 8oz Boxing gloves for competing athletes up to Children and 10oz Boxing gloves for Younger Cadets and older.
4. Hand wrapping (maximum length 3.5 meters). NO tape is allowed on the fist or knuckles.
5. Groin protector (men and women) should be worn under the clothes
6. Shin guards should be worn under the clothes (no instep guards are permitted)
7. Breast protector to be worn by competing female athletes from Older Cadets to Senior Veterans.
8. Foot padding must cover the sides, heel, and top of the foot, including the toes.
9. Competitors may also optionally wear:
 - a) Breast protector for female Younger Cadets
 - b) Transparent Face Shields/Guards are allowed up to Younger Cadets divisions only.

Accepted equipment brands are Top Ten, Adidas, Kwon, Green Hill, SAP, Title, Shen, Smai, RDX, Ringstar, Cayhill, Twins, Primo & Fairtex. All safety equipment must be in good working order free of rips, tears and loose tape or covering. Foam should be firm density and in tact.

3. COACHES

1. Coaches must wear appropriate track suit pants and sport shoes, which must be clean.
2. Coaches must remain seated at all times during the bout and must behave in a disciplined manner.
3. If the coach does not follow the referees' instructions, his/her athlete may be penalised by a warning and, if necessary, even disqualified.
4. Only one Coaches is allowed during bouts.
5. A coach may throw in the towel if he/she wishes to retire a competing athlete from the bout.

RULE 4: SCORING AREA AND PROHIBITED ACTIONS

1. SCORING AREA

1. Forehead, front and side face
2. Front and side of the body above the waist.
3. Sweeps below the ankle (boot to boot)
4. For Low Kick Light kicks to inner and outer thigh staying away from the knee

Every action must be controlled and well-timed with light to moderate firm contact.

2. PROHIBITED ACTIONS

1. Sweeps and kicks to the knee and thigh (Light Contact).
2. Holding an opponent's leg
3. Kicks and punches to the groin.
4. Kicks and punches to the back of the head & body.
5. Scratching, biting, spitting, and verbal attacks to the referees or the opponent.
6. Attacking after stop is called.
7. Heavy contact.
8. Running away from opponent.
9. Leaving the fighting area.
10. Falling down to waste time.

RULE 5: TECHNIQUES

1. LEGAL TECHNIQUES

1. All forms of boxing techniques
2. Front kick
3. Round house kick
4. Side kick
5. Hook kick
6. Crescent kick
7. Axe kick
8. Spinning kick
9. Low Kick (Low Kick Light only)
10. Jumping kicks (controlled)
11. Sweeps and spinning sweep, boot to boot

2. ILLEGAL TECHNIQUES

1. Palm of hand
2. Inside of glove (Rabbit punch)
3. Spinning back fist
4. Knife hand
5. Elbow strikes
6. Hip or shoulder throws

7. Pushing with arms
8. Knees strikes
9. Head butts
10. Using thighs
11. Strikes to the back or below the waist.

RULE 6: POINTS AND SCORING

1. POINTS

- | | |
|--------------------------------------|----------|
| 1. All punches | 1 point |
| 2. Kicks to the body | 1 point |
| 3. Kicks to the head | 2 points |
| 4. Kicks to the leg (Low Kick Light) | 1 point |
| 5. Jump kicks to the body | 2 points |
| 6. Jump kicks to the head | 3 points |
| 7. Foot sweeps | 1 point |

2. SCORING

1. The correct definition of a score is when a legal technique hits a legal target area with reasonable power, good balance and controlled technique.
2. The competing athlete must make eye contact with the target area.
3. The judges shall score all contests by making use of the clicker system where points are accumulated every round. In this system the winner will be the one with the most point over two rounds.
4. Judges should base their scoring of each technique on the following criteria:
 - a) Good clean light contact techniques
 - b) Effective floor control
 - c) Style-specific technique
5. Generally, sweeps should not be given the same weight as an official knockdown. Judges should watch for the technique's effectiveness in slowing down a competing athlete.
6. Further, a competing athlete who presses an opponent throughout a round, but cannot land a kick or punch, should not be judged as favorably as the contestant who back-pedals throughout the round but counter-attacks with visible impact.

3. WARNINGS & MINUS POINTS

1. All infringements of the rules, depending on how serious they are, may result in warning, minus point(s), or even disqualification.
2. Warnings will be carried throughout the match.
3. Only team fights start again without warning from the rounds before.
4. All Warnings for all offences (including illegal techniques, exits, etc.) are cumulative.
5. If a competitor voluntarily steps out of a fighting area or is refusing to fight the referee warnings can be issued.
6. The warnings and penalty points are given for using all illegal techniques or doing prohibited actions, as well as any illegal action from coaches.

7. A competitor cannot receive a point and a warning on the same call, the warning overrides the point(s).
8. The procedure for warnings is as follow in Light Contact and Low Kick Light:
 - a) First warning
 - b) Second warning- First point is given to opponent
 - c) Third warning- Second point is given to opponent
 - d) Fourth warning- Disqualification, ending the bout

4. EXIT RULE

1. Exit means the whole foot must be outside the competition area.
2. It is only an exit if the competing athlete deliberately steps out the area.
3. If the competing athlete steps out when in an exchange of techniques this is not an exit.
4. Being pushed out with a kick is also not and exit.

