

# WKA

**World Kickboxing Association**

**World Karate Association**



WKA  
Official Rulebook  
2010

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## **Introduction**

**This rulebook replaces all previously issued rules.**

*These current rules are valid for members from all states, whereas consideration can be given to local law, in case the law requires such adjustments.*

English is the official language of the WKA. This rulebook can be translated into other languages by the WKA headquarters (hereinafter referred to as the "WKA HQ"). In case of any discrepancies, the official English version shall prevail.

*Without a written consent from WKA HQ this rulebook shall not be used (copied, published, distributed, etc...) for commercial or business purpose in any way even electronically.*

*It is WKA member's responsibility to be aware of and to know WKA official rulebook including its changes and amendments. Unknowingness of updated version of WKA rulebook, which is available on WKA official website, will not be taken into consideration on the WKA events.*

# ***I. Part - General***

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## 1. WKA

### WKA

WKA stands for the World Kickboxing and Karate Association with its seat in Germany. The affiliated National Federations are members of WKA.

### WKA HQ

WKA HQ stands for WKA headquarters, which has seat in Nördliche Uferstr.4-6, 76189 Karlsruhe, Germany and includes the WKA office in James Court, 63 Gravelly Lane, Erdington, Birmingham B23 6LX England as well.

### WKA Executive Board

WKA Executive Board means all WKA vice presidents.

## 2. Amateur Status

The term “Amateur” is used to refer to the Full-Contact, Kickboxing , Thai-Box or Original WKA kickboxing rules (K-1) competitors. However, in this rulebook it is used to describe all non-professional competitors.

Professional is competitor who is under a professional contract and simultaneously earns more than 100.000,-EUR per year by pro-fights.

**Professional cannot participate in Amateur events; especially the Amateur-World Championship. If the WKA HQ found out about a Non-Amateur participation in such events, one or more of the following consequences might be considered:**

- a) Disqualification of the Non-Amateur; and/or
- b) Participation ban and time to be determined by the WKA HQ; and/or
- c) Fine of 250 EUR; and/or
- d) Revocation of the won title, where as a revocation of the world title requires the WKA Executive Board approval.

### 3. Doping

It is prohibited to use any substance to boost one's performance, if such substance is banned by one of the appropriate organizations as a doping substance (IOC, Anti-Doping Agency, National Olympic Committee etc.).

WKA supervisor, tournament promoters, and the official doctor can and may perform tests. Also other qualified and authorized organizations or person may perform such tests in case the local law dictates that.

Competitors who intentionally avoid or evade such controls, or try to obstruct or manipulate the testers in any way, can be disqualified and banned for a period of time, to be determined by the WKA HQ.

Privacy, especially for children and female competitors, has to be respected. Doping tests have to be made by a qualified person of the same gender. Whenever this is not available, WKA supervisor of the same gender supervises the collection of the test samples.

### 4. Registration

#### Conditions:

Competitors who want to be admitted to any competition, tournament or gala should fulfil the following conditions:

- a) Possess a WKA issued or accepted sport book (sport pass); and
- b) Have a valid stamped license for the current year applied in the sport book; and
- c) Have a proof of an appropriate entry in the sport book, or show a medical test not older than 12 months, proving that they are "fit to fight"; and
- d) Have no medical or any other reasons preventing them from participating in the event; and
- e) Show a medical proof of EEG examination in case of having experienced three head knockouts within a period of less than 12 months, whereas the EEG must be made after the banned period; and
- f) Female participants must not be pregnant; and
- g) Fighters in ringsports divisions must undergo AIDS test in cost of 2 € if the test is available and if it is possible to provide it according to the local law

#### Entries into the WKA sport book:

Promoters of the tournaments, competitions or galas are responsible to make the following entries into the WKA sport book:

- a) Place, Date and Name of the event;
- b) Fact that competitor took part on the championship;
- c) Discipline and place (1st, 2nd, 3rd) of the competitor; and
- d) The fact (information) of any head knockout.

In addition to the promoter, the head referee, a WKA supervisor, or in case of a head knockout the doctor can also make the entries.

#### Banning periods after a head knockout:

- a) 1 month after the first head knockout within 12 months;
- b) 3 months after the second head knockout within 12 months; and
- c) 12 months after the third head knockout within 12 months (EEG required).

After being banned for 12 months due to three head knockouts within 12 months, the competitor has to submit a medical attest with a negative EEG examination result before he/she can admit to any competition again.

#### Identification of the competitors:

On international tournaments, competitions or galas, the competitors have to prove their identity and nationality by showing a government-issued ID.

Competitors who show an ID card issued by WKA HQ displaying the 5-digit MAP number, and which have already had their passport or ID scanned need not to show further identification.

**Exceptions from nationality requirements:**

Competitors can prove his/her special relations to a country other than the one of his/her nationality (the “chosen” country) by submitting to WKA HQ one of the following documents:

- a) Birth Certificate of the country of choice;
- b) Marriage Certificate with a citizenship of the country of choice; or
- c) A permanent residence of the country of choice.

Competitors have to submit a written application to start “the country of choice” process through the national federation, which then forwards the application to WKA HQ.

Competitors, who have chosen a country of choice, can only change the country after obtaining a new citizenship, or after moving to another country for permanent residency.

The WKA Executive Board has the right to decide upon such applications, which have to be submitted at least one month prior to the competition the competitor intends to participate in, exception can be made only with WKA HQ approval..

## 5. Age Categories

Cut off date is always **30th June of calendar year in which competition is held.**

**Kids:**

A Kid, who is **12 years old and under** on the cut off day can compete in this age category. The promoter of tournament must inform all country representatives in official invitation about the age limit over which kids can compete on the tournament.

**Juniors:**

A junior, who is between the age of 13 and **17** (inclusive) years old on the cut off day can compete in this age category.

**Adults:**

An Adult, who is 18 years or older on the cut off day can compete in this age category.

**Veterans:**

A veteran, who is 35 years or older on the cut off day can compete in this age category. There is no veteran category in Full-Contact, Kickboxing with Low Kicks, Thai-Boxing, Original WKA kickboxing rules (K-1), and [MMA](#)

**Age categories for new ringsport divisions:**

Children who is between the age of 9 and 11 (inclusive) years old on the cut off day can compete in this age category.

Teenagers who is between the age of 12 and 14 (inclusive) years old, on the cut off day can compete in this age category

Cadets who is between the age of 15 and 17 (inclusive) years old on the cut off day can compete in this age category

Kids -12 Jahre	Girls	Men		Women	
	Junior 13-17 Jahre	Men	Veteran +35 Jahre	Women	Veteran +35 Jahre
-25 kg	-40 kg	-60 kg	-75 kg	-50 kg	-60 kg
-30 kg	-45 kg	-65 kg	-85 kg	-55 kg	+60 kg
-35 kg	-50 kg	-70 kg	+85 kg	-60 kg	
-40 kg	-55 kg	-75 kg		-65 kg	
-45 kg	-60 kg	-80 kg		+65 kg	
-50 kg	+60 kg	-85 kg			
-50 kg		-90 kg			
-50 kg		+90 kg			
		Open category		Open category	
Teamfight	Teamfight	Teamfight		Teamfight	
-25 kg	-40 kg	-60 kg	-75 kg	-50 kg	-60 kg
-30 kg	-45 kg	-65 kg	-85 kg	-55 kg	+60 kg
-35 kg	-50 kg	-70 kg	+85 kg	-60 kg	
-40 kg	-55 kg	-75 kg		-65 kg	
-45 kg	-60 kg	-80 kg		+65 kg	
-50 kg	+60 kg	-85 kg			
-50 kg		-90 kg			
-50 kg		+90 kg			
Teamfight	Teamfight	Teamfight		Teamfight	
-25 kg	-40 kg	-60 kg	-75 kg	-50 kg	-60 kg
-30 kg	-45 kg	-65 kg	-85 kg	-55 kg	+60 kg
-35 kg	-50 kg	-70 kg	+85 kg	-60 kg	
-40 kg	-55 kg	-75 kg		-65 kg	
-45 kg	-60 kg	-80 kg		+65 kg	
-50 kg	+60 kg	-85 kg			
-50 kg		-90 kg			
-50 kg		+90 kg			

