

INTERNATIONAL COMBAT ORGANISATION

OFFICIAL AMATEUR RULEBOOK

Edition April 2018

Introduction

This Rulebook replaces all previously issued rules. It also reflects the official ICO Amateur Competition Rules.

These current rules are valid for all member states. Consideration can be given to local legal requirements and obligations if required.

The official language of the IRC is English. This Rulebook can be translated in to other languages by the IRC. In case of any discrepancies, the official English version shall prevail.

Without the specific written consent of either ICO or the IRC, this Rulebook shall not be copied, published or distributed. This includes electronic, digital, physical or any other duplication forms.

This Rulebook can be ordered free through the official website of the International Combat Organisation, www.icokickboxing.org

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1. Part – General

1. ICO / IRC

1.1 ICO

ICO is the International Combat Organisation, with head office in Birmingham / United Kingdom. The affiliated National Federations are members of ICO.

1.1 IRC

The IRC is the International Rules Committee. The IRC consists of the ICO Head Referee plus four appointed A1 Referees.

The IRC can make alterations or omissions to the existing rules, as well as implement new ones. The IRC can also be used as an arbitrary body in certain cases. The IRC also handles the Referee affairs at larger tournaments.

The IRC Members are solely appointed from the ICO World head office.

1.2. Amateur Status

1.2.1 The term “Amateur” was previously used to group all fighters of the Full-Contact, Low kick, K-1 or Thai-Box divisions. It shall be used in this Rulebook to describe all Fighters that are not Professionals.

1.2.2 Fighters shall be considered Amateurs providing they do not meet one or more of the following conditions:

The fighter is under a professional contract.

The fighter has never participated in an event of more than 5 rounds or Thai Box A - Class.

The fighter is listed on a Pro-Rank list.

1.2.3 If a fighter thinks that he/she is listed on a Pro-Rank list, and shouldn't be, he/she must report it to the National Federation, and to the Organisation responsible for the list, to apply for a confirmation of his/her Amateur Status. The IRC will decide upon the application to remain classified as an Amateur. The Amateur status will be granted while the application is pending.

1.2.4 Non-Amateurs cannot participate on Amateur events. If the IRC is informed about a contradiction to this rule, one or more of the following actions can be taken:

a) Disqualification of the Non-Amateur

b) A ban/suspension. The IRC will decide upon the length of time.

c) A fine of minimum 300 GBP

d) Revocation of a title achieved. A revocation of a World Title requires the approval of the ICO head office.

1.3. Doping

1.3.1 It is not permitted to apply any substances to boost the performance if such substance is banned by one of the appropriate Organisations as a doping substance. (IOC, Anti-Doping Agency, National Olympic Committee, WADA etc.).

1.3.2 ICO, the IRC, the tournament Promoter and the Official Doctor can and may perform controls. With the authorization of the ICO, other qualified Organisations and persons may perform such controls where the law requires it.

1.3.3 Fighters that intentionally avoid, obstruct or evade such controls, or manipulate them in any way, can be disqualified and banned, for a period to be determined by the IRC.

1.3.4 The privacy, especially of Kids and Female Competitors, must be respected. Doping controls must be made by a qualified person of the same gender. Where this is not possible, a member of the IRC of the same gender supervises the collection of the test sample.

1.4. Registration

1.4.1 Fighters who want to be admitted to any competition, tournament or gala, need to fulfil the following conditions:

a) To possess a ICO issued or accepted Sport Book (Sport Pass)

b) To have a valid license stamp for the current year applied in the Sport Book

c) Proof of an appropriate entry in the Sport Book to show they are "Fit to Fight". A Medical assessment must not be older than 12 months. (Forms only competitors need not to comply with this rule)

d) Not to be excluded for medical or any other reason from participating in the event

e) To be able to show a medical attest of a performed EEG examination, in case of experiencing 3 head knockouts within a period of less than 12 months. The EEG must be made after the banned period.

f) In case of female participants, not to be pregnant.

1.4.2 Entries into the ICO Sport Book

The Promoters of a tournament, a competition or a gala are responsible to make the following entries to the ICO sport book:

- a) Place, date and name of the event
- b) Discipline and score of the fighter
- c) Any Knockout, Stoppage or Surrender

Instead of the Promoter, the Head Referee, ICO Area/Ring Supervisor, or in case of a Knockout, Stoppage or Surrender a doctor can make the entries.

1.4.3 Banning periods after a Knockout, Stoppage or Surrender

- a) 1 month after the incident
- b) 3 months after the second incident
- c) 12 months after the third incident within 12 months (EEG required)

After a 12 month ban due to three Stoppages/Knockouts or Surrenders within 12 months, the fighter has also to submit a medical assessment with a negative EEG examination result, before being admitted to any competition again.

1.4.4 Identification of the competitors

On International events, the competitors must prove their identity and nationality by showing Government issued ID.

Competitors that show an ID card issued by the ICO, displaying the 5-digit MAP number, need not to produce further identification. The 5-digit MAP number means that they have already had their passport or ID scanned.

1.4.5 Chosen Country Nationalities

A competitor who can prove his/her special relations to a country other than the one of his/her nationality must submit one of the following documents to the ICO:

- a) birth certificate of the country of choice
- b) marriage certificate with a citizen of the country of choice
- c) a permanent residence permit of the country of choice

The application must be submitted in writing through the ICO in the chosen country. The ICO of the chosen country must apply then to the ICO head office. A competitor who has chosen a country via this method can only change again after obtaining a new citizenship, or after moving to another country for permanent residence there.

The ICO head office decides upon such applications, which must be submitted at least 1 month prior to the competition the fighter intends to participate in.

1.5 Age Categories

Kid	is less than thirteen years on the FINAL DAY of Competition.
Junior	should have reached 13 years but be less than 18 years on the FINAL DAY of Competition.
Adult	Man or Lady should have reached 18 years but be less than 36 years on the FINAL DAY of Competition.
Veteran	Man or Lady should have reached 36 years but be less than 44 years of age on the FINAL DAY
Master	should have reached the age of 45 years on the FINAL DAY of Competition.

1.6 Weigh-In

1.6.1 The weigh-ins must be completed at least two hours prior to the first fight.

1.6.2 International Tournaments, Competitions or Gala shows

Whenever possible, a selection of volunteer Referees that are preferably from different countries, supervise the weigh-in on International Competitions the day before the start of the competition.

1.6.3 Male and Female participants

Whenever there are male and female participants, the medical examinations must be held in separate rooms, or if in the same room, then during different times. Furthermore, the examinations must be done by medical staff of the same gender if possible.

1.7 Competition – Management

1.7.1 Matted Area (Semi-Contact, Forms, MMA and Light-Contact - if Light-Contact or MMA is not held in the Ring)

- a) The fighting area must be square, and each side must have a length of 6m to 8m.
- b) On two sides facing each other, 1m from the center of the square to the outside, two parallel lines are to be marked, on which the competitors line up at the beginning of the fight.
- c) Around the fighting area, a safety strip of 1m must be kept clear. No Spectators or Referee-Tables can be placed within that strip. The strip can be marked out on the floor.
- d) The Timekeeper and Scorekeeper (for Semi Contact) are located at the Referee-Table facing the Centre Referee. Electronic score boards and screen are permitted.
- e) In case there is only one fighting area, sufficient space for the Medics and/or Emergency Personnel must be provided at the Referee-Table.
- f) The Referee-Table must be equipped with the following items:
 - Pool lists, Score boards or electronic displays, Table stop watch, plus hand stop watch in reserve
 - Acoustic signal (Bell, Whistle, Horn), A bean bag is also permitted
 - Spare papers / pencils, PC and printer permitted

1.7.2 Boxing Ring (all Full-Contact Sports, MMA and Light-Contact)

- a) The boxing rings must correspond to the norm of the AIBA (Association Internationale de Boxe Amateur).
- b) The boxing ring, all side protections and the ropes must be inspected for suitability and safety prior to the first fight.
- c) The usual side length of the square is a minimum of 4.5m and a maximum of 6.10m. (Side length of the ropes) The ring must be surrounded by 4 ropes.
- d) The four corners must be made of metal. The diagonal distance between them shall not exceed 10.6m (outside measurement).
- e) The height of the corners shall not be more than 1.32m (52") above the platform of the ring.
- f) All corners must be covered with commonly used cushions to avoid possible injuries.
- g) None of the 4 ropes may have a diameter of less than 2.5cm (1").
- h) The lowest rope must be placed 33.02cm (13") above the platform, the top rope no more than 1.32m.
- i) All ropes must be covered with a soft tightly fitted material.
- j) The platform itself may be placed at a minimum height of 90cms, and not higher than 1.20m above the ground. It must be covered with a foam or similar material below the ring floor layer.
- k) Stairs must be placed in the red and blue corner.
- l) Tables and chairs for the Judges are to be provided along the three other sides of the Ring.
- m) If there is only one ring in use, sufficient space for the medics and/or emergency personnel is to be provided at the Referee-Table.
- n) To avoid possible injuries, Camera Operators are not permitted on the platform during the rounds.

1.8 Referee licenses

- | | |
|---|---|
| F | National Judge for local events |
| E | National Judge for national events |
| D | National Judge & Referee for national events |
| C | International Judge & Referee for international events, including local titles |
| B | International Judge & Referee for all events including national pro titles |
| A | International Judge & Referee for all events including international pro titles |

A 1 International Supervisor - for International title fights and amateur championships

1.8.3 All National Licenses F, E, and D can be awarded by the local national head referee of each country after the annual Referee Seminar. These licenses are valid for 12 months and must be renewed thereafter.

1.8.4 The International Licenses C and B will be given directly from the IRC head referee after the International Referee Seminar or ICO head office directly. These licenses must be confirmed by the IRC and are valid for three years, unless otherwise shortened.