5. REFEREE HAND SIGNALS

Hand signs for the center referee to use:

1. To give a warning or a penalty point (minus point) to a competing athlete, he/she must inform the competitor why he/she was penalized.
2. This must be done clearly and in an authoritative way.
3. During this time, the center referee shall instruct the timekeeper to stop the time.
4. The center referee shall first name the foul and show the sign, whipping one finger with a loud and clear: "NO".

Opinion:	Sign:
Contact too strong	Punch the fist in his own hand
Legal technique to a forbidden area	Show the forbidden area
Blind score	Turn the body and strike a punch
Holding or grappling	Hold his own arm and pull
Turning the body or running away	Similar
Speaking during the fight	Fingers and thumb open and close

6. POSSIBLE SITUATIONS

1. In the event of a strike that dazes a competing athlete, the center referee first of all must stop the time, after which the center referee shall ask the judges "What did you see? Was there a foul or not?" If the majority decide for "foul" the center referee will penalize the offender. If they decide on "accident" then there is no penalty.
2. If one of the competing athletes is injured, it is only the doctor/medical staff's decision that can stop the bout. Otherwise, only the competing athlete or the competing athletes coach may choose to end the bout if they wish to retire.
3. The center referee cannot decide how seriously a competing athlete is injured; he or she must call the doctor/medical staff.

4. If one of the competing athletes are injured and the bout is over because of a foul, the innocent competitor is declared the winner. In case of an accident, the competitor with the highest number of points is declared winner. If a draw, the uninjured competitor is the winner.
5. If an competing athlete is out of condition, the center referee will declare RSC (Referee Stops Contest), after discussion with the judges.
6. It is not usual to stop the time to give points, but the center referee will stop time to give a warning or minus-point.
7. In Light Contact and Low Kick Light competitions only one coach is allowed and he/she must stay seated.
8. If the coach feels there has been an infringement of the rules, he/she may indicate to the center referee using the sign "T" - for time. At no time may the coach enter the fighting area. The center referee may give a penalty point in such a case.
9. On each fighting area, the head of the referees is the ring inspector. He/she is responsible for ensuring that on his/her fighting area, all KOSA rules will be correctly applied. The ring inspector is also responsible for ensuring that neutral referees are on duty to guarantee a fair assignment of referees to competitors.

RULE 7: CONTROLLING AND RUNNING THE TATAMI

1. CENTER REFEREE'S POWER

1. The referee, supervisor and medical staff/doctor are the only persons who can stop the bout.
2. The center referee should have the medical staff examine a competing athletes injuries even if they are minor and try to monitor them throughout the match.
3. The center referee cannot decide how seriously a competing athlete is injured—only the medical staff/doctor can make this decision.
4. For instances other than injuries, only the center referee and Supervisor have the ability to stop the match.
5. The side judges must stay outside of the competition area on their allocated seats to allow space for the center referee and competing athletes.
6. The center referee should be the most experienced referee on the Tatami and must be thoroughly versed in the rules and regulations as well as the order of competition.
7. The center referee must promote the safety of the competing athletes, enforce the rules, and ensure fair play.
8. The center referee starts and stops the bout, awards points, makes warning decisions, communicates clearly with the scorekeeper and timekeeper, and announces the winner of each bout.

2. ADDITIONAL POWERS OF THE CENTER REFEREE

1. The bout starts and ends only with his/her command (not with the command of the timekeeper).
2. Has the power to issue warnings and award penalty points without a majority decision to the competing athletes or coaches.
3. Automatically has the power to disqualify a competing athlete who receives four warnings
4. Has the power to issue time-outs. A competing athlete may ask for a time-out to fix safety gear or for a possible injury, but the center referee must grant this permission.

5. The referee shall disqualify a competing athlete if he/she does not turn up after having been repeatedly called for the fight. (Four minute rule)
6. The four minute rule shall be applied in following way:
 - a) After the first minute the competitor will receive a warning.
 - b) After the second minute the competitor shall receive minus 1 point.
 - c) After the third minute the competitor shall receive a second minus point.
 - d) After the fourth minute the competitor shall be disqualified.
7. The referee shall disqualify a competing athlete who turns up with improper safety equipment and cannot replace it in four minutes, with the four minute rule being applied as described above.

3. THE REFEREE DOES NOT HAVE THE FOLLOWING POWERS.

1. The referee cannot disqualify a competing athlete for any reason other than those stated in the section above or mentioned herein.
2. The referee cannot at any time impose, change or alter any of the rules.

4. BEFORE THE FIGHT STARTS

Athletes are refereed by a center referee and two side-judges, who are always seated in opposite neutral corners of the Tatami. Thus, the side-judges are seated during the fight and cannot move around.