Formatiert: Schriftart: Arial

	Men	Women
	- 60 kg	- 50 kg
	- 65 kg	- 55 kg
	- 70 kg	- 60 kg
	- 75 kg	- 65 kg
	- 80 kg	+ 65 kg
	- 85 kg	
	- 90 kg	
	+ 90 kg	
	- 60 kg	
	- 65 kg	
	- 70 kg	
	- 75 kg	
	- 80 kg	
	- 85 kg	
	- 90 kg	
	+ 90 kg	

NEW CATEGORIES !!!			
Girls			
Kadets 15-17 years	Children 9-11 years	Teenagers 12-14 years	Kadets 15-17 years
- 50 kg	- 35 kg	- 40 kg	- 50 kg
- 55 kg	- 40 kg	- 45 kg	- 55 kg
- 60 kg		- 50 kg	- 60 kg
- 65 kg			
- 70 kg			
- 75 kg			
- 80 kg			
- 85 kg			
- 85 kg			

	Girls		Men		Women	
Kids -12 Jahre	Junior 13-17 Jahre	Adult	Veteran +35 Jahre	Adult	Veteran +35 Jahre	
Hard Style Korean Style Additional Karate Forms Soft- Style Open with music Extreme forms Weapons with music Weapon no Music Additional Weapons Extreme weapons	Hard Style	Hard Style	Traditional Forms (Korean, Japanese, soft)	Hard Style	Traditional Forms (Korean, Japanese, soft)	
	Korean Style	Korean Style	Weapons no music	Korean Style	Weapons no music	
	Traditional Karate	Traditional Karate	Traditional karate	Traditional Karate	Traditional karate	
	Forms Soft-Style	Forms Soft-Style	Traditional weapons	Forms Soft-Style	Traditional weapons	
	Free Style Open with music	Free Style Open with music		Free Style Open with music		
	Extreme forms	Extreme forms		Extreme forms		
	Weapons with music	Weapons with music		Weapons with music		
	Weapon no Music	Weapon no Music		Weapon no Music		
	Traditional Weapons	Traditional Weapons		Traditional, Weapons		
	Extreme weapons	Extreme weapons Hard style and Traditional Team Forms		Extreme weapons Hard style and Traditional Team Forms		
Forms Team Forms	Free Style Team Forms		Free Style Team Forms			

## **Weigh-In**

### **Time:**

The weigh-in has to be completed at least two hours prior to the first competition.

### **International Tournaments, Competitions or Galas:**

Whenever possible, a selection of volunteer referees, preferably from different countries, supervises the weigh-in in the international competitions on the day before the competition.

### **Tolerance:**

Generally, there is no tolerance. Only kids, children and teenagers will be allowed a half kilo discrepancy of weight.

Only 3 participants from each country and for each weight-division are permitted. No overbooking is allowed, except with written consent from WKA HQ which could be given in electronic form (e-mail). WKA representative shall apply for above mentioned WKA HQ consent minimum 1 month prior the competition in written or electronic (e-mail) form.

"Overbooking" in the case of above mentioned exception of a weight-class in any age-division has to be fought off in a way that the number of participants of the same country in one particular weight-division is reduced to 3.

The corresponding national coach or country representative can influence the placement of his competitors for the "fight-off" during the pool drawing.

## **Medical Examination**

All competitors must present medical check no older than 12 months, undersigned by physician. Otherwise competitor has to undergo medical check by the present doctor who is designated by promoter of tournament. Whenever there are male and female participants, the medical examinations have to be held in separate rooms or in case of availability of one room only during different times.

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

## **7. Competition Management**

### **Fighting Areas:**

Fighting Areas for Pointfighting, Forms, Lightcontact, and Karate Kumite,:

- a) The fighting area has to be square. Each side must be 8m in length (8m X 8m) maximum or (6m X 6m) minimum.
- b) Around the fighting area, a safety zone strip of two meters has to be kept clear, only referee tables are allowed to be placed within this safety zone. No spectators are allowed to be within that zone. The safety strip zone can be marked.
- 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:
  - Pool lists
  - Score displays
  - Table stop watch. Hand stop watch is not acceptable
  - Acoustic signal (Bell, Whistle, or Horn for ringsports, voice is sufficient for other disciplines)
  - "Bean-Bag" is allowed
  - Spare papers and pencils
  - PC and printer are allowed

### **Box Rings:**

- a) Full-Contact competitions are held inside the rings.

- b) The box ring's components, all side protections and ropes, must be inspected for suitability and safety prior to the first competition.
- c) Usually each length side of the squared box ring is minimum 4.5 meters and maximum 6.00 meters (side length of the rope). It consists of 4 ropes.
- d) The minimum diameter of the 4 ropes is 2.5cm (1").
- e) The lowest rope must be placed at 33cm (13") above the platform, while the top rope is placed no more than 1.30m above the platform.
- f) All ropes must be covered with soft tightly fitted materials.
- g) The 4 corners must be made of metal. The diagonal distance between opposite corners must not exceed 10.6 meters (outside measurement).
- h) The height of the corners must not be more than 1.30 meter (52") above the platform of the ring.
- i) All corners must be covered with commonly used cushions in order to avoid possible injuries.
- j) The platform itself may not be placed higher than 1.20m above the ground level. It must be covered with a shock absorbent (Mat Puzzles) or similar material below the ring floor layer.
- k) Stairs are placed in the red and the blue corners and one on the white corner.
- l) Sufficient chairs have to be provided for the coaches.
- m) The referee-tables must be equipped with the following items:
  - Pool lists
  - Score cards
  - 6 clickers
  - Table stop watch and hand stop watch as a reserve
  - Acoustic signal (Bell, Whistle or Horn)
  - PC and printer are allowed
  - Spare papers and pencils
- n) Judges tables and chairs are located along the other three sides of the ring box.
- o) 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.
- p) To avoid possible injuries, camera-men are not allowed on the platform during the rounds.

## 8. Referees

All provisions in this article set the basic duties of referees. Referees have to fulfill other conditions, requirements and duties set in other WKA official documents related to referees which are published on the WKA web page.

### Referee Categories:

International referee categories:

Referees of the categories "[master referee](#)", "[international referee](#)" and "[international judge](#)" are identified by a different colour ID-Card marked with "REFEREE."

[master referee](#) – is required to take part at Worldchampionship as [international referee](#) 3 years (3 times) plus to pass [master referee](#) test (plus sufficient knowledge of english)

[international referee](#) – is required to take part at Worldchampionship as [international judge](#) 3 years (3 times) plus to pass [international referee](#) test (plus sufficient knowledge of english)

[international judge](#) – is required to have 3 years practice in refereeing as 1st class national referee plus to pass [international judge](#) test (plus sufficient knowledge of english)

WKA HQ organizes referee super seminars one time per year before the Worldchampionship for training and licensing "[master referee](#)", "[international referee](#)" and "[international judge](#)".