1.8.5 All International Referees are responsible themselves to extend their own licenses at least every third year.

The A License and finally the A1 Supervisor License can be awarded only by majority decision from the IRC or ICO head office directly. These licenses are valid for three years. All international A class Referees and Supervisors are responsible themselves to extend their own licenses at least every third year

International Referees & Judges

1.8.6 The minimum age is 18 years and the Referee or Judge must be a member of a National ICO Federation. They must attend international seminars.

1.8.7 A basic knowledge of the English language is compulsory. All International Seminars will be held in English language.

1.8.10 To be nominated as A – Referee and A1 Supervisor The majority of the IRC Members must support the nomination.

1.8.11 To be nominated as B – Referee the IRC Chairman must support the nomination.

1.8.12 To be nominated as C – Referee the appropriate Country Head Referee or Country Representative must support the nomination. A national Referee cannot gain international status without the permission of their country head referee.

1.8.13 The IRC can make the attendance of seminars, and/or the successful passing of a test, as well as sufficient command of English (the official language of the IRC), as a condition for an A or B – Referee nomination. The nominations are to be confirmed periodically, at least every 3 years.

1.8.14 Licensed Referees will be registered in a central database. Their names, category, nationality and MAP-number will be published on the official web site.

1.8.15 Nationality – conflict of interest

The following two variants are suitable for the composition of the Referee Team on Continental & World Championships:

a) There can be one Judge of the nationality of the Red competitor. There must also be one Judge of the nationality of the Blue competitor. The other Judge must be from a neutral country, (from neither of the competitors' nationalities).

b) All Judges are of a different nationality than either the Red or the Blue Competitor. This is the preferred choice.

A CENTER REFEREE CANNOT BE OF THE SAME NATIONALITY AS EITHER COMPETITOR.

1.8.16 If a Referee has several nationalities, or if he, based on the exception of the nationality principle, has chosen a country, he must step down voluntary whenever an opponent is of either one of the Referee's nationality, or of the country of choice.

Conflict of Interest

1.8.17 A person who intends to be a Referee on any event cannot act as a Judge, Coach or Country Representative at the same time.

1.8.18 The Referees have the obligation to report themselves any possible conflict of interest. In case of an omission, the present IRC Members, after consulting with the Head Referee, may impose one or more of the following measures:

Warning

Exclusion of a further participation as a Referee on the event

Reduction of the Referee compensation

Withdrawal of the Referee's License for a time determined by the IRC

Head Referee

1.8.19 At every competition, a Head Referee must be designated. He/She is responsible for the whole Referee organisation and supervises the work on all fighting areas and/or rings.

Area Supervisor

1.8.20 On a competition with several fighting areas or rings, the Head Referee Designate Area Supervisors who supervise all proceedings on their fighting area or ring. The Area Supervisor places the Referees on his fighting area or ring according to their nationality or affiliation to a school, club or fighter. He reports the results according to the instruction of the Head Referee.

1.8.21 The Head Referee can exchange Referees who are obviously not neutral or who violate the official ICO competition rules and can overrule their decisions.

Referee Clothing

1.8.28 During the pre-elimination fights, up to the semifinals, a black T-shirt with the print "REFEREE" will be allowed. For the finals or Title Fights, all Referees must wear black trousers, a black polo shirt with an ICO print.

1.8.29 To eradicate injuries, it's forbidden to wear any jewellery, watches or pens etc. Judges that have no body contact with the Competitors are not included in this rule. The use of medical gloves is recommended.

1.8.30 Registration of Referees per country for World Championships and European Championships

For every 25 competitors of a country, one Referee must be present.

1-25 competitors 1 Referee
26-50 competitors 2 Referees
51-75 competitors 3 Referees
76-100 competitors 4 Referees
101-125 competitors 5 Referees
126 and more competitors 6 Referees

Any country that does not fulfil the requirements shall be fined £250 GBP for each missing Referee. This goes into the general account of the IRC.

Each country is responsible for training and licensing their own Referees in time for World and Continental Championships. The training for the F, E and D Graded Referees is a matter of each country. However, the IRC does offer seminars. All countries which pre-register their Referees for Championships and get confirmation from IRC will receive priority.

1.8.31 The Referees' payment is agreed by Tournament promoter and ICO head office.

1.8.32 The Promoter is responsible for taking care of the Referees. This includes providing a separate room with food and beverages. It is also necessary that the Referee Tables are provided with mineral water.

2. Part - Semi Contact

2.1 Semi Contact Rules.

2.1.1 The Fighting Area

The fighting area should be matted, without damage and clean. There should be no spillages or debris on the surface.

Minimum dimensions for the fighting area should be minimum six meters by six meters to maximum eight meters by eight meters. Where practicable, one meter of safety matting should be placed around each side. The fighting area may be larger than thirty-six square meters, but no larger than sixty - four square meters.

2.1.2 Rounds

The number of rounds and length of rounds is two rounds two minutes, (plus any extra time). In the event of a draw after the final round, a one-minute break is followed by one minute of extra fighting time. If after this extra time there is still no winner, there should be no break, and sudden death should come in to play. First to score is the winner.

2.1.3 Official ICO Weight Categories

Name of Weight Category	adult Men + 18	adult Women + 18	Girls and Boys under 13	Junior Girls under 18	Junior Boys under 18
Atomweight		- 48 kgs.			
Bantam Weight	-54 kgs.	-50 kgs.			-45 kgs.
Feather Weight	-57 kgs.	-54 kgs.	-25 kgs.		-51 kgs.
Light Weight	-60 kgs.	-57 kgs.	-30 kgs.	-40 kgs.	-55 kgs.
Light Welter Weight	-63.5 kgs.	-60 kgs.	-35 kgs.		-59 kgs.
Welter Weight	-67 kgs.	-63 kgs.	-40 kgs.	-45 kgs.	-63 kgs.
Light Middle Weight	-71 kgs.		-45 kgs.	-51 kgs.	-67 kgs.
Middle Weight	-75 kgs.	-66 kgs.	+45 kgs.	-55 kgs.	-71 kgs.
Light Heavy Weight	-81 kgs.			-59 kgs.	-75 kgs.
Cruiser Weight	-86 kgs.			-63 kgs.	-81 kgs.
Heavy Weight	-91 kgs.	+ 66 kgs.		+63 kgs.	+81 kgs.
Super Heavy Weight	+91 kgs.				

Any International Qualifier must bear relation to the World Rulebook.

2.1.4 Scoring

Punch to Head	1 point
Punch to Body	1 point
Foot Sweep	1 point
Kick to Body	1 point
Sweep with follow up	2 points
Kick to Head	2 points
Jump Kick to Body	2 points
Any Jump Kick to Head	3 points

Scoring must be for the first technique only and follow-ups are not allowed.

2.1.5 Scoring Areas

Back of Head, Side of Head, Face, Under Chin, Front Torso, Side Torso

2.1.6 Illegal Areas

Top of Head, Neck, Arm, Hand, Back, Kidney Area
Below the Belt (other than below the ankle Foot Sweeps)

2.1.7 All Sweeps must be boot to boot and no higher than the ankle. For a Sweep to score, the sweep must incur either a complete grounding, or a stumble leading to the fighter touching the ground with any part of the body other than the soles of the feet. Even the slightest of touches to the ground by the fingers for example, will result in the sweep being deemed successful.

2.1.8 Due to the higher points awarded in the scoring system, ICO have issued the following criteria for an automatic victory before the conclusion of the allotted time.

in any fight: difference of 10 points reached FOR 1 ROUND FIGHTS
difference of 15 points reached FOR 2 ROUND FIGHTS

2.1.9 Legal Techniques.

Jab (landing with knuckle part of the glove)

Reverse Punch (landing with knuckle part of the glove)

Backfist (but not landing with the side of the fist)

Ridge hand (from side and top, to head and body), Uppercut to the body only

Front Kick (to the body and head), Side Kick (to the body and head)

Curving Front Kick (to the body and head)

Hook Kick, Spinning Hook Kick and Jump Spinning Hook Kick (to body and head)

Back Kick, Spinning Back Kick and Jump Back Kick and Jump Spinning Back Kick (to the body and head)

Roundhouse Kick and Jump Round Kick (to the body and head)

Inside & Outside Crescent Kick (to the body & head)

Jump Inside & Outside Crescent Kick (to the body & head)

Inside & Outside Axe Kick (to the body & head, including Jump Axe)

Sweep to the inside and outside of the opponent's boot
(performed with inside of foot to below ankle both legs)

2.1.10 Illegal Techniques

Any open-handed strike with the inside of the hand (Slapping)

Spinning Back Fist, Knife Hand (including Spinning/Turning Knife Hand Strike)

Palm Heel Strike and Strikes with the elbows

Any Throw and any Takedown, pushing with arms

Leg Kicks, strikes with the knee, strikes with the Head, use of the thighs Touching
the ground with any other part of the body than the soles of the feet Forward
Rolls, Hand Stands, Cart Wheels, any Blind Technique, any drop sweep

2.1.11 Illegal Actions

Swearing

Verbal attacks to the Opponent or Officials, Accusations of cheating to any Official or Competitor

Uncontrolled Strikes and Kicks, any strike or kick to a joint

Strike to top of head or to the back of the body, Strike or Kick to the groin

Scratching, biting or spitting, Punching or Kicking after the Referee calls stop

Leaving the fighting area, falling, Running around the area

Using faulty or ill-fitting safety equipment, wasting time in an unsporting fashion, Talking

Causing offence by inappropriate apparel, gestures or words, Excess power

Refusing to touch gloves or any other unsporting behavior

All the above offences may be punishable by the Referee. The Referee may decide to officially warn, deduct a point or disqualify the competitor depending upon the severity of the offence.