5. EQUIPMENT CHECK

1. First, the side-judges shall check the competitors' safety equipment.
2. Each judge is responsible for the competing athlete at his/her end.
3. The equipment shall be checked from the head to the toes.
4. For female the breast protector and male and female groin protector are checked by asking and not touching. If the competing athlete replies "yes" then this is expectable.
5. If in the case of an injury, the competing athlete was found not to have the correct protective equipment after he/she has confirmed it to be in place, he/she will be disqualified immediately.
6. The judge is also responsible for the following rules:
 - a) Check that the competitor has no jewelry or metal fixings.
 - b) Check that the nails on toes are short.
 - c) No glasses (spectacles) are allowed to be worn during a competition. There are no exceptions to this rule. Soft contact-lenses are permissible but at the competing athlete's own risk.
7. Groin protectors, shin guards and breast protectors must be worn under the clothes.
8. Competing athletes who do not allow the side judges and/or center referee to check any equipment will be automatically disqualified.
9. In the case of an injury, if a competing athlete is found to have improper safety gear, the competitor will be disqualified.

6. START OF THE FIGHT

1. The center referee will take his/her place in the middle of the competing athletes, facing the officials' table. He/she must check that the side-judges are ready to start, that the timekeeper and scorekeeper are ready to begin, and that the medical team is by the referee table or visible in the venue.
2. When all of this has been assured and the competing athletes have been approved by the side judges for their safety equipment, the bout is ready to begin.
3. Finally, the center referee should keep an eye on the visual score cards to ensure that they are not showing any points unless it is the start of a second round or during a team event where team members change.
4. He/she should also check to see that coaches are seated.
5. The center referee will ask that the competing athletes touch gloves and back up to their respective starting line. He/she will then command the timekeeper to start the time and then immediately issue the command to the competing athletes to fight.

7. END OF THE FIGHT

1. The time of the bout is over when the timekeeper shouts "stop" and concurrently throws the bean bag on the fighting area.
2. The fight is over ONLY when the center referee stops the bout for the final time with the command "stop" and not earlier.
3. Side Judges to take their clicker points (that should be visible to the table official) to the officials table for calculation and determination of the winner of the bout.
4. The center referee shall turn to the officials table, take one hand of each competing athlete and show the winner.

RULE 8: THE ATTENDANCE OF A PHYSICIAN/MEDICAL STAFF

1. Every bout must have a licensed physician or medical staff in attendance at the venue. Any and all directions and/or orders from the attending physician/medical staff must be immediately obeyed.
2. Every tournament/event must also have Emergency Medical Transport with equipment including a backboard/spinal board and neck brace.
3. The official physician/medical staff, is the final authority in questions of the safety of the competing athletes, and he/she may at any time stop or terminate a bout at his or her discretion.
4. No tournament/event may start or proceed before the attending physician/medical staff is in place, and the physician/medical staff may not leave his/her place prior to the decision in the last bout of the tournament/event.
5. The attending physician/medical staff shall be ready to assist if a serious emergency arises, and to administer first aid in the event of less serious injuries.
6. The physician/medical staff has the right to interrupt or stop a contest by calling "stop" to the center referee, if he/she thinks a competing athlete is in danger and the referee has not stopped the bout. He/she is also responsible for making the decision when a center referee calls him/her in case of an injury to a competing athlete
7. No one may attempt to aid a competing athlete during a round before the attending physician/medical staff has had the opportunity to see the injured athlete.

8. If the physician/medical staff is called to the fighting area, he/she must examine the presumed injury and then decide whether or not the bout should continue.
9. The physician/medical staff examination must have duration of not more than one minute. Any kind of treatment of the competitor is forbidden. Should one minute be insufficient, the center referee shall stop the bout and declare the injured athlete's opponent the winner.
10. The "blood rule" of 2 minutes in totality of the bout shall apply where there is blood present due to injury sustained during the bout. The timekeeper at the officials table shall monitor this time as well.
11. Physician/medical staff's decisions are final, although they can be protested if a second physician/senior medical staff member is present at the event. The later will make the decision about the protest and final call on the fitness to compete of the injured athlete.
12. The physician/medical staff, center referees, and chief official must all meet to coordinate their activities and duties to be performed prior to the event.

SECTION 4: FULL CONTACT, LOW KICK & K-1

RULE 1: WEIGHT CLASSES

RULE 3: THE ATTENDANCE OF A MEDICAL STAFF

RULE 3: ROUND NUMBER AND LENGTH

RULE 4: UNIFORM

RULE 5: RULES OF CONDUCT INSIDE AND OUTSIDE THE RING

RULE 6: THE COMPETING ATHLETE

RULE 7: THE COMPETING ATHLETE'S EQUIPMENT

RULE 8: CORNER COACHES

RULE 9: CLASSIFICATION OF ADULT COMPETITORS

RULE 10: AMATEUR DIVISION SCORING RULES

RULE 11: LEGAL TECHNIQUES

RULE 12: ILLEGAL TECHNIQUES

RULE 13: SPECIAL PROVISIONS FOR YOUTH

RULE 14: WARNINGS AND MINUS POINTS

RULE 15: PROTESTS AND ALTERATION OF DECISIONS

Kickboxing Organization of South Africa



RULE 1: WEIGHT CLASSES

The following weight divisions shall be used for athletes under 17 years old:

