

WKC Rules and Regulations 2025, with adaptions for German Open 2026

Light contact + kick light

1. Fighting Area

- a. The fighting area has to be square. Each side must be 7m in length (7 x 7) maximum or (6 x6) minimum.
- b. Around the fighting area, a safety zone of two metres has to be kept clear, only referee tables are allowed to be placed within this safety zone. The zone can be marked. No spectators are allowed to be within that zone.
- c. The timekeeper and scorekeeper are located at the referee-table facing the Head Referee.
- d. In case there is only one fighting area, sufficient space for the medics and/or emergency personnel has to be provided at the referee-table.
- e. The referee-table must be equipped with the following items: The draw sheets, score displays, stop watch, bean bag, paper and pencils.

2. Rounds:

In all kids divisions (12yrs and under) the match consists of two rounds of one minute. There is a 30 second break between rounds. The gold medal match will be three rounds of one minute.

In the youth divisions (17yrs and under) the matches consist of two rounds of 1:30 min. There is a 45 second break between rounds.

In the 18yrs+ divisions the matches consist of two rounds of two minutes with a one-minute break between rounds. The

Gold medal match is also two rounds.

In all veteran divisions the matches are one round. The Gold medal final match is also one round of two minutes.

MUSS MIT AUSSCHREIBUNG ABGESTIMMT UND ANGEPASST WERDEN

3. The Competitor:

The competitor must be dressed in a clean and appropriate uniform. The competitor should be wearing a clean t-shirt with long pants. The pants must reach the feet and be open on the bottom. There should be no zip fasteners, pockets or buttons. Competitors cannot wear any metal objects that may cause injuries to the opponent. Piercings, chains, watches or earrings are not allowed.

Eyeglasses are forbidden; soft contact lenses are allowed at the competitor's own risk. Competitors may wear badges of their respective clubs, associations or sponsors. Names and slogans are permitted as long as they do not offend public decency. Long hair must be fastened by an elastic band. The helmet has to protect the top of the head.

4. Competitor Equipment:

The equipment must include: Helmet, Mouth guard (gum shield), 10 oz boxing gloves Safety kicks, Elbow pads, Groin protector that must be worn under clothes (men and women), Shin guards that must be worn under clothes. Breast protector for female juniors, adults and veterans may be worn under their uniform. No Face shields are allowed. Competitors may additionally wear: Hand bandages, maximum length of 3.5 metres though no tape on the first or knuckles, Elbow and knee protectors and prescription Sport safety goggles

For Kick light: combined shin/foot protectors are allowed but the heel must be covered.

5. Scoring Area:

Front, back, side and top of the head. Front and side of the body. Sweeps below mid calves. Every action must be controlled and well-timed. In the event of a downed opponent, the match is stopped immediately. No techniques can be thrown towards downed fighter.

6. Prohibited Actions:

Sweep and kick to knee and thigh (low kick to the outside of the leg allowed at kick light), Kick and punch to the groin, Kick and punch to the back of the body, Scratching, biting, spitting, verbal attacks to the referees or opponent, Kick and punch after stop called, Uncontrolled actions, Leaving the fighting area or falling down to waste time:

- The referee will stop time to give a warning or minus-point.
- Only one coach is allowed, and he/she is to stay seated.
- If the coach feels the rules have been enfeebled, he may indicate to the centre referee using the sign "T" for time. At no time may the coach enter the fighting area. The referee may award a penalty point.
- In each fighting area, the referee acts as the "ring inspector". He is responsible that on his fighting area all WKC rules will be correctly applied.

7. Scoring System:

Three judges score the match. The judges use the "10 point must" system. This means that the judge awards the fighter winning the round 10 points. The loser receives 9 points. Scores can be affected by penalty points awarded by the centre referee. All judges and referees must declare a winner of the match. They cannot decide on a draw. They declare a winner by show of hands, pointing towards the winning fighter.

8. Judges Score the Match on:

total number of points scored, defense, technique, overall conditioning, good sportsmanship, number of minus points, warnings. Kicking techniques are valued more than punching techniques due to the skill level involved.

9. Penalty Points:

The centre referee works on a 3-warning system. This means the centre referee can warn a fighter twice for an infraction, like heavy contact. On the third warning a penalty point or minus point is given. The fourth warning results in disqualification. The centre referee does hold the power to disqualify a fighter immediately for a gross violation of the rules. In this case they may ask side judges for their opinions.

10. Stopping the Match:

A match can be stopped in three ways:

- The corner throws in the towel.
- The doctor/medical staff decides that a fighter unable to continue.
- The centre referee stops the match.

In the first situation if a corner stops the match the opposition fighter is declared the winner. If the Doctor/medical staff decides a fighter cannot continue, then the centre Referee must decide if the cause of the injury was due to an accident or the result of the foul. If the fighter is hurt from an accident (twisted ankle, pulled muscle) that fighter bows out and his or her opponent is declared the winner. If the fighter is hurt as the result of a foul (any technique that lands with excessive contact) the injured fighter is declared the winner. However that fighter cannot fight again that day. (a medical note is required to fight the following days).

11. Protest:

The scoring of the Judges is final. Protests against the decisions of a Judge can only be accepted in the event that the competition rules have not been correctly applied. A Judges verdict given at the conclusion of any division shall be binding and may be altered only in the event that the Center Judge and Supervisor deem that one of the following circumstances has occurred:

1. A conspiracy has taken place or an illegal agreement has been entered into affect the result of the match.
2. The addition of the scorecards is faulty; one judge mixed up the corners, resulting in the victory being given to the wrong competitor.

3. A clear violation of the rules and regulations directly affecting the outcome of the match has been perpetrated.

Protest shall be directed to the Center Judge and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made. The Center referee will decide on the protest after hearing evidence from the protesting side and the judges concerned. (Video will not be accepted). If a satisfactory resolution is not reached, the Chief referee for Light Contact at the Championships will decide the protest.

Videos on the mobile phone or camcorder are not allowed and accepted for the protest.

12. Center Referee Hand Signals for Warnings:

The Center Referee must tell the Timekeeper to "stop the time" to inform the offending Competitor why they are being warned. Then, the Referee will show him/her by the warning hand signal and then whip their finger and say "no".

Contact too strong/punch the palm. Striking in an illegal area/show the illegal area. Blind scoring/turn the body and strike a punch or kick. Holding or Grappling/hold your own arm and pull. Turning the body or run away/similar. Speaking during the fight/ fingers and thumb open and close.