2.1.12 Fighter's Equipment

Head Guard	Must cover the top of the head. Must be a Martial Arts Type Head Guard in good condition which fits well. No full face or semi face visor may be worn.
Gum-Shield	Must be a Martial Arts or Boxing type. No Football / Rugby type.
Semi Gloves	So called "Open hands", must cover the fingers and thumbs up to the second knuckle. Boxing gloves are prohibited always for Semi-Contact.
Kick Boots	Must cover the Instep and heel. They must be full boots and not Shin-Guards with instep pads. Boots must cover the whole foot.
Groin Guard	For both Men and Women, including junior Boys and Cadets. They are recommended for Junior Girls and Kids, but not essential. They must be worn under clothing, and not on top.
Shin Guards	Must be worn under clothing and not on top. Must not be worn higher than the knee
Chest Guard	Must be worn under clothing and not on top. Essential for female Juniors and Adults. Recommended for female kids under 13 Years (if obviously needed) but not essential.

2.1.13 Clothing

Fighters must be clean and dressed in an appropriate outfit. Toe nails should be clean and cut short. Fighters should wear a clean T-Shirt that ensures that the top half of the arm is covered by a sleeve. A traditional Gi is permitted. Sponsors names and slogans are allowed providing they are in good taste and do not cause offence.

Martial Arts style trousers must be worn. The trousers should cover the Velcro fastening on the boots and should be full length. There should be no zips, pockets or buttons on the trousers at all. Track suit style trousers are not allowed.

Hand bandages are allowed, maximum length 2.5 meters. Tape may be used on the hand, and bandages of the hand are recommended by ICO for safety purposes. The Referee may judge inappropriate if too much is used.

Long hair should be tied back. No Metal/Plastic objects to be worn by any competitor, including earrings, eyeglasses, watches, hair grips, chains, rings, piercing jewellery etc. Soft contact lenses are allowed at the Fighter's risk. The Coach must wear appropriate clean sports clothing, and sporting shoes. A Coach must not display any "Officials" type clothing. Any suits, shirts, blazers etc. must be covered up if in the act of Coaching.

Equipment Check

Each Fighter is subject to an equipment check prior to the start of the fight. The checks must be done by the Line Judges. No referee can touch any fighter during the equipment check.

2.1.14 What the Referee can do.

The Referee is the only person who can stop the bout. The Medic must signal to the Referee if he/she wants the fight stopped. The Coach can retire the Fighter.

The Referee may change any or all the officials in his area if he wishes. This must not happen during a fight unless an Official is suddenly sick or ill.

The Referee must deduct a point for a third and fourth exit Warning.

The Referee must disqualify a Fighter for the fifth Exit Warning.

A Referee can disqualify a Fighter if he/she fails to be ready to fight after being repeatedly called. (This includes not having the correct safety equipment or not turning up at all). One minute should be called, and the Timekeeper should indicate when the minute has expired. The winner will be the Fighter who is ready to fight, and the win shall be recorded as a Walk Over. The Referee shall decide when to request the one minute, and the spirit of Sportsmanship must be shown.

The Referee can disqualify a Fighter, after a majority decision between Judges and Referee if excess power is used. A Warning or Minus Point for any other matter can be given without consulting the Judges.

The Referee can issue a warning, or disqualify a Fighter if aggression is shown towards any Official. Physical aggression towards any Official will incur an immediate expulsion from the building, and a report must be submitted via email to the ICO IRC and to the ICO Head Office within seven days by the attended head referee. The Fighter must remain suspended until the matter has been dealt with by the IRC. A permanent expulsion from ICO is a highly likely outcome.

2.1.15 Recording the Scores

There must be a table just off the mat which should have a scoreboard or screen. The scoreboard should have Red and Blue sides which should be able to record the points scored and the Area Warnings. Referee Warnings (for excess power etc.), must be recorded on paper by the table. Area Warnings and Referee Warnings are to be kept separate.

Area warnings occur when a competitor's "whole" foot is over the line indicating the edge of the fight area. A competitor cannot score when he/she is out of the area, but he/she can be scored against. Referees must ensure that the competitor is not pushed out of the area. For a Referee to issue an area warning, the competitor must voluntarily leave the area.

A technique can only score if it is executed with complete balance. Any loss of balance after a technique will render the score invalid and the Referee must indicate "no score".

A Score must comprise of: a legal technique, to a legal target area, with legal use of power. All three things must be present for a score to count.

There must be two Line Judges and one Referee per fight area. The Line Judges must move and not remain static. The Judges and Referee must act as a team as the Referee cannot overrule a Judge's opinion (unless it is a clear breach of the rules).

The Judges and Referee must indicate a score by raising their hand towards the scoring fighter indicating the amount of points scored by extending the relevant number of fingers. If two or more Officials indicate the same technique, then the fight is stopped by the Referee by calling "Stop".

He/She then shows the number of points by raising his arm, extending the relevant number of fingers to the table. The Referee must then move his/her arm towards the fighter to indicate which fighter is to have the points awarded to. This enables the Scorer to see the number points easily to reduce scoring errors. The Referee must ensure the Scorer is accurate with the scoring.

A score can only be given if there is a majority of two Officials indicating a score. Of course, it can be all three Officials that indicate the same score. If two Officials indicate the same score to the same fighter, and the third Official differs, the majority wins and the score goes with the majority.

If two Officials indicate two different points to the same fighter, is there only "no score" possible.

If the hands of the officials do not indicate the points at the same time, the score cannot stand. The officials must react immediately, and any points indicated after the "stop" cannot score.

If the Referee is not sure about what the Judges are scoring, he may stop the time and call both Judges in to the center to discuss it. The Officials must resume their position, and the center Referee must call "score". The Officials, including the center Referee, must give the points that they are finally awarding. This score is now final. (It is not good practice to do this very often).

In all cases, the Referee must indicate his opinion. A Referee has the same responsibility to indicate, with his raised hand and fingers, the points that he wishes to score. A Referee must not "follow" the Line Judges. He must have an opinion of his own and show it at the same time as the Line Judges.

2.2.1 Start of the fight.

Fighters may be assisted by ONE Coach who must remain seated. The checks are to be done by the line judges, prior to allowing them in to the center of the mat. The Fighters must be parallel to the sides of the mat and one meter apart in the center, facing each other (not corner to corner). The Referee faces the table, checks both Line Judges are ready and indicates to the Timekeeper that the fight is about to start. The Fighters must touch gloves to indicate good spirit, and the Referee starts the fight by calling "Fight".

2.2.2 During the fight.

The Fighters continue to try to score against each other until the Judges or Referee sees a score. The Referee calls stop, the Fighters return to their mark, the Referee indicates which Judges are scoring, shows the number of points to the table, and then indicates to which Fighter the points are awarded. The Referee restarts the fight again by calling "Fight". A Fighter or Coach can request time by making the letter "T" with their hands and taking a step back. Any apparent time wasting or misuse of this will incur a Warning from the Referee. Time does not stop until the Referee indicates the Timekeeper to stop. The time is not stopped to award points, but it is stopped to allow adjustments to safety equipment. If a Referee Warning is given, the time must be stopped. Only the Referee can start and stop the fight, or the time.

2.2.3 Ending the fight.

The Timekeeper indicates the end of the fight by a whistle, bell or by throwing a beanbag. The Referee calls "Stop" and the Fighters cease fighting. Any points scored in between the Timekeeper indicating the end of time and the Referee calling "Stop" must be scored. Only the Referee can stop the fight, not the Timekeeper. The Referee indicates the winner by calling the scores and raising the arm of the winner. The fighters should touch gloves after the fight.

2.3.1 Medical Requirements

The minimum standard of qualification for attending Medical Staff is a valid First Aid Certificate. The First Aider must have a full First Aid kit. The Promoter is responsible for supplying adequate First Aid cover. Ambulance personnel and/or a Doctor is a recommendation, but it is not an essential requirement. If the Medical Staff are otherwise engaged, or leave their post, all fights must be stopped until the medical cover returns. No Medic = No fight! Medical Staff must stay until the final fight is over, and they are satisfied that they won't be required any further and that there is no further risk of a delayed problem or condition. Medical examination of Fighters prior to the start of the Tournament is recommended by ICO, but not compulsory. All Fighters compete at their own risk. No local an aethetics, plasters or bandages may be administered before or during any contest.

2.3.2. Hand Signals

The following are for use by Judges & Referee

	OPINION	HAND SIGNAL
1	Yes, I saw the points	Raise the hand and show the score
2	No, I saw nothing	Both hands crossed in front of face
3	I saw but no score	Both hands crossed in front of legs
4	Competitor stepped out	Run open hand along in the direction of the area border
5	Both fighters scored same time	Raising both hands and awarding the points to both sides
6	Illegal Technique	Point to the sky and circle the hand
7.	Contact too strong	Punch fist in to open flat hand
8.	Blind score (not looking at target)	Turn the body and punch away without looking
9.	Holding or grappling	Holding own arm and pull to indicate a holding technique
10.	Turning the body or running away	Mimic the action or rotate hand

2.3.3. Power

The power involved in Semi-Contact Fighting must be minimal. Any excess power must be punished by the Referee. The choices available to the Referee are as follows, depending on the severity.

1. To warn the Fighter
2. To issue a point reduction
3. To disqualify the Fighter

2.3.4 The Referee Warning System and 2 . 3 . 5 The Area Warning System

- 1st Warning
- 2nd Warning
- 3rd Warning = Equaling a minus point
- 4th Warning = Equaling a second minus point
- 5th Warning = Disqualification

REMEMBER: AREA WARNINGS AND REFEREE WARNINGS HAS TO BE KEPT SEPARATE AND NOT ADDED TOGETHER!

To issue a Referee Warning or a Minus Point, the time must be stopped by showing a “T” sign with the hands to the Timekeeper. The Fighter must be called to the center of the fight area to face the Referee. The Referee must inform the Fighter why he/she is being penalised, show the sign, wag his/her finger in an authoritative way and shout “NO!” The Referee indicates what number Warning it is by showing the relevant warning number on his fingers before showing the same to the Scorer and then pointing to the Fighter.

A Minus Point is indicated by the Referee holding his/her own right elbow with their own left hand, showing the single index finger towards the ceiling, and dropping it straight down to point to the floor. A Warning, Minus Point or Disqualification may be issued by the Referee to any Fighter because of the actions of his/her Coach. The Coach forms part of the Fighter's Team, and the Fighter is responsible for the Coach.