OLDER CADETS (13 & 14)		YOUNGER JUNIORS (15 & 16)	
BOYS	GIRLS	BOYS	GIRLS
-40 kg	-36kg	-40 kg	-36kg
-43 kg	-40 kg	-43 kg	-40 kg
-46 kg	-44 kg	-46 kg	-44 kg
-49 kg	-48 kg	-49 kg	-48 kg
-52 kg	-52 kg	-52 kg	-52 kg
-55 kg	-56 kg	-55 kg	-56 kg
-58 kg	-60 kg	-58 kg	-60 kg
-61 kg	-64 kg	-61 kg	-64 kg
-64 kg	+64 kg	-64 kg	+64 kg
-67 kg		-67 kg	
-70 kg		-70 kg	
-74 kg		-74 kg	
-79 kg		-79 kg	
-84 kg		-84 kg	
+85 kg		+85 kg	

The following weight divisions shall be used for athletes over 17 years old:

OLDER JUNIORS (17 & 18)		SENIORS (19-45)	
BOYS	GIRLS	MEN	WOMAN
-51 kg	-46 kg	-51 kg	-46 kg
-54 kg	-49 kg	-54 kg	-49 kg
-57 kg	-52 kg	-57 kg	-52 kg
-60 kg	-55 kg	-60 kg	-55 kg
-63 kg	-58 kg	-63 kg	-58 kg
-67 kg	-61 kg	-67 kg	-61 kg
-70 kg	-64 kg	-70 kg	-64 kg
-74 kg	-67 kg	-74 kg	-67 kg
-78 kg	-70 kg	-78 kg	-70 kg
-82 kg	-74 kg	-82 kg	-74 kg
-86 kg	+74 kg	-86 kg	+74 kg
-90 kg		-90 kg	
-94 kg		-94 kg	
+94 kg		+94 kg	

In non-tournament events (Fight Nights), there shall be allowed no more than 3kg differential between competing athletes under 70kg, no more than 4kg from 70kg to 94kg and any weight differential over 94kg. For Older Cadets, in addition to weight, other factors must be taken into consideration for matchmaking, such as height, age, and experience.



RULE 2: THE ATTENDANCE OF MEDICAL STAFF

1. Every bout must have at a minimum two fully qualified paramedics in attendance at ringside. They must be familiar with and adept at performing emergency medicine such as the sort which would be needed in such athletic activity. Any and all directions and/or orders from the attending medic must be immediately obeyed. A registered practicing Physician is optional and welcome to be ringside.
2. Every Medical team must also have Emergency Medical equipment including a backboard/spinal board and neck brace ringside.
3. The Physician/Senior Medical Staff member, who must be present with every bout, is the final authority in questions of the safety of the competing athletes, and he/she may at any time stop or terminate a bout at his/her discretion.
4. No bout may start or proceed before the attending Physician and /or Medical Staff is in place, and the Medical staff may not leave their place prior to the decision in the last bout.
5. The attending physician/medical staff shall be ready to assist if a serious emergency arises, and to administer first aid in the event of less serious injuries.
6. The physician/medical staff has the right to interrupt or stop a bout by calling “stop” to the center referee, if he/she thinks a competing athlete is in danger and the referee has not stopped the bout. He/she is also responsible for making the decision when a center referee calls him/her in case of an injury to a competing athlete.
7. No one may attempt to aid a competing athlete during a round before the attending physician/medical staff has had the opportunity to see the injured athlete.
8. If the physician/medical staff is called to the ring, he/she must examine the presumed injury and then decide whether or not the bout should continue.
9. The physician/medical staff examination must have duration of not more than one minute. Any kind of treatment of the competitor is forbidden. Should one minute be insufficient, the center referee shall stop the bout and declare the injured athlete’s opponent the winner.
10. The “blood rule” of 2 minutes in totality of the bout shall apply where there is blood present due to injury sustained during the bout. The timekeeper at the officials table shall monitor this time as well.
11. The physician/medical staff, center referees, and chief official must all meet to coordinate their activities and duties to be performed prior to the event.

RULE 3: NUMBER OF ROUNDS & LENGTH

Elimination rounds and Finals in tournaments

1. Three rounds of one minute thirty (3 x 1.5 min) under 15 years old (Older Cadets)
2. Three rounds of two minutes (3 x 2 min) 15 years old and older (Younger Juniors and older)
3. There will be one minute break between rounds

In all other events, bouts shall consist of no more than three (3) one & half (1.5) rounds for Older Cadets and five (5) two (2) minute rounds for Younger Juniors and older with a one (1) minute break between rounds.

Regional, Provincial and National title fights shall consist of five (5) two (2) minute rounds for Younger Juniors and older only.

RULE 4: UNIFORM

1. For Full Contact Kickboxing, competing athletes shall wear long trousers. Males shall not wear any upper body covering. Females must wear a sports or athletic top or bra.
2. For Low Kick & K-1, competing athletes shall wear shorts. Males shall not wear any upper body covering. Females must wear a sports or athletic top or bra.
3. All attire shall be permitted at the discretion of KOSA.