Attendance on seminars and successfully passing a test as well as sufficient knowledge of English (the official language of the WKA) are the conditions to become “master referee”, “international referee” and “international judge”.

Each country is responsible for its own graded referees' training and licensing of national class referees. However, WKA may offer seminars.

The power of “master referee”, “international referee” and “international judge”:

“master referee”: Entitled to be head referee and ring inspector on the world championships or to act as a supervisor in the international titled competitions. WKA master referee can not have a leading position in other world kickboxing association.

“international referee”: Entitled to be a referee in the world championships finals or to act as a referee or judge on international titled competitions. international referee is entitled to be a ring inspector on the Worldchampionship as well in the case there is no master referee on fighting area in this position.

“international judge”: Entitled to be a referee in the elimination competitions in the world championships or to act as a judge on national titled competitions.

**Licensed referees are registered in a central database. Their names, categories, nationalities and MAP-numbers will be published in the official WKA members website ([www.wka-members.de](http://www.wka-members.de)).**

### **Conflict of Interest:**

Nationality:

On continental and world championships competitions, referee team has two composition options, which are:

- a) One referee from the nationality of the red corner competitor, one referee from the nationality of the blue corner competitor, and one or more referees neither from the nationality of red nor blue corner competitors.
- b) All referees have different nationality of neither red nor blue corner competitors.

Note:

If a referee has several nationalities, or if he/she, based on the exception of the nationality principle, has chosen a country, he has to step down whenever the competitor is either from one of the referees' nationality or from his/her country of choice.

Note: This rule about the nationality of referees can be broken only by decision of supervisor and only in the case when there is not enough number of referees of different nationalities at the tournament.

It is the referee's responsibility to report any possible conflict of interest. In case of an omission, the WKA HQ, after consulting with the Head Referee may impose one or more of the following measures:

- a) Warning;
- b) Exclusion of further participation as a referee on the event;
- c) Reduction of the referee's compensation; and/or
- d) Withdrawal of the referee's license for a period of time determined by the WKA HQ.

### **Head Referee:**

A head referee has to be designated for every competition.

On a competition with several competition areas or rings, Head Referee appoints a “Ring-Inspectors,” who supervises application of WKA rules on one fighting area or ring.

Head referee can replace referees who have been obviously not neutral or who violate the official WKA competition rules, just in such cases Head Referee can “overrule” their decisions.

### **Ring – Inspector:**

On each fighting area the head of the referees is the “ring inspector “. He is responsible, that on his fighting area all WKA rules will be correctly applied. It is the responsibility of Ring Inspector to place referees on his/her competition area or ring according to their nationalities or affiliations with school, club or particular competitor.

He/she reports the results according to the instructions of the Head Referee.

At events with only one competition area or ring, the Supervisor acts as a Ring Inspector.

#### **Supervisor:**

He is responsible for managing all referees and supervising the work on all competition areas and/or rings. He takes care that the time schedule will work and the safety of the fighter is provided (the compulsory attendance of doctor and first aid team).

He is the part of the WKA Event Organization Team ( by World Championships). By International events or Gala he is appointed by WKA HQ and after the championship or gala he has to send a report about the event to WKA HQ

#### **Protests:**

Decisions of the official doctor can be subject to protests if the second doctor is present at the event. The second doctor will make decision about the protest.

Protests are only possible in the following situations, and would be considered after giving a fee of 100 EUR in cash to the Ring-Inspector or the Head Referee:

- a) A proven agreement between the Referees /Judges;
- b) The mathematical addition of the scores is wrong;
- c) An obvious confusion between the red and blue corner occurs; and/or
- d) The official WKA Rules were violated.

**Note:** Video recordings cannot be used to justify a protest.

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

After hearing the protest from both coaches and the referee's comments, the Head Referee then takes the final decision.

The protest fees go into the general account of the WKA HQ fund for future referees' trainings and development.

If a protest is submitted after the competition, the WKA HQ then makes the decision after hearing protest from both coaches and referee's comments. The national federation has a limit of 30 days to make a statement about a Protest.

If the decision of a protest leads to a loss of a European or World title, the final decision then can be only made by the Executive Board of the WKA.

#### **Clothing:**

During the pre-elimination competitions up to semi finals, T-shirt (or Polo-shirts) with the print "OFFICIAL" or "REFEREE" are allowed and all referees have to wear **black** trousers.

For finals or title competitions all referees have to wear **black** trousers, white shirts with WKA print and bow ties. If necessary a dark blue blazer with WKA logo is allowed.

To minimize injuries, it is forbidden for referees to wear any jewellery, watches, pens, etc. Judges are accepted from this rule since no body contact with competitors is possible.

The use of medical gloves is recommended.

#### **Registration of referees per country for world championships:**

For every country following number of referees must be present

0-4 competitors	0 Referee
5-25 competitors	1 Referee ( <a href="#">master or international referee</a> )
26-50 competitors	2 Referees (both <a href="#">master or international referee</a> )
51-75 competitors	3 Referees (at minimum one <a href="#">master</a> and one <a href="#">international referee</a> )
76-100 competitors	4 Referees (at minimum one <a href="#">master and one international referee</a> )
101-125 competitors	5 Referees (at minimum one <a href="#">master and two international referee</a> )
126 and more competitors	6 Referees (at minimum one <a href="#">master and three international referee</a> )

Each country that does not fulfil the number of referees' requirements will be fined 250 Euro per each missing referee. The money goes into the WKA HQ general account.

Countries which pre-registered their referees for championships and received confirmation from WKA will receive priority.

The referee's payment is as follows:

master referees 10 €per hour

international referees 7 €per hour

international judges 5 €per hour

Payment is due in the morning of the final competitions' rounds and before they start.

The organiser/host is responsible for taking care of the referees. This includes providing separate rooms containing food and beverages. Besides, it is necessary to have mineral water on the referees' tables.

## ***II. Part – Pointfighting (Semi Contact)***

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## 1. Clothing and Outfit

### Competitors:

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

The competitors should be wearing a clean T-shirt with long Kickboxing trousers. At least the top half of the upper arm must be covered and sleeves maybe to the elbow.

The trousers must reach the feet and be open on the bottom. There should be no zip fasteners, pockets or buttons.

Traditional Karate GI or Tae kwon do uniforms are permitted. Every competitor must wear a belt, to let the "waistline" be noticeable. They may fight without such a belt if the waistline is clearly visible due to clearly recognisable colours such as white shirt and black trousers.

Competitors cannot wear any metal objects that may cause injuries to the opponent. Piercing, chains, watches or earrings are not allowed. Eyeglasses are forbidden; soft contact-lenses are possible but at the competitor own risk.

Athletes may wear badges of their respective clubs, associations or Sponsor. Names and slogans are permitted as long as they do not offend public decency.

Headbands, hairnets and scarves are not allowed since they may slip. Long hair must be tied together. This should be done with an elastic band. Hair grips are not allowed.

### All competitors must wear:

- Helmet
- Gum shield (mouth guard) - not football gum shield;
- Open hands gloves (in USA called foam gloves) must have the fingers and thumbs enclosed;
- Safety kicks;
- Groin protector (men and women) must be worn under the clothes;
- Shin guard must be worn under the clothes; and
- Breast protector for female juniors, adults and veteran.