A Warning and a Point cannot be given to the same Fighter at the same time.

2.3.6 Injury rule

If a fighter gets injured and cannot continue, the Referee must ask the Judges if there was a foul. Between the two Judges and the Referee, there needs to be a majority decision to decide whether it was an accident or not. The Referee cannot call a foul if both Judges saw nothing wrong.

If a Fighter is injured and the fight is over because of a foul, the innocent injured Fighter is declared the winner.

If a Fighter is injured and the fight is over because of an accident, the contestant with the highest number of points is declared the winner. (If the points are drawn, the uninjured Fighter is declared the winner.)

If a Fight is over because of an accident to both Fighters, and neither can continue, the Winner is the Fighter with the higher points at the time of the fight stopping. If both scores are the same, the fight becomes a No Contest, and no result will be recorded. In the case of a Team Fight, both Reserve Fighters are to be used.

The Referee, after discussion with the Judges, can stop the contest if one of the fighters is out of condition and struggling. There is no standing 8 count in Semi Contact. This fight gets recorded as an RSC.

If a strike dazes an opponent, the Referee must stop the time and then speak with his Judges. If the MAJORITY decide "foul", the Referee must penalize the offender. If the MAJORITY decide that there was an accident, there will be no penalty.

Only the Doctor can decide that the Fighter cannot continue. A Referee or Judge cannot decide how badly a Fighter is injured and must take advice from the Medical Team.

No protest can be made about a Medical Decision.

2.3.7 Team Fights

A Team consists of five male competitors or three female competitors. One reserve fighter is allowed per team should a competitor become injured during the competition. There are no weight categories but competing Kids should not be more than five kilos above or below their opponent. All fights are one round of two minutes.

The score is based upon wins. All warnings and penalties are not to be carried on between bouts. The next bout starts as nil – nil with no warnings.

In the event of a draw, the points are added up and the winner is the Team with the most points. If the points are equal also, the extra time rule and sudden death applies to the last two fighters, and all warnings and points still stand during this time.

3. PART – LIGHT CONTACT and KICK LIGHT

4.1.1 Fighting Area

The ICO try to ensure that all Light Contact events are conducted in the ring. ICO consider Light Contact to be a Tatami sport, but it is also understood that it may be necessary to hold such contests in a Boxing ring. Both also on the same event. Every effort should be made by Promoters to hold the discipline within the ring.

The style of fighting shall be controlled Boxing with controlled kicks. The power used should be approximately fifty percent of full power. All fights on the Tatami with a minimum dimension of six meters by six meters to maximum eight meters by eight meters. Where practicable, one meter of safety matting should be placed around each side. The fighting area may be larger than thirty-six square meters, but no larger than sixty - four square meters.

in a Ring must be in a Boxing Ring with four ropes supporting the sides. All Ropes should be tight, to ensure the Fighters stay in the Ring. (The ropes should be tighter at the top rope and slacking off slightly towards the bottom rope). The Ring must have a Blue Corner, a Red Corner and two neutral corners. Seating for the Fighters is optional. AIBA norm is compulsory.

No person other than the Referee and the two Fighters may enter the ring during a round. If either Fighter voluntarily leaves the Ring, or any other person enters the Ring, (including Medics), the fight is over, and cannot continue. One Coach shall be allowed in to the Ring to instruct his Fighter in between rounds but must leave the ring before the start of the next round. A Fighter may have two people represent him/her, but only one may enter the Ring during rest periods. All Coaches must be at ground level during the fight, and the Ring must be clear of any items. Supporters must not touch the Ring during the fight, or during the rest periods. The Referee must stop time to clear the area of unauthorised personnel. Banging of the Ring by anyone outside the Ring will not be allowed and could cause a Warning to be given to the Fighter of the representative concerned.

Water spillages must be cleaned up by the Fighters' representatives. No water may be spat on to the Ring floor, or the surrounding area. It is the responsibility of the Corner Representatives to ensure that any bodily fluids be mopped up hygienically.

4.1.2 Ages of the Fighters

Kid	is less than thirteen years on the FINAL DAY of Competition
Junior	should have reached thirteen years but be less than eighteen years on the FINAL DAY of Competition
Adult	Man or Lady should have reached sixteen years but be less than thirty five years on the FINAL DAY
Veteran	Man or Lady should have reached thirty five years but be less than forty years on the FINAL DAY
Master	should have reached the age of forty years on the FINAL DAY of Competition

4.1.3 Rounds

The number of rounds in light contact and kick light is two rounds two minutes.

4.1.4 Kick light

In kick light meets light contact with low kick. Basically, all rules from light contact are valid. Kick light can be done on Tatami as well as in the usual AIBA Boxing ring. Referee must explicit focus the power of punches and kicks including low kicks.

Male and female fighters must wear Thai Boxing shorts and T-shirt.

Any correct low kick with controlled power inside and outside the thigh, above the knee joints scores on click. Same score like for one punch. For any kind of "to strong" punch, kick and low kick the Referee may decide to officially warn, deduct a point or disqualify the competitor depending upon the severity of the offence

4.1.5 Scoring

Punch to Head	1 point
Punch to Body	1 point
Foot Sweep	1 point
Kick to Body	1 point
Low kick in kick light only	1 point
Kick to Head	2 points
Jump Kick to Body	2 points
Any Jump Kick to Head	3 points

4.1.6 Scoring Areas

Side of Head / Face / Under Chin / Front Torso / Side Torso /

4.1.7 Illegal Areas

Back of Head / Top of Head / Neck / Arm / Hand / Back / Kidney Area / Below the Belt (other than below the ankle sweeps) All

Sweeps must be boot to boot and no higher than the ankle. For a Sweep to score, the sweep must incur either a complete grounding, or a stumble leading to the fighter touching the ground with any part of the body other than the soles of the feet. Even the slightest of touches to the ground by the fingers for example, will result in the sweep being deemed successful.

Scoring should not be on offensive techniques alone, and defense, ring-craft, fitness etc. should be scored just as highly.

THE USE OF CLICKERS IS RECOMMENDED

4.1.8 Legal Techniques.

Jab (landing with knuckle part of the glove), Reverse Punch (landing with knuckle part of the glove)

Hook Punch (to the body and head), Uppercut (to the body and head with control)

Front Kick (to the body and head), Side Kick (to the body and head)

Low kick in Kick light only, inside and outside the thighs above the knee joints

Curving Front Kick (to the body and head), Hook Kick (to body and head) including Spinning Hook Kick

Jump Spinning Hook Kick (to the body and head)

Back Kick (to the body and head), Jump Back Kick (to the body and head)

Roundhouse Kick (to the body and head, including Jump Round Kick)

Spinning Back Kick (to the body and head), Jump Spinning Back Kick (to the body and head)

Inside & Outside Crescent Kick (to the body & head), Jump Inside & Outside Crescent Kick (to the body & head)

Inside & Outside Axe Kick (to the body & head) including Jump Axe

Sweep performed with inside of foot to below ankle to both legs, Sweep can be to the inside and outside of the opponent's boot

4.1.9 Illegal Techniques

Any open-handed strike with the inside of the hand (slap), Back Fist, spinning Back Fist

Knife Hand (including Spinning/Turning Knife Hand Strike), Ridge Hand, Drop Sweep, Reverse Drop Sweep

Palm Heel Strike, strikes with the elbows, Any Throw and Takedown, Pushing with arms

Strikes with the knee, Strikes with the Head

Touching the ground with any other part of the body than the soles of the feet, any Blind Technique

4.1.10 Illegal Actions

Swearing, Talking and Verbal attacks to the Opponent or Officials, Accusations of cheating to any Official or Competitor

Uncontrolled Strikes and Kicks, any strike or kick to a joint, Strike to top or back of head or to the back of the body

Strike or Kick to the groin, Scratching, biting or spitting, Punching or Kicking after the Referee calls stop

Leaving the fighting area, falling, running around the area, using faulty or ill-fitting safety equipment

Wasting time in an unfair behavior, Causing offence by inappropriate apparel, gestures or words

Excess power, refusing to touch gloves or any other unfair behavior

All the above offences may be punishable by the Referee. The Referee may decide to officially warn, deduct a point or disqualify the competitor depending upon the severity of the offence.

4.1.11 Fighter's Equipment

Headguard	Must cover the top of the head. Must be a Martial Arts Type Head guard in good condition which fits well. A full face or semi face visor may be worn on request, if it can be proven that a medical condition requires it. This must be authorised by the IRC prior to the start of the Tournament.
Gumshield	Must be a Martial Arts or Boxing type. No football / rugby type.
Boxing Gloves	Must be 10 ounces for everyone.
Kick Boots	Must cover the Instep and heel. Must be full boots and not shin-guards with instep pads. Must cover the whole foot. In Kick light shin-guards with instep pads must be worn
Groin Guard	For both Men and Women, including Boys and Girls in the Juniors' section. A Groin Guard is recommended Kids, but not essential. It must be worn under clothing, and not on top.
Shin Guards	Must be worn under clothing. No higher than the knee. In Kick light shin-guards with instep pads must be worn
Chest Guard	Must be worn under clothing and not on top. Essential for Female Juniors and Adults. Recommended for female kids under 13 Years (if obviously needed) but not essential.

4.1.12 Clothing

Fighters must be clean and dressed in an appropriate outfit. Toe nails should be clean and cut short. Fighters should wear a clean T-Shirt that ensures that the top half of the arm is covered by a sleeve. A traditional Gi or kickboxing suit is permitted. Sponsors names and slogans are allowed providing they are in good taste and do not cause offence.

Martial Arts style trousers must be worn. The trousers should cover the Velcro fastening on the boots and should be full length. There should be no zips, pockets or buttons on the trousers at all. Track suit style trousers are not allowed.

For Kick light Thai shorts and T-shirts, male and females.

Hand bandages are allowed, maximum length 2.5 meters. Tape on the fist or the knuckle area is allowed but must not be excessive. The Referee can deem any hand-wrapping to be excessive.