RULE 5: RULES OF CONDUCT INSIDE AND OUTSIDE THE RING

1. It is the duty of every competing athlete to show fair play in the ring. Should a competing athlete not be ready to continue the bout, due to his/her safety equipment not working properly or for other reasons, he/she shall retreat one step and raise one arm.
2. Should a competing athlete be sent down for the count or in any other way be incapacitated, his/her opponent shall immediately retreat to the nearest neutral corner and wait for the referee to signal that the bout can proceed again.
3. Should the end of the round be signaled while a competing athlete is receiving an eight-count, the other opponent shall remain in the neutral corner and all corner coaches shall stay out of the ring until the referee has concluded the count.
4. When a competing athlete receives a warning or a reprimand from the referee, he/she must put his/her gloves up in guard position and nod their head toward the referee to indicate that he/she has understood the reason for the warning or reprimand.
5. At the conclusion of the bout, the competing athletes shall approach the referee, standing in the center of the ring, and there, with one athlete on each side of the referee, await the announcement of the decision. The referee shall then raise the arm of the winner.
6. After the bout, the competitors shall acknowledge and thank each other and each other's coaches, after which both competitors shall thank to the referee in recognition of his/her efforts.
7. Violation of KOSA rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

RULE 6: THE COMPETING ATHLETE

1. The competing athlete must be in good physical shape and have a good sportsmanlike attitude.
2. For Seniors athletes, the age limit to compete is 45 years old.
3. The competing athlete must be well groomed and presentable.
 - a) The nails of hands and feet must be cut short.
 - b) The hair must be clean or freshly washed.
 - c) Male competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair that apply to female competitors.
 - d) All competitors shall be clean and proper.
 - e) It is the sole prerogative of the KOSA referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match. The referee can insist that such facial hair be removed, or in the case of long hair, be contained.

4. Excessive use of grease or similar substances is prohibited. Thai oil, boxing liniment, petroleum jelly, and similar substances are permitted on the body in conservative quantities as long as the shin surface is dry and not slippery.
5. Competing athletes are prohibited from wearing any type of jewelry or piercing accessories during a bout.
6. Competing athletes will enter into one of the two division's recognized by KOSA either male or female. Male and Female as defined by the XY sex-determination system.

RULE 7: THE COMPETING ATHLETE'S EQUIPMENT

1. All competing athletes must be equipped in all divisions with approved safety equipment in the form of competition.
2. An individually fitted breast-protector for females in all disciplines and all age classes is mandatory.
3. An individually fitted groin-protector for all age classes in all disciplines for males and for females is mandatory.
4. Foot protectors and shin guards are required for Full Contact Kickboxing.
5. Shin Instep protection for Low Kick & K1 is mandatory.
6. Individually fitted head guard is mandatory. Head guard must be open faced, with no nose or cross-face protection.
7. Individually fitted mouth guard is mandatory.
8. Bandaging of competing athlete's hands with surgeon's adhesive tape or bandages are not allowed. Only material hand wrapping (maximum length 3.5 meters) may be used.
9. 10 oz. Boxing gloves shall be used for all divisions and classes. Gloves must be in good condition and be of the accepted brands.
10. Competing athletes are responsible for bringing their own personal equipment and that of their corner coaches to all KOSA sanctioned events and tournaments.
11. A competing athlete may place a layer of adhesive tape over the closures of his/her gloves and foot protectors in order to hold them in place only after the equipment was inspected by the referee.
12. All competing athletes with long hair may wear approved hair bands or holders without any metal and must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the bout.

Accepted equipment brands are Top Ten, Adidas, Kwon, Green Hill, SAP, Title, Shen, Smay, RDX, Ringstar, Cayhill, Twins, Primo & Fairtex. All safety equipment must be in good working order free of rips, tears and loose tape or covering. Foam should be firm density and in tact.

RULE 8: CORNER COACHES

1. The corner coach may give up on behalf of his/her competing athlete if he/she deems it irresponsible to let the bout continue. The corner coach may stand on the ring apron, at which time the bout shall be immediately stopped by the referee. A corner coach shall not throw in a towel.
2. Prior to every tournament or event, the Chief Referee shall call a meeting with all judges, referees, corner coaches and competing athletes to clarify any questions about rules, regulations and the general proceedings of the tournament or event. No rules can be changed during this meeting. This meeting is mandatory for all competing athletes.

3. Corner coaches shall support and advise their competing athletes during the intermission between rounds. Corner coaches shall remain seated during rounds. Nothing, including corner coaches hands, water bottles and any equipment used to assist the competing athletes between rounds, shall rest on the ring apron during the round. Each competing athlete may have two corner coaches, only one of whom may enter the ring during the break between rounds.
4. During the rounds neither of the corner coaches may enter the ring or in any other manner hinder or disturb the proper proceeding of the bout. Corner coaches shall comply with any and all directions given by the referee. Prior to each round the corner coaches must remove buckets, stools and towels and if necessary, wipe the floor clean of spilt water. The corner coaches shall have at their disposal a towel, water and grease for the competitor.
5. During the rounds the corner coaches may give advice and “coach” (only in a proper manner), help, or encourage the competing athlete. Should a corner coach violate any rules during the bout, the referee can issue a warning, expel the corner coach, or disqualify the competing athlete. A corner coach who has been expelled may not function as corner coach in the remaining part of the tournament or event.
6. A bout starts when the referee gives the command “fight” to begin the first round, and it finishes when the referee stops the fight in the last round. Only the competing athletes and the referee may be present in the ring during the bout. If any other person enters the ring, the referee can decide that the bout is immediately over and cannot continue again.