### Competitors, additionally, may wear:

- Hand – bandages, maximum length 3.5 meters; though no tape on the fist or knuckles
- Elbow and knee protectors
- Breast protector for female kids is recommended
- [Ringstar or KWON shoes](#)

### Coaches:

The coach must wear appropriate clothing and sport shoes, which must be clean. He/she must behave in a disciplined manner. If the coach does not follow the referees' instructions, his/her athlete may be penalised by a warning and, if necessary, even disqualified.

## 2. Matches, Weight and Age Divisions, Match Time

### Individual Matches:

Applied weight divisions are as follows:

	Adults		Juniors (13 -17 Years)		Kids (under 13)	
	Men Disciplines	All Disciplines	Boys	Girls	Boys	Girls
<b>Feather weight</b>	- 60 kg		- 40 kg		- 25 kg	- 25 kg
<b>Light weight</b>	- 65 kg	- 50 kg	- 45 kg	- 40 kg	- 30 kg	- 30 kg
<b>Light welter weight</b>			- 50 kg		- 35 kg	- 35 kg
<b>Welter weight</b>	- 70 kg	- 55 kg	- 55 kg	- 45 kg	- 40 kg	- 40 kg
<b>Light middle weight</b>	- 75 kg		- 60 kg	- 50 kg	- 45 kg	- 45 kg
<b>Middle weight</b>	- 80 kg	- 60 kg	- 65 kg	- 55 kg	- 50 kg	- 50 kg
<b>Light heavy weight</b>	- 85 kg	- 65 kg	- 70 kg	- 60 kg		
<b>Cruiser weight</b>	- 90 kg					
<b>Heavy weight</b>	+ 90 kg	+ 65 kg	+ 70 kg	+ 60 kg	+ 50 kg	+ 50 kg

#### **Veteran's men:**

- 35 Years and over: there are three weight-classes: - 75 kg - 85 kg and + 85 kg

#### **Veterans' ladies:**

- 35 Years and over: there are only two weight-classes: - 60 kg and + 60 kg

**All world level competitions wherever rankings are available heats must be seeded.**

#### **Team Competition:**

A team consists of five competitors (male kids, juniors & men) or three competitors (female kids, juniors & ladies). One competitor in reserve is permitted, in case a member of the team is injured during competition. One of the competitors is chosen by the team captain.

#### **Weight - classes for Kids only:**

Male: - 30 Kg / - 40 Kg / - 45 Kg / - 50 Kg / + 50 Kg

Female: - 30 Kg / - 40 Kg / - 50 Kg

#### **Weight - classes for juniors and Adults:**

There are no weight divisions in the team competition for juniors and adults.

The team captains choose their competitors alternatively.

#### **Score**

Score is based on wins. All warnings and penalty points are for the individual match only and are not carried on to the next match.

In the event of a draw, all match points are added up; the winner will be the team with the most points.

In the event of a draw on points, the extra time rule applies to the last 2 competitors.

### Match time:

**Elimination Rounds in all age categories are as follows:** 1 round two minutes while **Finals** 2 rounds two minutes each.

- Extra time rule in case of a draw:
- There is no break;
- 1 minute extra time will be given;

If still no decision, this is followed by sudden death using the Golden Point rule, which considers the winners who get the first point.

### 3. The Referee's Power

1. The referee, supervisor and doctor are the only person that can stop the bout.
2. The referee shall award opponent with a point for competitor's dissension after he has been already warned
3. The referee shall award opponent with a point for dissension from competitor's coach after he has been already warned
4. The referee shall award opponent with a point for competitor's serious unsportsmanlike behaviour by either himself or his coach.
5. The referee shall disqualify a competitor if he does not turn up after he has been repeatedly called for his fight  
4 minute rule shall be applied in following way:  
after 1<sup>st</sup> minute competitor will receive warning, after 2<sup>nd</sup> minute opponent shall receive 1 point, after 3<sup>rd</sup> minute opponent shall receive second point, after 4<sup>th</sup> minute competitor shall be disqualified
6. The referee shall disqualify a competitor who turns up with improper safety equipment and can not replace it in 4 minutes  
4 minute rule shall be applied in following way:  
after 1<sup>st</sup> minute competitor will receive warning, after 2<sup>nd</sup> minute opponent shall receive 1 point, after 3<sup>rd</sup> minute opponent shall receive second point, after 4<sup>th</sup> minute competitor shall be disqualified

### What Referee can not do?

1. The referee cannot disqualify a competitor for any reason other than those stated in the chapter above or mentioned herein.
2. The referee can not at anytime impose, change or alter any of the rules.
3. The referee cannot overrule any score by a judge unless that score is a minority one. (However, if a rule has been broken that the judge is unaware of, then they may be overruled).

### 4. Beginning, Interruption and End of Fights

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

#### Equipment Check:

First of all the side-judges have to check the competitors' safety equipment. Each judge is responsible for the competitor at his end. He starts from the head to the toes. For women the breast protector and her groin protector are checked by asking. If in case of an injury the competitor was found not to have the correct protective equipment he/she will be disqualified immediately.

The judge is also responsible for the following; that the competitor has no Jewellery or metal and that the nails on toes are short. No glasses (spectacles) are allowed to be worn during a competition. There are no exceptions to this rule. This includes specially made unbreakable sports spectacles. Also no face shields on helmets. Soft contact-lenses are possible but at their own risk.

Groin protectors, shin guards (and breast protectors for female juniors, adults and veteran) must be worn under the clothes, breast protector for female kids is recommended.

#### **Start:**

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

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

#### **Interruption:**

If the main referee acknowledges a point scored by one of the competitors he has to raise up his hand IMMEDIATELY then he will stop the fight saying “stop” and both competitors will return to their starting position. The match time is still running!

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

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

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

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

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

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

#### **End of the Match:**

The time of the fight is over when the timekeeper shouts “stop” and concurrently throws the bean bag on the fighting area.

The fight is over in any case, when the main referee stops the fight finally with the command “stop” and not earlier.

The difference of 10 points in elimination fights ends a fight by TKO. i.e. - 10 / 0 and 12 - / 2 on international tournaments. The difference of 5 points in elimination fights ends a fight by TKO. i.e. - 5 / 0 and 7 / 2 on national tournaments.

If there is a score in the time between the “end of time” and “end of fight” that score is valid.

Main referee turns to the referee table, take one hand of both competitors and show the winner, announcing the final score.

## **5. Rules of Competition**

#### **Scoring Area:**

Entire head and face

Front and side of the body

Sweeps below ankle

Every action must be controlled and well timed

Punch only a downed opponent within 3 seconds

The referee will count until 3 in his mind before calling stop. In the event of a competitor falling down to the floor the 3 second rule applies.

#### **Prohibited Actions**

Sweep and kick to knee and thigh (low kick)

Sweep executed in contradiction to definition set in this chapter

Kick and punch to the groin

Kick and punch to the back of the body.  
 Scratching, biting, spitting, verbal attacks to the referees or his opponent  
 Kick and punch after stop called  
 Uncontrolled actions  
 Disappearing from the competition or opponent, leaving the fighting area or falling down to waist time

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

In Pointfighting competitions only one coach is allowed and he/she is to stay seated. If the coach feels there has been an infringement of the rules, he may indicate to the centre referee using the sign "T" - for time. At no time may the coach enter the fighting area. The referee may give a penalty point.