Long hair must be tied back. No Metal/Plastic objects to be worn by any competitor, including earrings, eyeglasses, rings, watches, hair grips, chains, piercing jewellery etc. Soft contact lenses are allowed at the Fighter's risk.

The Coach must wear appropriate clean sports clothing, and sporting shoes Anyone acting as a Coach and an Official must cover their Officials' attire whilst Coaching.

4.1.13 Equipment Check

Each Fighter is subject to an equipment check prior to the start of the fight. The checks must be done by the Line Judges. No referee can touch any fighter during the equipment check.

4.1.14 What the Referee can do.

The Referee is the only person who can stop the bout. The Medic must signal to the Referee if he/she wants the fight stopped. The Coach can retire the Fighter.

The Referee may change any or all the officials in his area if he wishes. This must not happen during a fight unless an Official is ill.

A Referee can deduct a point, or disqualify a Fighter, for any unsporting behavior or dissent.

A Referee can disqualify a Fighter if he/she fails to be ready to fight after being called. (This includes not wearing the correct safety equipment. It also includes not turning up at all). One minute should be called, and the Timekeeper should indicate when the minute has expired. The winner will be the Fighter who is ready to fight, and the win shall be recorded as a Walk Over.

The Referee can disqualify a Fighter, after a majority decision between Judges and Referee if excess power is used. A warning for excess power can be given without consulting the Judges.

The Referee can issue a warning, or disqualify a Fighter if aggression is shown towards any Official. Physical aggression towards any Official will incur an immediate expulsion from the building, and a report must be submitted via email to the ICO IRC and to the ICO Head Office within seven days by the attended head referee. The Fighter must remain suspended until the matter has been dealt with by the IRC. A permanent expulsion from ICO is a highly likely outcome.

4.2.1 Start of the fight.

Both Fighters shall be checked for their safety gear whilst in their own corners. The responsibility to check the Fighters lies with the Referee. The Referee shall call both Fighters to the center of the Ring where instructions shall be given to the Fighters by the Referee. The Coaches, if they have listened to the Referee's instructions, must then return to their corners, and must leave the Ring leaving their corner clear. Both Fighters must touch gloves to show a sportsmanlike attitude.

The Referee must check that the Medics, Timekeeper and all Judges are ready before raising his arm, and shouting "Fight".

4.2.2 During the fight.

The fighters must fight, using Boxing and kicking techniques until the Referee says "Stop". If the Fighter needs to adjust safety equipment, they should take one step back, and indicate the "T" sign with their hands. Time should be stopped by the Referee in this instance. Repeated adjustments of safety equipment may incur a Warning from the Referee.

The Referee should stop time to issue a Warning, call the Fighter to the middle, raise one finger for a first warning, two fingers for a second warning etc., and show each Judge that this Fighter is being issued a warning. The fight should be restarted with the word "Fight".

4.2.3 Ending the fight.

Once the Timekeeper indicates the end of Time, the Referee should call "Stop", indicate that the fight is over, and send both Fighters back to their corners. The Referee should collect the Scorecards from the Judges, pass them to the referee main table, and call both Fighters back to the center. The winner will be indicated by raising the arm of the Fighter with a majority, split or unanimous decision. The Fighters should thank the Referee for his/her efforts, and must touch gloves with their opponent, and acknowledge the opposing Coach.

4.2.4 Medical Requirements

The minimum standard of qualification for attending Medical Staff is a valid First Aid Certificate. The First Aider must have a full First Aid kit. The Promoter is responsible for supplying adequate First Aid cover. Ambulance personnel and/or a Doctor is a recommendation, but it is not an essential requirement.

If the Medical Staff are otherwise engaged, or leave their post, all fights must be stopped until the medical cover returns. No Medic = No fight! Medical Staff must stay until the final fight is over, and they are satisfied that they won't be required any further and that there is no further risk of a delayed problem or condition.

Medical examination of Fighters prior to the start of the Tournament is recommended by WKF, but not compulsory. All Fighters compete at their own risk, but it is recommended that if a Fighter looks unwell, a medical examination should be sought by the Centre Referee. No local anesthetics, plasters or bandages may be administered before or during any contest.

The power involved in Light-Contact Fighting must be minimal. Any excess power must be punished by the Centre Referee. The choices available to the Referee are as follows, depending on the severity.

1. to warn the fighter
2. to issue a point reduction (Minus Point)
3. to disqualify the fighter

4.2.5 The Referee Warning System and 4.2.6 The Area Warning System (Mat Only)

1st Warning

2nd Warning

3rd Warning = Equal a minus point

4th Warning = Equal a second minus point

5th Warning = Disqualification

REMEMBER: AREA WARNINGS AND REFEREE WARNINGS ARE TO BE KEPT SEPARATE AND NOT ADDED TOGETHER!

To issue a Referee Warning or a Minus Point, the time must be stopped by showing a "T" sign with the hands to the Timekeeper. The Fighter must be called to the of the fight area to face the Referee. The Referee must inform the Fighter why he/she is being penalized. The Referee indicates what number Warning it is by showing the relevant warning number on his finger before showing the same to each Judge and then pointing to the Fighter. A Minus Point is indicated by the Ref holding his/her own right elbow with their own left had, showing the single index finger towards the ceiling, and dropping it straight down to point to the floor. A Warning, Minus Point or Disqualification may be issued by the Referee to any Fighter because of the actions of his/her Coach. The Coach forms part of the Fighter's team, and the Fighter is responsible for the Coach.

Counting in Light contact and Kick light

There is a standing 8 count in Light Contact and kick light. This incurs a Minus Point penalty to the Fighter concerned. The standing 8 count can only be used for Fighters that are either out of condition or being blitzed badly so that they cannot cope.

If one of the fighter running out physical condition and get in troubles, OR if he/ she cannot defend anymore because the opponent is to strong, the referee may start a standing 8 count.

When a Fighter is in such trouble, the Referee will send the other fighter to the furthest neutral corner of the ring, pointing to that corner. He will audibly announce the passing of the seconds, and continue the count holding up fingers in front of the Fighter who get the count.

The Referee will begin a mandatory eight count. If the Fighter then appears able to continue, he will allow the bout to resume. The Referee shall not count past eight if a Fighter is ready to continue. If not, the result must be TKO.

No referee can begin a standing 8 count because of excessive and to strong punch, Kick or low kick of the opponent. In this case time must be stopped. If a strike dazes an opponent, the Referee must stop the time, the fighter get a maximum time of two minutes to recover. If most Judges decide "foul", the Referee must penalise the offender. If the majority decide that there was an accident or clash, there will be no penalty. The penalty can be a warning, Minus Point or disqualification.

A fighter may not be saved by the bell, even in the last round. However, if the bell sounds, ending a round, before a Fighter begins to fall, the Fighter will be allowed to return to his corner, being helped, if necessary, by only one of his Seconds.

Three counts in one round, or four counts in a bout incurs a finish to the fight, in favor of the other Fighter.

Before a fallen Fighter resumes fighting after having slipped or fallen to the canvas, the Referee will wipe the Fighter's gloves free of any dirt or moisture.

4.2.6 Injury rule

If a fighter gets injured and cannot continue, the Referee must ask the Judges if there was a foul. Between the three Judges, there needs to be a majority decision to decide whether it was an accident or not. The Referee cannot make the decision.

If a Fighter is injured and the fight is over because of a foul, the innocent injured Fighter is declared the winner.

If a Fighter is injured and the fight is over because of an accident, the Referee will ask the Judges to complete the Scorecard up to the point of the injury. The Scorecards will denote a winner. Any unfinished rounds cannot be scored, and if the injury occurs in the first round, and is an accident, a "no contest" is awarded.

If the tournament is a knockout style tournament, the uninjured Fighter can progress to the next round, or in the case of a final, is declared the winner.

only the Doctor or First Aider can decide that the Fighter cannot continue.
A Referee or Judge cannot decide how badly a Fighter is injured and
must take advice from the Medical Team.

No protest can be made about a Medical Decision.

4.3.1 The Paperwork

Referee and 3 x Scoring Judges (Seated)

The Scoring each round is as follows:

The winner of each round gets 10 as a starting score. If the round is a draw, Both Fighters get 10 as a starting score. The loser of a round gets a starting score of 9. It is possible to give a starting score of 8 when a Fighter has not shown anything of any worth (in the Judge's opinion) and was outclassed.

4.3.2 Minus Points

Any Minus Points or Counts are to be deducted and the round TOTAL indicated.

All warnings are to be indicated in the WARNINGS area on the Score-Sheet, and three Warnings will equal a MINUS. This should still be indicated as a 3rd Warning, but the Minus Point is to be deducted from the round TOTAL.

A Judge may issue a JUDGE'S MINUS for severe infringements of the rules. If the Centre Referee does not see the offence, the Judge may issue a Judge's Minus Point by indicating "J" in the MINUS POINTS area of the form.

The reason MUST be stated on the Score-Sheet and signed by the Judge.

A Judge cannot issue a Judge's Warning if the Referee saw the offence and chose to do nothing about it. The Judge's Warning is purely a tool for Judges to punish an offence that the Referee doesn't see.

4.3.3 Judging

A Judge must consider the following before issuing a starting SCORE...

Best defense / Best attack / Best counter-attacking / Best use of ring and space / Points scored by using legal techniques, to a legal area, using legal power / Fitness / Variation of techniques and scoring areas / Number of kicks landed / Fitness and condition of the Fighter at the end of the round

The number of points scored by a Fighter can be irrelevant if the Fighter only uses his/her hand techniques. Seventy punches and no kicks are not a display of Kickboxing and should be judged as such.

Regardless of other factors, if a Fighter does not kick, they cannot win the round.

4.3.4 Continual Kicking Rule

There is no Minimum Kick Count for Light Contact under ICO rules. Each Fighter must CONTINUALLY KICK throughout the round. If a Fighter kicks ten times in the first thirty seconds, and does not kick for the next ninety seconds, they haven't continually kicked. A fair ratio of Kicks to Punches must be used throughout the whole round.