RULE 9: CLASSIFICATION OF COMPETING ADULT ATHLETES

1. KOSA officials shall verify that competitors compete in their proper weight classes.
2. The count of victories is made by adding the number of victories the competing athlete has had as an adult(not the number of bouts, which is irrelevant) and then classifying the competing athlete accordingly.
3. The following Classifications shall be used for adult athletes:
 - a) Class C – Amateur —Less than 5 victories. Athlete progress to Class B after 5 wins in class.
 - b) Class B – Amateur —Less than 10 victories. Athlete may progress to Class A after 10 wins in class.
 - c) Class A – Amateur

RULE 10: AMATEUR DIVISION SCORING RULES AND BOUT RESULTS

1. SCORING

1. The judges shall score all bouts and determine the winner through the use of the 10-Point Must System.
2. In this system the winner of each round receives ten points and the opponent receives a proportionately smaller number. But in no circumstances shall a judge award the loser of each round fewer than seven points.
3. If a round is judged even, each competing athlete shall receive ten points. No fraction of points may be given.
4. Judges should base their scoring of each round on the following criteria, with each tier taking precedence over any item below it (thus, one tier’s criterion must be equal in order for a judge to include the tier(s) below it in his or her evaluation):

- a) Number of knockdowns
 - b) Effective striking technique, to be defined as the amount of damage legal strikes cause the opponent
 - c) Effective ring control
 - d) Style-specific technique
5. Scoring shall be based upon the effectiveness of any legal techniques used.
 6. The number of eight-counts shall be weighted first. If this criterion is equal, then effective striking shall be weighted second. If these two criteria are equal, effective ring control shall be weighted next.
 7. With all three criteria equal, judges shall then look to the use of style-specific techniques.
 8. Generally, sweeps should not be given the same weight as an official knockdown.
 9. Judges should watch for the technique's effectiveness in slowing down a contestant.
 10. Further, a competing athlete who aggressively presses an opponent throughout a round, but cannot land a threatening kick or punch, should not be judged as favorably as the athlete who back-pedals throughout the round but counter-attacks with visible impact.
 11. More specifically, the judges shall award points to competing athletes on the basis of round-by-round outcomes and in accordance with the following scores:
 - a) A 10 points to 10 points round is strongly discouraged, and judges should look through the judging criteria for more effective techniques, more effective pressing of the action, and more style-specific technique. An even round should only occur in the case of a loss of points by a competing athlete.
 - b) 10 points to 9 points whenever the winning athlete dominates the losing contestant with a marginal superiority in effectiveness.
 - c) 10 points to 8 points whenever the winning athlete dominates the losing athlete, or whenever the winning athlete dominates the losing athlete with a significant superiority in effectiveness as might be indicated by one knockdown.
 - d) 10 points to 7 points whenever the winning athlete dominates the losing athlete with an overwhelming superiority in effectiveness as must be indicated by more than one knockdown.
 12. Following each round and at the termination of the bout, the referee shall pick up the ballots of the judges. The referee shall then deliver the ballots to the scorekeeper who shall tally all scores, subtract all penalties and deliver the totals to the KOSA representative assigned to verify them. The majority opinion of the three judges, less penalty points, shall be conclusive. If there is no majority opinion, then the decision shall be a draw.

2. OUTCOME OF SCORING:

The following decisions may be rendered at the completion of a bout:

1. Decision via score cards:
 - a) Unanimous: When all three judges score the bout for the same contestant.
 - b) Split Decision: When two judges score the bout for one athlete and one judge scores for the opponent.
 - c) Majority Decision: When two judges score the bout for the same athlete and one judge scores a draw.
2. Draws:
 - a) Unanimous: When all three judges score the bout a draw.
 - b) Split: When all three judges score differently and the score total results in a draw.
 - c) Majority: When two judges score the bout a draw and one judge scores for either athlete.
3. When the Association representative has completed verifying and totaling the scores, the announcer then in turn shall inform the referee that he shall raise the winner's hand.

3. VICTORIES:

1. Victory by attending medic stopping contest or injury:

1. The attending physician/medical staff is the supreme authority in questions relating to the safety of the competing athletes and may demand that the bout be stopped.
2. If one of the competing athletes is injured, the physician/medical staff decision alone can stop the bout.
3. The competing athlete themselves or their corner coaches may also retire from the bout.
4. The physician/medical staff may stop any bout regardless of it being a Regional, Provincial or National Championship or any other important bout.
5. Should the physician/medical staff wish to stop a bout to examine a competing athlete, he/she must first inform the referee. The referee shall then stop the bout until the physician/medical staff has examined the competing athlete, but the bout shall be stopped only for the purpose of deciding whether or not the bout can continue.
6. This examination must have duration of not more than one minute. During this time any kind of treatment of the competing athlete is not allowed. Should one minute be insufficient, the referee shall stop the bout and declare the injured athlete's opponent the winner.
7. If one of the competing athletes are injured and the bout is declared over because of a foul, the fouled athlete is declared the winner.
8. In case of an accident, the judges must tally their scorecards and the athlete with the greatest number of points shall be declared the winner.
9. If both competing athletes are injured or knocked out simultaneously, and neither is able to continue the bout, the result shall be a draw. Should this situation occur in the first round, the bout shall be declared "No Contest" and no winner shall be declared.