On each fighting area the head of the referees is the "ring inspector". He is responsible, that on his fighting area all WKA rules will be correctly applied. He is also responsible that neutral referees are on duty, depending on the competitors. (E.g. they are not from the same club/country.)

**Pointfighting Techniques:**

**Permitted Techniques**

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

**Illegal Techniques**

Inside Hand  
 Spinning Back Fist  
 Knife Hand  
 Elbow Strike  
 Throws  
 Pushing With Arms  
 Low Kick  
 Knee Buts  
 Head Buts  
 Using Thighs

**6. Points and Scoring**

**Points:**

The correct definition of a score is when: a legal technique hits a legal target area, with reasonable power.

Also, the competitor scoring must remain on their feet. E.g. - the technique must be completed to score, unless the competitor is thrown or pushed to the floor.

Every clean and well controlled technique to a permitted target area and executed with light contact scores, according to the degree of difficulty, as follows:

All punches	1 point
Foot sweep	1 point

A sweep is only acceptable as a legal technique if the fighter utilizes his/her front or rear leg to sweep his opponents leg and target area of sweep is opponent's part of foot below ankle and sweep is executed with inside of foot or by spinning sweep heel to heel..

Spinning sweep must be executed in standing position.

Opponent is swept if his/her balance is broken and at least three parts of his/her body touch the ground.

A sweep is illegal if it is done above ankle of opponent's foot or in incorrect way in contradiction to above mentioned requirements.

Kick to the body	1 point
Kick to the head	2 points
Jump kick to the body	2 points
Jump kick to the head	3 points

### Scoring:

The referees upon scoring will now count opinions not flags.

The scoring is done by the main referee following a majority system only.

Majority Vote: Points are awarded by a majority vote of all referees. Although the majority of referees do not have to agree on the same technique being scored, only that a point(s) was scored to the same fighter. In this case the center referee will award points to "lesser of the two" points scored.

Example A: If the Blue fighter receives (2) two points from a referee and (1) one point from another referee they will receive (1) one point.

Example B: If the Blue fighter receives (3) three points from a referee and (1) one point from another referee they will receive (1) one point.

Example C: If the Blue fighter receives (3) three points from a referee and (2) two points from another referee they will receive (2) two points.

Example D: If the Blue fighter receives (3) three points from a referee and (2) two points from the second referee and (1) one point from the third referee they will receive (1) one point.

When the referee or judges see a score they must indicate IMMEDIATELY. After each acknowledged technique the fight has to be stopped and the score announced. Points are awarded only by unanimous or majority decision of the referee and the judges.

If there is no majority decision the only possible score is: no score.

The main referee must in any case show his own opinion; he can not give a score without raising up his own hand to show the point before he stops the competition, if there is no majority.

**For instance:** If just one judge gives a point, the second judge shows "saw nothing" or "no score" and the main referee did not raise up his hand BEFORE he stopped the fight, the only possible decision is no score.

**In case of a clash, where both competitors have scored, the referee gives one point to each competitor.**

To raise up the hand or to show a point after the command "stop" is too late and illegal.

**Exit rule:** exit means the whole foot must be outside the competition area.

**In case of an Exit:** The attacking competitor can score if the defender exits the area as long as he/she scores prior to the referee stopping the fight due to exit

If the main referee is not sure about his judges, he has to stop time and ask his judges again, afterwards command "score" and that score is final. This situation should not be very often.

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

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

### Additional possible hand signs for the main referee to use:

To give a warning or a penalty point (minus point) to a competitor he must inform the competitor why he was penalised. He has to do this clearly and in an authoritative way.

First mention the foul and show the sign, whip your finger and say loud and clear: "NO"

#### Opinion:

1. Contact too strong
2. Legal technique to a forbidden area
3. Blind score
4. Holding or grappling
5. Turning the body or run away
6. Speaking during the fight

#### Sign:

- Punch the fist in his own hand  
Show the forbidden area  
Turn the body and strike a punch  
Hold his own arm and pull  
Similar  
Fingers and thumb open and close

In Pointfighting is no count.

#### Possible situations:

- In the event of a strike that dazes an opponent the referee first of all has to stop the time, then he has to ask his judges " what did you see, was there a foul or not?" If the majority decide for "foul" the referee will penalise the offender. If they decide on "accident" there is no penalty.
- If one of the competitors is injured, it is only the doctor's decision to stop the fight or the competitor himself or his coach wants to retire from the fight.
- Referee can not decide how seriously a competitor is injured. Referee must call the doctor!
- If one of the competitors is injured and the fight is over because of a foul, the innocent competitor is declared as winner. In case of an accident, the competitor with the highest number of points is declared winner. If a draw, the uninjured competitor is the winner.
- If an athlete is out of condition, the referee will declare RSC, after discussion with his judges.

## 7. Warning and Penalty-Points

All infringements of the rules, depending on how serious they are, may or will result in warning, penalty (minus) point or even disqualification. Warnings will be carried throughout the match. Only team fights start again without warning from the fight before. **All Warnings for all offences (including illegal techniques, exists, etc.) are accumulative.**

It is up to the referee to give a **point to opponent** instead of a warning to a competitor, when in his opinion the violation was too tough. (Always falling down or wasting time)

If a competitor voluntary steps out of a fighting area or is refusing to fight the referee has the option, to add 10 seconds to the fight time. This is separate from other violations.

It is not usual to stop the time to give points.

The warnings and penalty points are given for using all illegal techniques or doing prohibited actions, as well as any illegal action from coaches.

#### The procedure for Warnings is usually as follow in Pointfighting:

1. First warning
2. Second warning means **first point is given to opponent** (yellow card)
3. Third warning means **second point is given to opponent** (yellow card)
4. **Fourth warning** means disqualification, the fight is over (red card)

## **8. Competition Safety Rules**

The attendance of 1 doctor is compulsory by national and international tournament and 2 doctors by Worldchampionship First-aid team and ambulance is compulsory as well.

A medical examination in Pointfighting is compulsory.

Competitors may only participate if they are completely healthy. Upon suspicion of illness a competitor must be examined by the doctor who will decide whether that competitor may participate or not.

Eyeglasses are forbidden; soft contact-lenses are possible but at the competitors own risk.

No local anaesthetics may be administrated immediately before or during a contest.

During any competition the doctor must remain at the fighting area near the timekeeper. Should the doctor not be present, the fight has to be discontinued until he returns.

The doctor / first - aid team may not leave the venue of a competition until the last contest has finished and after he has assured himself that no further medical attention is required.

Doctor / first - aid team decisions are in any case final decisions, but there can be protested if the second doctor is present at the event. The second doctor will make decision about the protest.

## **9. Protests and alteration of decisions in European and World Championships**

The scoring of the referee and judges is final

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's verdict, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and WKA supervisor deem that one of the following circumstances has occurred:

- a) A conspiracy has taken place or an illegal agreement has been entered into to affect the result of the match.
- b) A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (Video will not be accepted). The protest must be accompanied by a processing fee of €100. Fee will be returned if the protest is found to be valid.

The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees etc.

The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. (Video will not be accepted). His/her decision is final.

Decisions of the official doctor can be subject to protests if the second doctor is present at the event. The second doctor will make decision about the protest.

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## Introduction

### Scoring

Five judges will be used. The highest and lowest scores of the five judges will be dropped and the remaining three scores will be added together. Points are given to two decimal places using a 9.85-10.00 scale. In case of a tie in the final, the decision by scoring will be by hand signal of all judges.

In all divisions 4 competitors will qualify for the finals. Current world ranked competitors will be seeded.