If a Judge feels that one, or both, of the Fighters have not adhered to the Continual Kicking Rule, they must inform the Referee at the end of each round. The Referee should then speak to the Fighter before the next round to indicate the Judge's concern. Continual refusal to regularly kick may result in a Warning from the Centre Referee. This is at the discretion of the Centre Referee, and may escalate to a Minus Point for repeated Warnings.

4. Part – Full Contact

5.1.1 Draw Lists

Heats must be seeded at all World level competitions wherever rankings are available.

Each fighter's name, country and number must be listed. A minimum of four fighters per weight class is obligatory. If there are less than four fighters per category, they must move up to the next higher weight category. In that case each country must get a minimum of one copy of all Drawing Lists and Name Lists of contestants for free. They should get it at least a few hours before the start of the tournament. There is no way to protest after the drawing.

5.1.2 Physical Examination

All fighters must submit to a physical examination by the designated attending physician. At the examination, the fighter must present his/her international fight book (sport pass), which must have been signed by the National Association Physician, no longer than 12 months ago.

The attendance of a Doctor (Physician) in Full Contact, Low kick, K-1, Thai Boxing and MMA is obligatory, a First-Aid Team is not enough! The Official Physician who mandatory attends every match, is the final authority in questions of the safety of the Fighters. He or she may, at any time, stop or terminate a match at his or her discretion. All directions and/or orders from the attending Physician must be immediately complied with. The attending Physician must be qualified as a General Practitioner. If there are more than 200 fighters, a second Physician is obligatory.

The attending Physician must follow the rules and regulation of the National Health Board in question as well as be approved by the authorities where such rules apply. No match may start or proceed before the attending Physician is in place, and the Physician may not leave his/her place prior to the decision in the last match.

The attending Physician shall be ready to assist if a serious emergency arises, and to administer First Aid in the event of less serious injuries.

In all amateur bouts the Doctor has the right to interrupt or stop a contest by ringing the bell or calling "stop" to the Referee if he /she thinks a Fighter is in danger, and the Referee has not stopped the fight. He/she is also responsible to respond when a Referee calls him/her in case of an injured Fighter.

Nobody may attempt to aid a Fighter during a round before the attending Physician has had the opportunity to see the injured fighter. This includes Seconds. If the Doctor enters the ring or he/she must examine the presumed injury, the fight is over, and the Judges must finish the score cards. The result is "won by TKO" or "Disqualification" by unanimous or majority decision. Doctor decisions are in any case final decisions, there is no protest possible.

If a fighter is not in possession of his or her fight book with the annual ICO license stamp at the time of the physical examination and the weigh-in, he or she shall not be permitted to fight.

5.1.3 DIVISIONS AND ROUNDS

The Fighters must be in good physical shape and have a good sportsmanlike attitude.

The Fighters must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Male Fighters 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 fighters.

GALA / NIGHT SHOWS ONLY

Male and female junior fighters are not allowed to fight real matches before the age of 15 in junior division. Only with the written approval of the Physician, parents and the Coach.

From the age of 15 -16 years, (after 14th birthday and before 16th birthday) and providing the local laws allow, Fighters can participate in Junior ring sport division. This include Full contact, Low kick, K-1 and Thai Boxing. In Thai Boxing a chest protector must be worn from all fighters, male and female.

5.1.4 Clothing

Clothing for the ICO amateur Kickboxing fighting categories (quick look up)
For all female's T-shirt or usual sport Ladies TOP

Semi Contact	Kicks above the waist	Long trousers with T-shirt
Light Contact Kick light	Kicks above the waist Kicks to inner/outer thigh	Long trousers with T-shirt Thai shorts with T-shirt
Full Contact	Kicks above the waist	Long trousers with bare upper body
Low Kicks	Kicks to inner/outer thigh	Thai shorts and bare upper body
K-1 rules	Kicks to legs, knees to body	Thai shorts and bare upper body
Thai-Boxing	Kicks to legs, Knees elbows to body and head	Thai shorts and bare upper body

5.1.5 Rounds

In all Full Contact / Low Kick / K-1 and Thai Boxing the Fight will be conducted over 3 rounds of 2 minutes. There is a break of 1-minute duration between rounds.

No match featuring Juniors and Cadets may go over more than 3 rounds of 2 minutes.

No match featuring Amateur Fighters may go over more than 5 rounds of 2 minutes.

5.1.6 Rules of conduct inside and outside of the ring.

It is the duty of every Fighter to show fair play in the ring. Should a Fighter not be ready to continue the match because his/her safety equipment is not working properly, or for other reasons, he shall retreat one step and raise one arm.

Should a fighter 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 match can proceed again.

When a fighter receives a Warning or a reprimand from the Referee, he/she must bow in the direction of the Referee to indicate that he/she has understood the reason why.

At the end of the fight, the Fighters shall approach the Referee, standing in the center of the ring. Each Fighter shall stand either side of the Referee (nearest to their own corner) and await the Speaker's announcement of the verdict. The Referee then raises the arm of the winner.

After the fight the Competitors salute each other and the Opponent's Seconds, after which both Fighters bow to the Referee in recognition of his/her efforts.

Violation of ICO 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.

5.1.7 The Fighter

All Fighters shall be clean and proper.

It is the sole prerogative of the ICO 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 Fighters or poses 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 by a net.

Excessive use of grease or similar substances is prohibited. The Referee can insist that Vaseline, grease or any other similar substances be removed before the fight can start or proceed.

5.1.8 The Fighter's Equipment

All fighters must be equipped in all divisions with approved safety equipment in the form of padded protectors.

1. Individually fitted breast-protector for all Females eligible to fight Full Contact
2. Individually fitted groin-protector for all Male and Females eligible to fight Full Contact
3. Foot protectors which must cover all the upper foot, and the heel.
4. Shin protectors (but not football type)
5. Individually fitted Head-Protector (Helmet). The top of the head must be protected too. Open helmets are forbidden. No visors or face guards are allowed. No sparring helmets
7. Individually fitted tooth-protector (gum shield)
8. Hand-bandages to a maximum of 2.5 meters
9. Boxing Gloves. 10 OZ in all weight categories

The fighters have the responsibility of bringing their own personal equipment and that of their Seconds to all ICO matches and tournaments.

The hands of the fighters must be protected by bandages of soft elastic material, no more than 2 inches (5.08 cm) wide. Adhesive plaster may be applied directly to the skin in such a manner that it protects the part of the hand closest to the wrist. Its direct application may not exceed 1 (one) unbroken winding on the hand, although it is permitted that the plaster crosses the back of the hand 2 (two) times. It may not be placed higher on the hand than at 1 (one) inch (2.54 cm) from the knuckles when the hand is made into a fist. Over this a layer of elastic bandage is applied and held in place by self-adhesive plaster. The bandages must be approved by the Referee or by the Tournament Director.

All fighters with long hair may wear approved hair bands or metal free holders. They must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.

5.1.9 Fighters

No Fighter may participate in any match without an up-to-date ICO fight book with official annual ICO license stamp.

Officials shall verify that Fighters compete in their proper weight class. The count of victories is made by adding the number of victories the individual fighter has had (not the number of matches which are irrelevant) and then classifying the fighter accordingly. To qualify for a professional status, fighters must have competed in at least 3 approved and verified 3 to 5 round bouts as amateurs.

5.1.10 FIGHTERS CLASSIFICATION

Fighters will be separated by class, N (novice) class to A class, Classification will be defined by the numbers of bouts a fighter wins, not the number of bouts they have had. Fighters will be classified as follows:

N class - 3 wins
C class + 3 wins
B class + 6 wins
A class + 12 wins

After having signed a professional contract and having fought as a professional it is no longer possible to revert to amateur status. Except after the first pro fight, the fighter could request for revert in re-amateur status in written form to the IRC.

5.1.11 Seconds or corner men

One or both seconds may give up on behalf of his/her Fighter if he/she deems it irresponsible to let the fight continue. This is indicated by the second throwing a towel into the ring.

Prior to every tournament the Head Referee shall call a meeting with all the Judges, Referees and Seconds to clear up any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

Seconds shall support and advise their Fighters during the intermission between rounds. Each fighter may have 2 seconds and only one of these may enter the ring during the intermission.

During the rounds neither of the Seconds may enter the ring, or in any other manner hinder or disturb the proper proceeding of the fight. Seconds shall comply with all directions by the Referee. Prior to each round the Seconds must remove buckets, stools, towels from the ring, and if necessary wipe the floor clean of spilt water.

The Seconds shall have at their disposal a towel, a sponge, water and grease for the fighter.

During the rounds the seconds may give advice (just in a proper manner), help or in any way encourage the Fighter. Should a Second violate this rule, the Referee can issue a warning or expel the Second or disqualify the Fighter.

A Second who has been expelled may not function as Second in the remaining part of the tournament.

A match 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 Fighters and the Referee may be present in the ring during the match. If any other person enters the ring, the fight is immediately over and cannot continue again.

5.2.1 Legal Techniques

Full Contact

1. All forms of Boxing in combination with kicks above the waist to the body and the head.
2. Rear (reverse) kicks to the body or the head, spinning back kicks to the body and to the head with full contact to knock out the opponent. Foot sweeps are permitted.

5.2.2 Warnings and Minus Points

In case of a serious violation of the following points the Referee shall stop the fight with the command "Stop ", stop the Time by indicating a "T" sign to the Timekeeper, and issue a Warning to the Fighter. The Warning shall be issued clearly and in such a manner that the Fighter in question understands the reason for the Warning. The Referee shall clearly indicate which fighter has received the Warning by pointing his hand. If a Fighter has got a "Warning" because of a foul, no point is to be deducted by the Judges, but they should immediately award the other fighter with one extra successful punch. If a fighter has got a second Warning because of a foul, no point is to be deducted, but the Judges shall immediately award the other fighter with another two successful punches.