2. Victory by one competitor giving up:

1. In cases where a competing athlete voluntarily gives up because of injuries or for any other reason, or if he/she does not resume fighting immediately after the intermission between rounds, the opponent shall be declared the winner.
2. In these cases, the corner coach shall notify the referee to signal that his/her athlete gives up.

3. Victory by the referee stopping a contest:

1. The referee may stop a bout if a competing athlete is clearly outmatched or if he/she is a hazard to his/her own safety according to the following guidelines:
 - a) If the referee believes that a competing athlete is clearly overmatched and will face unnecessary physical damage in the ring, the bout should not be allowed to go on.
 - b) If a referee believes that a competing athlete is unable to continue the bout due to injuries or for any other physical reasons, he/she may consult the ringside physician/medical staff or may at his/her discretion stop the match.
2. The referee must stop a bout upon the second (Older Cadets & Younger Juniors) or third (Older Juniors & Seniors) eight-count in an entire bout. Upon the final knockdown, the referee will issue the eight-count to the athlete and then wave off the bout as a Technical Knockout (TKO).
3. A competing athlete may not be saved by the bell. Should the round end during an eight-count, the referee shall continue the count to its full duration. During this time, the opponent shall remain in the neutral corner and corner coaches shall remain seated outside the ring.

4. DISQUALIFICATION

When an injury sustained during bout as a result of an intentional foul is severe enough to terminate the bout.

5. FORFEIT

When a competing athlete fails to begin a bout or prematurely ends the bout for reasons other than injury.

6. TECHNICAL DRAW

When an injury sustained during the bout as a result of an unintentional foul, causes the injured athlete to be unable to continue and the injured athlete is even or ahead on the score cards at the time of stoppage.

7. TECHNICAL DECISION

When an injury sustained during bout as a result of an unintentional foul causes the injured athlete to be unable to continue and the injured athlete is ahead on the score cards at the time of stoppage.

8. NO CONTEST

1. A bout may be stopped immediately by the referee before the prescribed time due to circumstances beyond the control of the competing athletes or the referee:
 - a) The safety equipment of the ring has been damaged.
 - b) The ring is unsafe for use.
 - c) The lighting over the ring is failing.
 - d) Weather conditions force the referee to stop the match.
2. Under such circumstances the bout shall be stopped and a “no contest” shall be declared with no winner.
3. A bout shall be declared a “no contest” when an unintentional foul causes an injury and the bout cannot continue, and a sufficient number of rounds have not been completed to render a decision via the score cards (see Technical Decision and Technical Draw).

9. VICTORY BY WALK-OVER:

1. If one competing athlete is present in the ring and ready to fight and his/her opponent fails to show after his/her name has been called over the loudspeaker, the referee shall signal the referee’s table to begin the running of two minutes.
2. If the opponent has not entered the ring within the two minute time limit, the timekeeper shall strike the gong to signal that the bout has been stopped.
3. The referee shall then announce the competing athlete who was first in the ring and declare him/her the winner by “walk-over”.
4. The judges shall note this on their scorecards, which shall then be collected.
5. The referee shall then summon the competing athlete who has won by walk-over to the center of the ring, and after the announcement of the decision, raise his/her hand and declare him/her the winner.

10. INJURIES

The following shall apply to injuries sustained during competition:

1. If an injury sustained during a bout as a result of a legal maneuver that is severe enough to terminate a bout, the injured athlete loses by technical knockout.
2. If an injury sustained during a bout as a result of an intentional foul that is severe enough to terminate a bout, the athlete causing the injury loses by disqualification.

3. If an injury is sustained during a bout as a result of an intentional foul and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the athlete who committed the foul.
4. If an injury is sustained during a bout as a result of an intentional foul that causes the injured athlete to be unable to continue at a subsequent point during the bout, the injured athlete shall win by technical decision, if he/she is ahead on the score cards. If the injured athlete is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.
5. If a competing athlete injures himself/herself while attempting to foul his/her opponent, the referee shall not take any action in his/her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.
6. If an injury is sustained during a bout as a result of an accidental foul and it is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have been completed in a three round bout or if stopped before three rounds have been completed in a five round bout.
7. If an injury is sustained during a bout as a result of an accidental foul and it is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the fouled athlete if he/she is ahead on the score cards at the time the bout is stopped only when the bout is stopped after two rounds of a three round bout, or three rounds of a five round bout have been completed. If the fouled athlete is even or behind at this time, the bout shall be declared a technical draw.
8. There will be no scoring of an incomplete round. However, if the referee penalizes either competing athlete, then the appropriate points shall be deducted when the scorekeeper calculates the final score.