World ranked No. 1 will go last. In the finals the competitors will be seeded according to their score in the eliminations.

In case of a draw/tie in Hard Style, Korean, Soft Style, Traditional Karate the competitor will be asked to do a second form [which shall be mandatory different from the previous one](#). At the international level all competitors in the listed divisions should be able to perform at least two different forms. Only Free Style, Extreme and Weapons the competitor can/may perform the same form.

In the weapons category, if a competitor drops their weapon (this is deemed lack of control) no score will be awarded.

Presentation: dress/ clean and proper uniform / announcing name, form and country (if international event) / good etiquette at all times / application of Kata or Form.

### Music

Censorship varies from each country NO LYRICS (WORDS) are allowed due to the possibility of racial comments and profanity.

[All music must be on CD. Competitors must have only the song they are competing with burned to a CD and set for play. One CD one song per division. Each competitor is responsible if they are using different music for their intro, form and ending to edit it and mix it themselves. The person in charge of playing music for the competitors will not be allowed to change CD's once a competitor's music as started. All CD's must be labeled with a permanent marker the Competitors name, their country and their division.](#)

### Time limit

There is a 3:00 minute time limit to announce and complete the performance in all forms divisions. The time starts when the competitor(s) bow onto the mat. The time stops at the last move of the form.

All judging will start when a competitor(s) steps onto the mat and the time starts. This includes any flips, gymnastic or aerial moves and the spinning of weapons. If a weapon has been dropped anytime a competitor(s) is on the clock they will be disqualified.

The center referee will inspect all the weapons before a divisions starts so it does not take away from a competitors' 3:00 minute time limit.

If a competitor exceeds the 3:00 minutes the competitor will be disqualified.

**Scoring, judges should be looking for:**

**Basic techniques, stances, punches, blocks and kicks executed with balance, strength and focus.**

### **1. Hard Style: (HS)**

Hard Style forms must use traditional moves only. Any altered or added moves are acceptable if added moves are traditional. A Korean or Japanese/ Okinawan form with high kicks is acceptable. A free style form is not acceptable (no machine-gun kicking etc.) A traditional gi or doe boke must be worn, no use of weapons, no music is allowed..

### **2. Korean Style (Tae Kwon Do) (KS)**

Korean Style forms must use traditional moves only. WTF and ITF Forms. A traditional form Poomse/Hyung. Tang Soo Do competitors must compete in Hard Style division.. Kicks must be no higher than the top of his/her head. A free style form is not allowed. Each competitor is allowed only 3 kihap in their form. A traditional doe boke or gi must be worn. No use of music or weapons is allowed.

(Note: Kicks above the head are determined by the height of a competitor standing up (example, if a competitor is 152 cm or 60 inches they must not kick above this height.).

### **3. Traditional Karate (TS)**

Traditional Karate forms must be traditional moves only. A traditional form/kata from the Japanese/Okinawan styles is acceptable. No more than 4 kiais are allowed. Kicks must be no higher than the top of his/her head. The form/kata can not be altered; however timing, execution of various traditional skills may slightly differ depending on style of Karate. A traditional white gi must be worn. No music or weapons is allowed.

### **4. Soft-Style Forms (SS)**

Soft Style is for Kung fu and Wushu. Gymnastic type moves are permissible, provided that they are within the style. Added or alter forms is acceptable if moves are traditional to soft styles. A Chinese uniform must be worn. No use of music or weapons is allowed.

### **5. Free Style (FS) Open with music**

Music must be used and the form choreographed to the music is of high importance. No lyrics (words) in music. No weapons are permitted.

No dance moves or theatrical costumes are allowed.

The use of stage props such as lasers, smoke, fire or dry ice is not allowed. Tumbling and butterfly twists are not allowed.

Acceptable skills: spinning kicks, jump kicks, machine gun kicks, illusion kicks, splits, kip-ups, 540,720, and 900 kicks, butterflies are allowed.

Scoring, judges are be looking for:

Synchronization to the music, showmanship, speed of the techniques, degree of difficulty, basic techniques, balance, strength and focus.

### **6. Extreme Forms (EF)**

Tumbling and Tricking are required. Music must be used. No lyrics (words) allowed in music. Synchronization to the music is important. The use of stage props such as lasers, smoke, fire or dry ice is not allowed. No theatrical costumes allowed.

Scoring, judges are looking for:

Synchronization to the music, showmanship degree of difficulty, entertainment, speed of techniques, basic techniques, balance, strength, and focus.

## **7. Weapons with Music (MW)**

Music must be used, and the choreography is highly important. **No lyrics (words) allowed in music.** Use of the weapon is compulsory. The use of stage props such as lasers, smoke, fire or dry ice is not allowed. No dance moves or theatrical costumes are allowed. Any release move is acceptable. There is no tumbling in this division.

All weapons must be safe and clean and recognized within the martial arts. The judges have the right to inspect weapons prior to the divisions start

## **8. Weapons no Music (WN)**

Use of the weapon is compulsory. No music is allowed. Super light weapons are acceptable. The weapons form can be a traditional or free style. You may do wrist rolls, palm rolls; the weapon may go around the body and neck. You may not throw the weapon in the air and catch, and there is no tumbling. A gi or doe boke must be worn. No dance moves or theatrical costumes are allowed.

All weapons must be safe and clean and recognized within the martial arts. The judges have the right to inspect weapons prior to the divisions start.

## **9. Traditional Karate Weapons (TW)**

Traditional Karate Weapons forms from the Japanese/ Okinawan styles. Forms/Kata must use traditional moves only. Free style skills are not allowed. The form/kata can not be altered; however, timing, execution of various traditional skills may slightly differ depending on style of Karate. A white traditional gi must be worn. No music is allowed.

## **10. Extreme Weapons (EW)**

Tumbling and Tricking are required. Music must be used. (No lyrics allowed in music) The use of weapon compulsory. Synchronization is important. No stage props, lasers, fire, smoke, or dry ice are allowed.

Scoring, judges are looking for: Synchronization to music, showmanship, degree of difficulty, entertainment, speed of technique, basic technique, balance, strength, and focus.

## **11. Veterans Traditional (VT)**

Veteran's Traditional form must be using traditional moves based on Korean, Japanese, Okinawan, or Chinese styles. A free style form is not permitted. High kicks are acceptable and forms may be altered as long as they resemble the styles listed. No tumbling, tricking, weapons, music or free style skills allowed. A traditional uniform must be worn. (Korean, Japanese, Chinese)

## **12. Hard style and Traditional Team Forms**

Hard Style and Traditional Team forms must be using traditional moves based on Korean, Japanese, Okinawan, or Chinese (Wushu should enter free style) Styles only.

A free style form is not acceptable. No free style skills are allowed. High kicks are acceptable. No music or weapons are allowed.

## **13. Free Style Team Forms (FT)**

The Free Style Team Forms includes the Open with music, extreme, and weapons divisions. Music must be used and the choreography to the music is of high importance. This is a synchronized free style division. Synchronization is important. The use of stage props are not allowed (lasers, smoke, fire, dry ice, costumes or dance moves.) Tumbling is allowed.

## ***IV. Part – Disciplines Karate Kumite***

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## 1. Kumite Shobu Ippon

### Article 1: Types of Match

The types of match shall be as follows:

#### 1) Individual Match:

The individual Match is decided by “Shobu Ippon”.

“Shobu Ippon”, one point match is a match where the participants try to score one point before their opponent within the time limit.