Following a Warning the referee shall let the match proceed by commanding „Fight “. Should a fighter receive 3 warnings in one match, immediately he/she gets penalised simultaneously with the first Minus Point (Penalty Point), and one point must be deducted by the Judges on the Scorecard. After three Minus Points in a match, he/she shall immediately be disqualified simultaneously with the last Minus Point being issued.

The Warnings and Penalty (Minus) Points are given for using any illegal technique or doing prohibited actions. This also applies to the Coach or Second.

5.2.3 Illegal Techniques (Fouls)

Full Contact

All forms of biting are prohibited.

All strikes, blows and punches executed with the palm side of the gloves are prohibited.

All kicks to the back and the back of the neck are prohibited.

Any form of butting with the head is prohibited.

All attacks (strikes, punches, kicks) against the joints are prohibited, Kicks to the groin are prohibited.

Attacking a downed Opponent is prohibited. Also attacking an Opponent who touches the floor with his gloves is prohibited.

Spitting out one's tooth protector (gum-shield) is prohibited.

Any kind of throwing

Holding the ropes and attacking an opponent, any form of clinching or holding the opponent is prohibited.

All types of strikes with the elbows are prohibited, any form of kicking with the knees is prohibited.

All kicks against the thighs or under the waistline are prohibited, excluding Foot Sweep.

Punching to the back or top of the head is prohibited.

Punching or Kicking after the Referee Calls Stop, or after the bell.

INTENTIONAL EVASION OF CONTEST

A Fighter intentionally avoiding any physical contact with his opponent will receive a Warning from the Referee. If a Fighter continues to avoid a confrontation with his opponent after receiving a Warning during that round, he may be penalized by the Referee with a Minus Point. If the Fighter continues to evade action, either in the same round or in any round, the Referee may, at his discretion, award more penalties, or stop the bout and declare a Technical Knockout.

In an instance where the Fighter is purposely going down without being hit, the Referee will automatically administer a Standing 8-count, as specified in the rule on Knockdowns.

5.2.4 ICO amateur division scoring rules.

The ICO Amateur Division's scoring rules in matches have 10 points as the maximum score and 6 points as a minimum score.

The use of "clickers", point adding machines, is recommended.

The points are awarded to the Fighters by the Judges during each round.

Points are given for clean hits according to the following criteria:

- any legal strike or punch to the body or to the head, to a legal area 1 point

- any legal foot sweep if the opponent is downed, 1 point

- any legal kick to the body, to a legal area, 2 point

- any legal kick to the head, to a legal area, 3 points

- any legal jumping kicks to the body, 3 points

- any legal jumping kicks to the head 5 points

The Judges shall base their evaluation of the fight on the following guidelines:

Best technique / Effective Parries and Counterattacks / Best combinations / Fighting spirit and initiative / Good sportsmanship and fair play / Number of clean hits scored / Number of minus points and knock downs / Defense / Ring-Craft / Fitness

To score points all effective legal kicks or punches must hit directly without being blocked or parried on any legal area. For punches and blows the technique must be delivered with the striking zone of the closed glove.

KICKBOXING SCORING CRITERIA - The kicker will always have the advantage

5.2.5 Scoring and points in Full Contact

Decisions shall be made after the following guidelines:

Victory on points (P)

If no Fighter dominates and the round is even, the score for the round is 10:10. Following this, points are subtracted from each Fighter's score according to the number of Minus points they have been awarded by the Referee.

The winning Fighter of a round gets 10 Points, his/her opponent gets 9 points. If a Fighter offers no reply during the round, a score of 10:8 can be recorded by the Judges even if there are no Minus Points or Knockdowns.

If an official warning was given because of a "foul", the Judges shall immediately mark these warnings with the letter **W** (for Warning) under "fouls" on the scorecard to indicate that the Fighter has received a Warning.

If an official Minus Point was given because of a "foul" and not just a warning, each Judge must deduct 1 point from the scorecard of the involved fighter, immediately when the round is over. (i.e. 10:9 assuming neither Fighter dominated). The Judges shall always mark these points with the letter **M** (for Minus Point) under "fouls" on the scorecard to indicate that the Fighter has received a Minus Point.

If a second official Minus Point was given in the same round, each Judge must deduct 2 points from the score of the involved fighter, immediately when the round is over. (i.e. 10:8 assuming neither Fighter dominated)

In case of a third official Minus Point in that match, the fight is over immediately by Disqualification.

If a Fighter gets counted, each Judge must deduct 1 point from the Scorecard, immediately when the round is over (i.e. 10:9 becomes 10:8 because of the Knockdown).

The Judges shall always mark this knockdown with the letter **K** (for Knockdown) under "KD" in the Scorecard to indicate that the Fighter has received a Knockdown.

At the end of the match all rounds are added up to the final score (i.e. 30:27) and the Fighter with more points on the Scorecards shall be declared the winner. Should a Judge observe a violation that has apparently escaped the notice of the Referee, and if he/she subsequently imposes a reasonable sanction upon the fighter committing the violation, he/she shall indicate that he/she has done just that by marking the points of the violating fighter with the letter J (for judge's minus) and in writing state his/her reasons for the sanction. This incurs a Minus Point for the Fighter concerned.

Victory by attending Physician stopping the contest or because of injury (DOD)

The attending Physician is the supreme authority in questions relating to the safety of the Fighters and may demand that the match be stopped.

If one of the Fighters is injured, it is only the Doctor's decision to stop the fight, or the Fighter him/herself or his/her Coach wants to retire from the fight.

The attending Physician may stop any match regardless of it being a World or European Championship or any other important match. Should the attending Physician wish to stop a match to examine a fighter, he/she must first inform the Referee. The Referee then stops the match until the Physician has examined the Fighter, but only to decide that the fight can continue or not. This examination must take place in the ring and have a maximum duration of one minute. Any kind of treatment of the Fighter is explicitly forbidden and would finish the fight immediately. Should this time not be sufficient, the Referee shall end the match.

If one of the Fighters is injured and the fight is over because of a foul, the innocent Fighter is declared the winner. In case of an accident, the Judges must finish their Scorecards, and the contestant with the highest number of points is declared the winner. If both Fighters are injured or knocked-out simultaneously, and neither can continue the match, the Judges shall add up each Fighter's points, up to the time the fight was stopped, and the fighter leading on points shall be declared the winner.

Should this situation occur in the first round, the match shall be declared "No Contest" and no winner is declared.

Giving Up (SUR)

In cases where a Fighter voluntarily gives up because of injuries, or for any other reason, or if he or she does not resume fighting immediately after the intermission between rounds, the opponent shall be declared the winner. In these cases, the Second shall throw a towel into the ring to signal that his/her Fighter gives up.

Victory by Referee stopping contest (RSC)

The Referee may stop a match if a Fighter is clearly outmatched or if he/she is a hazard to his/her own safety after the following guidelines:

If a Fighter in the judgement of the Referee is clearly overmatched and will face unnecessary punishment in the ring should the match be allowed to go on.

If a Fighter in the judgement of the Referee is unable to continue the match due to injuries or for any other physical reasons, the Referee must stop the match and call the official match Doctor to the ring.

No referee can decide how seriously a fighter is injured, He / She must call the doctor!

No Contest (NC)

A match may be stopped by the Referee before the prescribed time due to circumstances beyond the control of the Fighters or the Referee:

1. The referee must stop the match before the first round has finished.
2. The safety equipment of the ring has been damaged.
3. The ring is unsafe for use.
4. The lighting over the ring is failing
5. Weather conditions force the referee to stop the match.

Under such circumstances the match shall be stopped and a "no contest ", with no winner is declared.

Victory by Walk-Over (WO)

If one Fighter 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 start with the running of 1 minute. If the opponent has not entered the ring within a time limit of 1 minute, the Timekeeper shall strike the gong to signal that the match has been stopped. The Referee shall then announce the Fighter who was first in the ring & declare him/her the winner by "Walk-Over ". The Judges shall note this on their cards, which are then collected. The Judges shall then summon the fighter who has won on Walk-Over to the center of the ring, and thereafter the announcement of the decision, raise his/her hand and declare him/her the winner.

5.2.6 The Three Knockdown Rule

There will be a "Three Knockdown Rule" in effect in any bout. The Referee will in all circumstances have to stop the contest when 3 Knockdowns or Standing 8 counts in one round, or 4 standing counts in the fight occur. Before a fallen Fighter resumes fighting after having been knocked down, or having slipped or fallen to the canvas, the Referee will wipe the Fighter's gloves free of any dirt or moisture.

5.2.7 Minimum Kicking Requirement - MKR Rule

In all matches there will be no Minimum Kicking Requirement. Kicking Judges will not be required.

5.2.8 Knockdowns

Method of counting over a Fighter who has been downed

When a Fighter is knocked down, the Referee will send the standing fighter to the furthest neutral corner of the ring, pointing to that corner. He will audibly announce the passing of the seconds, and continue the count holding up fingers in front of the Fighter who was knocked down.

If a Fighter is knocked down, the Referee will begin a mandatory eight count. If the Fighter then appears able to continue, he will allow the bout to resume. The Referee's count is the only official count. The Referee shall not count past eight if a Fighter has risen to his feet.

A fighter may not be saved by the bell, not even in the last round. However, if the bell sounds, ending a round, before a Fighter begins to fall, the Fighter will be allowed to return to his corner, being helped, if necessary, by only one of his Seconds.

Should the opponent fail to stay in the furthest neutral corner, the Referee will cease counting until he has returned to it, and then resume the count at the point from which it was interrupted. If the Fighter does not rise before the count of ten, he will be declared Knocked Out and the bout will be awarded to his opponent.

If, in the Referee's opinion, the downed Fighter will not be able to rise by the count of eight, and he believes the fighter requires more immediate attention, he may signal the end of the bout before the count of ten by waving his arms in front of his face and immediately summoning the Fighter's corner personnel and the Ring Physician to attend the downed Fighter.

No referee can decide how seriously a fighter is injured, He / She must call the doctor!