RULE 11. LEGAL TECHNIQUES

The following are legal techniques that can be used:

1. Full Contact Kickboxing:

1. All forms of boxing techniques
2. Front kick
3. Round house kick
4. Side kick
5. Hook kick
6. Crescent kick
7. Axe kick
8. Spinning kicks
9. Jumping kicks
10. Sweeps and spinning sweep, boot to boot

2. Low Kick

1. All forms of boxing techniques
2. Front kick
3. Round house kick
4. Side kick
5. Hook kick
6. Crescent kick

7. Axe kick
8. Spinning kicks
9. Low Kick
10. Jumping kicks
11. Sweeps and spinning sweep, boot to boot

3. K1:

1. All forms of boxing techniques
2. Spinning back hand
3. Front kick
4. Round house kick
5. Side kick
6. Hook kick
7. Crescent kick
8. Axe kick
9. Spinning kick
10. Low Kick
11. Jumping kicks
12. Sweeps and spinning sweep, boot to boot
13. Knee Strike (1 knee strike per clinch)
14. Clinch (5 second rule)

RULE 12. ILLEGAL TECHNIQUES

The following are illegal techniques that cannot be used:

1. Full Contact Kickboxing

1. All forms of biting
2. All strikes, blows and punches executed with the palm side of the glove
3. All techniques to the back and the back of the head
4. Any form of butting with the head
5. All attacks (strikes, punches, kicks) against the joints
6. Strikes of any kind to the groin
7. Attacking a downed opponent or an opponent who touches the floor with his/her glove
8. Spitting out one's gum guard
9. Any kind of throwing
10. Holding the opponent's leg while executing striking or punching techniques
11. Holding the ropes and attacking an opponent
12. Any form of clinching or holding the opponent
13. All types of strikes with the elbow
14. Any form of kicking with the knees
15. All kicks against the thighs or under the waistline, excluding foot sweeps

2. Low Kick

1. All forms of biting
2. All strikes, blows and punches executed with the palm side of the glove
3. All techniques to the back and the back of the head
4. Any form of butting with the head
5. All attacks (strikes, punches, kicks) against the joints
6. Strikes of any kind to the groin
7. Attacking a downed opponent or an opponent who touches the floor with his/her glove
8. Spitting out one's gum guard
9. Any kind of throwing
10. Holding an opponent's leg while executing striking or punching techniques
11. Holding the ropes and attacking an opponent
12. Any form of clinching or holding the opponent
13. All types of strikes with the elbow
14. Any form of kicking with the knees

3. K1

1. All forms of biting
2. All strikes, blows and punches executed with the palm side of the glove
3. All techniques to the back and the back of the head
4. Any form of butting with the head
5. All attacks (strikes, punches, kicks) against the joints
6. Strikes of any kind to the groin
7. Attacking a downed opponent or an opponent who touches the floor with his/her glove
8. Spitting out one's gum guard
9. Any kind of throwing
10. Holding an opponent's leg while executing striking or punching techniques
11. Holding the ropes and attacking an opponent
12. All types of strikes with the elbow
13. Clinching or holding for any reason other than to immediately attack with a knee strike. Clinching or holding while executing more than one knee.

RULE 13: SPECIAL PROVISIONS FOR YOUTH

1. Youth shall be divided into the following age categories:
 - a) Older Cadets (13-14 years)
 - b) Younger Juniors (15-16 years)
 - c) Older Juniors (17-18 years)
2. The referee must stop a bout upon the second (Older Cadets & Younger Juniors) or third (Older Juniors) eight-count in an entire bout. Upon the final knockdown, the referee will issue the eight-count to the athlete and then wave off the bout as a Technical Knockout (TKO).
3. Spinning backfists in K1 for Older Cadets shall be illegal.

RULE 14: WARNINGS AND MINUS POINTS

1. In case of a serious violation, the referee shall stop the bout with the command “Stop” and issue a warning. The warning shall be issued clearly and in such a manner that the offending athlete understands the reason for the warning.
2. The referee shall clearly indicate which competing athlete has received the warning by taking the hand of the violator and indicating to the judges and Chief Referee. Following a warning the referee shall let the bout proceed by commanding “Fight”.
3. If an official warning was given because of a foul, no point shall be deducted, but the judges shall immediately document the fouling athlete’s scoresheet with a “first warning”.
4. If a athlete has received a “second warning” because of a foul, no point shall be deducted, but the judges shall immediately document the fouling athlete’s scoresheet with a “second warning”.
5. Should a competitor receive three warnings in one bout, he/she shall be immediately penalized simultaneously with the first minus point and one point (on the 10-Point must score) must be deducted by the judges.
6. The referee has the opportunity to immediately give a competitor a minus point in the case of a clear and brutal foul.
7. After two minus points in a bout, he/she shall immediately be disqualified simultaneously with the second minus point being issued.
8. The warnings and minus points are given for the use of all illegal techniques or prohibited actions committed by a competing athlete.
9. Warnings and minus points can also be given for prohibited actions committed by the competing athlete’s corner coaches.

RULE 15: PROTESTS AND ALTERATION OF DECISIONS

1. The scoring of the referee and judges is final.
2. Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.
3. A judge’s decision, given at the conclusion of any bout shall be binding and may be altered only in the event that the Chief Referee and Tournament/Event Director deem that one of the following circumstances has occurred:
 - a) An illegal agreement has been entered into that affects the result of the bout.
 - b) The addition of the scorecards is faulty or one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.
 - c) A clear violation of the rules and regulations of KOSA, directly affecting the outcome of the bout, has been perpetrated.
4. Protests shall be directed to the Chief Referee & tournament/event director and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (video footage will not be accepted).
5. The Chief Referee & tournament/event director will decide on the protest after hearing evidence from the protesting side and the referees concerned. Video footage will not be accepted. The Chief Referee and & tournament/event director’s decision is final.
6. Decisions of the official physician/medical staff are final