### Starting, suspending and ending of matches

#### Duration of a match

Adults Male: 2 minutes (effective time)

Adults Female: 2 minutes (effective time)

Kids/Juniors (male/female): 2 minutes (effective time)

Before the tournament the W.K.A. Executive Board can modify the duration of the matches.

#### Victory or defeat

Victory or defeat shall be awarded on the basis of Ippon, victory by decision, defeat due to a foul, disqualification or retirement.

#### Scoring Areas

The scoring areas shall be limited to the following: Head, Face, Neck, Abdomen, Chest, Side, Back (excluding shoulders)

#### Equipment

Mitts: - Mitts must be covered with white cloth or smooth leather.

Gumshields: - Gumshields must be white or clear.

Shin-Protectors: - Shin-protectors must be made of a soft material inside and covered with white cloth. Hard plastic is forbidden. Maximum thickness is 2cm. They have to cover only the shin and not the knee or ankle.

Groin-Protectors: - Groin-protectors must be made of plastic or leather. Metallic material is not allowed.

Breast-Protectors: - Compulsory for juniors, adults and veteran female categories, for kids female recommended. Chest-protectors are not allowed.

[Mask for children - obligatory](#)

#### Criteria for deciding Ippon and Waza-ari

An Ippon is awarded on the basis of the following requirements: When an exact and powerful technique, which is recognised as decisive, is delivered to the recognised scoring areas under the following conditions: Good form, good attitude, strong vigour, zanshin, proper timing, correct distancing.

Effective techniques delivered under the following conditions shall be considered as an Ippon:

- a) When an attack is delivered with perfect timing and the opponent started to move towards the attacker.
- b) When an attack is delivered immediately the opponent was unbalanced by the attacker.

A Waza-ari is awarded for a technique almost comparable to that needed to score Ippon. The refereeing panel must look for Ippon in the first instance and only award a Waza-ari in the second instance.

#### Criteria for decision (Hantei)

In the absence of Ippon, or defeat due to disqualification (Hansoku) or retirement (Kiken), during the prescribed time of match, a decision (Hantei) is taken on the basis of the following considerations:

- Whether there have been Waza-ari.
- Whether there have been warnings.
- The number of escapes outside the match area.
- The comparative excellence in the fighting attitude.
- The ability and skill.
- The degree of the vigour and fighting spirit.
- The number of attacking moves.
- The comparative excellence in the strategy used.
- Fair play.

#### **Prohibited acts and techniques**

The following acts and techniques are prohibited:

- 1) Uncontrolled attacks
- 2) Techniques which make excessive contact, having regard to the scoring area attacked.
- 3) Attacks to the upper and lower limbs.
- 4) Open hand techniques to the face, Empi Uchi, Hiza Geri and Atama Uchi.
- 5) Attacks to the groin.
- 6) Attacks to the hip joint, to the knee joints, the insteps and the shins.
- 7) Grabbing (unless immediately followed up by a technique), clinching or bodily contacting against the opponent unnecessarily.
- 8) Dangerous throws.
- 9) Time wasting.
- 10) Any unsporting behaviour such as verbal abuse, provocation or needless utterances.
- 11) Any behaviour likely to bring karate into disrepute (this includes Coaches, Managers and anybody connected with the Contestant).
- 12) Lack of regard for the contestant's own safety (Mubobi).
- 13) Any disrespectful and unnecessary actions are strictly forbidden.
- 14) Exaggerated actions and reactions (i.e. faking injury) are forbidden and will be penalised.

#### **Penalties and disqualification**

When a contestant is about to, or has already committed a prohibited act, the Referee shall issue warning or announce a penalty. Warnings and penalties are the following:-

- a) Private warning: Atenai (without a penalty).
- b) Official warning: Chui.
- c) Disqualification: Hansoku.

## **2. Kumite Shobu Nihon W.K.A Kids & Juniors Rules**

Obligatory Protection: Helmet; Protector of Thorax; Gloves; Genital Protector (male)

- a) Kumite Shobu Nihon – two ipons or four wazaris
- b) Duration of the combat: 2 minutes
- c) Forbidden Acts: the following are prohibited:
  - Excessive contact to the face.
  - Excessive contact (impact) to the thorax.
  - Catching or pushing, as well as dangerous projections.
- d) Punishments:

For forbidden behaviour

- Atenai (Warning)

- Chui (Penalty)
- Hansoku (Disqualify)

For dangerous behaviour

- Mubobi Atenai (Warning)
- Mubobi Chui (Penalty)
- Mubobi Hansoku (Disqualify)

For exits of Tatami (Jogai)

- Jogai (1st exit without warning)
- Jogai Atenai (2nd exit with warning)
- Jogai Chui (3rd exit with penalty)
- Jogai Hansoku (4th exit with disqualification)

### **3. The Terminology**

Term meaning method of signalling

Shobu Ippon

Hajime – Start the match. The referee stands on the official line.

Shobu Baraku – 30 seconds before the match ends an audible signal is to be given by the timekeeper to indicate 30 seconds are left to the end of the match

Yame – Temporary halt of match. The referee chops downwards with one hand. The timekeeper stops the clock.

Torimasen – Not acceptable as scoring as Hikiwake.

Atenai – Private warning. The referee raises one hand in a fist covered by the other hand at chest level and displays it to the offender.

Chui – Official warning. The referee points with the index finger to the feet of the offender at an angle of 45 degrees.

Hansoku – Foul/Disqualification. The referee points with the index finger to the face of the offender and announces a victory for the opponent.

Jogai – Exit from fighting area. The referee points the index finger at a 45 degree angle.

Mubobi – Warning for lack of regard for the Referee. Points one index finger in the air at a 60 degree angle.

Shikkaku – Disqualification from the the referee points tournament first with the index finger to the offenders face, then obliquely above and to the rear, outside the area.

## V. *Disciplines: Amateur Rules and Regulations for Light-Contact*

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## 1. WKA Amateur Weight Classes

*Applied weight divisions for Light Contact are as follows:*

	Adults		Juniors		Kids	
	Men	Women	Boys	Girls	Boys	Girls
<b>Feather weight</b>	- 60 kg		-40 kg		- 25 kg	- 25 kg
<b>Light weight</b>	- 65 kg	- 50 kg	-45 kg	- 40 kg	- 30 kg	- 30 kg
<b>Light welter weight</b>			-50 kg		- 35 kg	- 35 kg
<b>Welter weight</b>	-70 kg	-55 kg	-55 kg	- 45 kg	- 40 kg	- 40 kg
<b>Light middle weight</b>	-75 kg		-60 kg	- 50 kg	- 45 kg	- 45 kg
<b>Middle weight</b>	-80 kg	-60 kg	-65 kg	- 55 kg	- 50 kg	- 50 kg
<b>Light heavy weight</b>	-85 kg	-65 kg	-70 kg	- 60 kg		
<b>Cruiser weight</b>	-90 kg					
<b>Heavy weight</b>	+90 kg	+65 kg	+70 kg	+ 60 kg	+50 kg	+50 kg

### **Veterans in Light-Contact:**

- A veteran can start who is 35 years or older on the cut off day.

### **Veteran's men:**

- 35 Years and over: there are only three weight-classes: -75 Kg - 85 Kg and + 85 Kg

### **Veterans' ladies:**

- 35 Years and over: there are only two weight-classes: - 60 Kg and + 60 Kg

**Note:** in all world level competitions wherever rankings are available heats must be seeded.

Each competitor's name, country and number must be listed. A minimum of three competitors in each pro weight class is obligatory. Less than three competitors move up to the next higher weight category. In that case each country must get a minimum of 1 copy of all drawing lists and name list of competitors 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.