A Fighter will be declared Knocked Down if any portion of his body other than his feet touch the floor. A Fighter will not be declared Knocked Down if he is pushed or accidentally slips to the floor. The decision as to whether a contestant has been pushed or slipped to the floor, rather than being knocked down, will be made by the Referee.

If the fighter taking the count is still down when the Referee calls the count of ten, the Referee will wave both arms to indicate that he has been Knocked Out and will signal that the opponent is the winner. A round's ending before the Referee reaches the count of ten, will have no bearing on the count. There is no saving by the bell.

In all bouts, the fallen Fighter must rise before the count of eight to avoid being knocked out. The Referee may determine during the rest period between rounds, that a Fighter is unable to continue the bout safely and is thus the loser of the bout by Technical Knockout.

The Referee may, at his discretion, request that the ringside Physician examine a Fighter during the bout but from outside the ring only. Should the examination occur during a round, the time shall be stopped until the examination is complete.

If both Fighters go down simultaneously, counting will be continued if one of them is down. If both Fighters remain down until the count of eight, the bout will be stopped, and the decision will be a "technical draw". If one Fighter rises before the count of eight and the other Fighter remains down, the first Fighter to rise shall be declared the winner by Knockout. If both Fighters rise before the count of eight, the round will continue.

If a Fighter gets counted, each Judge must deduct 1 point from the scorecard, immediately when the round is over.

The Judges shall always mark this knockdown with the letter K (for Knock down) under "KD" in the Score-Card to indicate that the Fighter has received a knockdown.

5. Part – Low Kick

Low kick rules in USA often called Freestyle rules.

Only “shin guards with instep pads” are compulsory (not voluntary), no additional foot protection

The rules for this style are as per Full Contact except for...

All forms of Boxing in combination with kicks above the waist to the body and the head.

Kicks are allowed (Low Kicks) to the thighs, inside and outside. (Tibia) Kicks are only allowed higher than four inches above the knee and not to the calf.

Fighters must wear Thai Shorts. Under Low kick rules, leg checking is allowed within the parameters defined by the rules that govern leg kicks and strategies for blocking with the legs. No front kicks to the legs allowed.

6. Part K-1 Rules

The rules for K-1 style are the same as for Low kick except...

Only "shin guards with instep pads" are compulsory (not voluntary), no additional foot protection

Clinching is not allowed. Usual front kicks to the legs is allowed, low kicks to the whole leg above or below the knee.

Under K-1 Rules, limited "neck wrestling" is permitted for executing knee strikes to the front or sides of the torso (lower limit the waistline, level with the navel - upper limit the chest, immediately below the line of the clavicle). A fighter may not continue a "neck wrestling" strategy after the first knee strike under K-1 Rules. The Referee has immediately to break the fighters or stop the fight after the first knee strike in clinch situations.

Under K-1 rules, supporting one leg for a single attempt to kick out the other is allowed, provided that the attempt is made within five seconds in the Referee's estimation. Only one such attempt is allowed and must be executed away from the illegal area around the knee joint.

Under K-1 rules, leg checking is allowed within the parameters defined by the rules that govern leg kicks and strategies for blocking with the legs.

7. Part – Thai Boxing

The rules for this style are as per K-1 rules except for...

Only “shin guards with instep pads” are compulsory (not voluntary), no additional foot protection

The following are acceptable techniques...

1. Knee attacks to body and head and kicks with the shin to the thighs, body and the head.
2. Clinching (holding) and attacking at the same time with knees and any legal strikes.
3. Flat throws below the waist line, only in clinching situations.
4. All kind of Kicks to the whole leg above or below the knee. To attack the knee joint is strictly forbidden!

Under Thai rules, supporting one leg for a single attempt to kick out the other is allowed, provided that the attempt is made within five seconds in the Referee's estimation. Only one such attempt is allowed and must be executed away from the illegal area around the knee joint. Only two steps are allowed before technique thrown or release.

Under Thai rules, leg checking is allowed within the parameters defined by the rules that govern leg kicks and strategies for blocking with the legs.

7.1.0 Thai Boxing Scoring Criteria

7.1.1 The winner of a bout is determined by two main scoring criteria:

a) The number of clean Muay Thai techniques striking a legitimate target or used successfully against an opponent. Muay

Thai techniques include all punching techniques using the fist, all elbow strikes, all knee strikes, round kicks, Front, Side and Back Push Kicks and typical Muay Thai throws.

Legitimate targets include all areas of the body (except deliberately striking the groin area or any part of the back), the tibia (shin) when used in a blocking action, and the forearm when used in a blocking action.

b) The effectiveness of the techniques.

7.1.2 Effectiveness

Effective techniques are defined as Muay Thai techniques delivered on balance and have a physical effect on a competitor.

To be considered effective techniques, strikes or throwing actions are to comprise of one of the following.

- i) to cause a loss of a Fighter's balanced position. (They are moved physically either due to the power of the strike, good timing or because of a Fighter's loss of balance)
- ii). to cause them to show physical or psychological distress, (showing fear or pain).
- iii). Round Kicks delivered with force cleanly hitting the body or neck are considered effective, even without causing loss of position. Similarly, straight Knee Strikes or Circle Knees, delivered with force and striking with the point of the knee, also are considered effective without obvious effect.
- iv). All Elbow Strikes that cut are considered effective without any other obvious effect.
- v). If a Fighter kicks an opponent on target, but that kicking leg is caught by their opponent, the Kicker scores a point. However, if after their kick is caught, they are knocked down to the canvas by a kick, the Fighter kicking their opponent to the canvas scores as well. However, if the Kicker with his kicking leg caught by an opponent pretends to fall on the ring floor, they are considered guilty of violating the rules. In this case, no Fighter scores a point.

7.1.3 Notes:

The winner of a bout is the Fighter who successfully delivers more effective techniques than their opponent whether moving forwards, backwards, sideways or against the ropes.

If the number of strikes scored by each competitor is equal, and one Fighter was clearly more proactive in attempting to attack during the bout, they should win the bout. If the number of strikes scored by each Fighter is equal and no contestant has clearly attacked more, the Fighter who shows better offensive skills, defensive skills, elusive skills, or counterattacking skills using Muay Thai arts and techniques wins the bout.

If Fighters are otherwise equal and one Fighter clearly fouls consistently, that Fighter who violates the rules loses the bout.

If neither Fighter delivers any effective strikes, the Fighter that lands more ineffective strikes should be awarded the bout.

7.1.4 Fouls

Biting, head butting, eye poking, sticking out the tongue to taunt an opponent.

Using Judo and Wrestling throws.

Hyper-extending an opponent's spine using a "back breaking type hold" is to be considered a Foul.

Catching an opponent's leg and pushing forwards more than two steps without either contestant using any attacking techniques.

After a Fighter gets their leg caught, they deliberately drop to the floor to avoid being hit.

Any knee strike to an opponent's groin cup is a foul. If the Referee considers this to be a forceful strike, they can award up to a maximum of three minutes to recover. After this period, if the injured Fighter refuses to continue, the Judges must decide whether it was a purposeful foul or an accidental foul. The rules for injuries are the same as for Full Contact (Section 5.2.5).

Deliberately kicking upwards, targeting the protective cup is considered a Foul. However, if the protective cup is kicked accidentally when attempting to kick another target, this is not a foul and the injured Fighter must continue.

Disobeying the Referee's commands cannot be allowed and will be treated as a Foul.

Impeding an opponent from rising from the canvas or getting back into the ring is also to be considered a Foul.

7.1.5 Scoring procedure for the contest

A Full ten (10) points are given to the winner of the round and his opponent may be given 9 - 8 - 7 points in proportion.

- a) For an even round, both boxers score full ten (10) points (10:10)
- b) The winner scores ten (10) points and the loser scores nine (9) points (10:9)
- c) The clear winner of a round scores ten (10) points and the loser scores eight (8) points (10:8)
- d) The winner of a round with his opponent having been counted once in that round scores ten (10) points and the loser scores eight (8) points (10:8).
- e) The clear winner of a round with his opponent having been counted once in that round scores ten (10) points and the loser scores seven (7) points (10:7)
- f) The winner of a round with his opponent having been counted twice in that round scores ten (10) points and the loser scores seven (7) points (10:7)
- g) The Fighter who has been cautioned must not get full ten points in that round. The Referee's Caution can cost one (1) point each.

Protest

The individual judgements of the Referees/Judges are not subject to protests.

The decision of the official Doctor is not subject to protests.

Protests are only possible in the following cases, and may only be placed after depositing a fee of 100 GBP in cash with the area Supervisor or the head referee:

1. A proven agreement between the Judges/Referees
2. The mathematical addition of the scores is wrong
3. An obvious mix up between the Blue and Red corner occurs
4. The official ICO rules were violated

Video recordings or any photographic media cannot be used to justify a protest. Any type of recording is not evidence in a dispute and cannot be submitted as such.

A protest does not hinder the ongoing of a competition. The Head Referee can though interrupt the continuation of the fights for a short period, if the result of the protest has a significant influence on the proceedings.

After hearing protest from both parties and the Referee involved, the Head Referee makes the final decision. No further discussion shall continue the subject at the venue. Any further disputes must be emailed within seven days of the incident to andyhennesyico@yahoo.co.uk where the matter can be taken further. Any monies lost due to the decision of the Head Referee at the venue, shall be retained until a decision by the IRC has been reached.

Any dispute must be made without aggression, and only by the team manager or coach of the fighter. Any other presence will only be at the invitation of the Head Referee. After hearing both sides, he must only make his/her decision based upon the ICO rules.

The protest fees, if the protest is not successful, shall flow into the general account of the IRC for future Referee training and development. If in the case of a protest being put in after the competition, the IRC then makes the decision after hearing protest from both parties and the referee involved. The national federation has a limit of 30 days to make a statement in a matter of protest. If the decision of protest leads to a loss of a continental (European, African, Asian etc.) - or World Title, the final decision can only be given by the IRC. All monies shall be returned in the case of a successful protest.