## 2. Attendance of physician

The attendance of a doctor (physician) in Light-Contact is obligatory, a first-aid team only is not enough!

The official physician, who mandatory attends every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

Every match must be supervised by an approved doctor (physician). Any and all directions and/or orders from the attending physician must be immediately complied with. The attending physician must be qualified as a general practitioner. The attendance of 1 doctor is compulsory by national and international tournament and 2 doctors by Worldchampionship. First-aid team is compulsory as well.

The attending physician must follow the rules and regulation of the national health board in question as well as is 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.

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 competitor is in danger and the referee has not stopped the fight. He/she is also responsible to decide when a referee calls him/her in case of an injured competitor.

Nobody, even coaches, may attempt to aid a competitor during a round before the attending physician has had the opportunity to see the injured competitor. If the doctor enters the ring to examine the presumed injury, he has to decide if the fight can continue or not. According to the doctor's and consecutively referees's decision the fight will continue or the result is "won by TKO" or "Disqualification" by unanimous or majority decision. Doctors' decisions are in any case final decisions, but they can be protested if the second doctor is present at the event. The second doctor will make decision about the protest.

### 3. Divisions, Rounds

#### **Light-Contact WKA Amateur Divisions: (quick look up)**

Light-Contact      kicks above the waist,      long trousers with T-shirt

#### **Rounds**

In light Contact division Eliminations for kids and juniors are 1 X 2 minutes round and finals for kids and juniors are 2 X 2 minutes.

For Adults 2 X 2 minutes round eliminations and finals as well.

The referee shall disqualify a competitor if he does not turn up after he has been repeatedly called for his fight - 4 minute rule shall be applied in following way:

after 1st minute competitor will receive warning, after 2nd minute competitor shall receive 2<sup>nd</sup> warning, after 3rd minute competitor shall receive minus point, after 4th minute competitor shall be disqualified

The referee shall disqualify a competitor who turns up with improper safety equipment and can not replace it in 4 minutes - 4 minute rule shall be applied in following way:

after 1st minute competitor will receive warning, after 2nd minute competitor shall receive 2<sup>nd</sup> warning, after 3rd minute competitor shall receive minus point, after 4th minute competitor shall be disqualified

### 4. Rules of Conduct Inside and Outside Of the Ring

It is the duty of every competitor to show fair play in the ring. Should a competitor 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 competitor 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 competitor 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 conclusion of the fight the competitors shall approach the referee, standing in the centre of the ring, and there, one on each side of the referee, 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 coachess, after which both competitors bow to the referee in recognition of his/her efforts.

Violation of WKA 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.

#### **The Competitor**

No competitor may participate in any match without an up-to-date Fight-Book with official annual WKA license stamp.

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

The competitors 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 competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair those apply to female competitors.

All competitors shall be clean and proper. It is the sole prerogative of the WKA referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match.

Excessive use of grease or similar substances is prohibited.

The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net, and that Vaseline, grease or any other similar substances be removed before the fight can start or proceed.

### **The Competitor's Equipment**

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

- Individually fitted breast-protector for junior, adults and veteran female is compulsory, for female kids is recommended.
- Individually fitted groin-protector for all age male and female categories in all weight divisions
- Foot protectors
- Shin protectors
- Individually fitted head-protector (helmet); the top of the head must be protected too
- Individually fitted tooth-protector (gum shield)
- Gloves 10 OZ in all categories

[Hand-bandages max. 3.5 meters are optional](#)

The competitors have the responsibility of bringing their own personal equipment and that of their coaches to all WKA matches and tournaments.

Over this a layer of elasticised bandage is applied, held in place by self-adhesive plaster. The bandages must be approved by the referee or by the tournament director.

All competitors with long hair may wear approved hair bands or –holders without any metal and must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.

## **5. Coaches**

The coach may give up on behalf of his/her competitor if he/she deems it irresponsible to let the fight continue. This is indicated by the coach throwing a white towel into the ring.

Prior to every tournament the head referee shall call a meeting with all the judges, referees and coaches to clear up any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

Coaches shall support and advise their competitors during the intermission between rounds. Each competitor may have 2 coaches and only one of these may enter the ring at any time.

During the rounds neither of the coaches may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight. Coaches shall comply with any and all directions by the referee. Prior to each round the coaches must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spilt water. The coaches shall have at their disposal a towel, a sponge, water and grease for the competitor.

During the rounds the coaches may give advice (only in a proper manner) help or in any way encourage the competitor. Should a coach violate this rule the referee can issue a warning or expel the coach or disqualify the competitor.

A coach who has been expelled may not function as coach 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 competitors and the referee may be present in the ring during the match. If any other person enters the ring, referee can decide that the fight is immediately over and cannot continue again.

## 6. Scores and Points in Light Contact.

In Light-Contact deliberate knock-outs are not allowed.

Decisions shall be made after the following guidelines:

### **Victory on points (P)**

When neither competitor dominates the other and a round is even: 10:10 points. Following this points are added to or subtracted from each competitor’s score according to the number of points they have been noted for by the referee.

The winning competitor of a round gets 10 points, his/her opponent 9 points.

If an official warning was given because of a “foul”, the judges shall immediately award this competitor with “first warning”. If a competitor has got a “second warning” because of a foul no point is to be deducted but the judges shall immediately award this competitor with “second warning”. The judges shall always mark these warnings with the letter W (for warning) under “fouls” on the scorecard to indicate that the competitor has received a warning.

If an official minus point was given because of a “foul” by clear and brutal strike and not just a warning or simultaneously with the third warning, each judge must deduct 1 point from the scorecard of the involved competitor, immediately when the round is over. (i.e. 10:9) The judges shall always mark these points with the letter M (for minus point) under “fouls” on the scorecard to indicate that the competitor has received a minus point.

If a second official minus point was given, than the fighter is disqualified.

In case of bad physical condition a standing count is allowed to give the competitor time to recover, but each judge must deduct 1 point from the score, immediately when the round is over. (i.e. 10:9) The judges shall always mark this counting with the letter C (for counting) under “KD” in the scorecard to indicate that the competitor has received a standing count.

If he/she gets counted because of a foul (i.e. strong hit), no point is to be deducted but in that case the opponent must get penalised with a minus point. In the event of a strike that dazes an opponent, the referee first of all has to stop the time, than he has to ask his judges “ Was there a foul or not?”. If the majority of judges decide for “foul”, the referee will penalise the offender. If they decide on “accident” there is no penalisation and no count.

A score with less than 8 points can only happen, if the judges give a 10:8 score for the round and points was deducted too. At the conclusion of the match all rounds are added up to the final score (i.e. 30:27) and the competitor 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 competitor committing the violation, he/she shall indicate that he has done just that by marking the points of the violating competitor with the letter J (for judges minus) and in writing state his/her reasons for the sanction.

The decisions by:

DOD – SUR - RSC - NC and WO in Light-Contact is similar to the other disciplines.

In Light-Contact the referee should always keep an eye on controlled attacking!

All techniques must be executed with good control, Light-Contact is obligatory!

Minus points or disqualifications are given according to the following guidelines:

- a) For all illegal techniques (fouls) or for strikes, punches or kicks executed without proper control and restraint, the referee shall give warnings and minus points.
- b) If a competitor executes a technique which sends the opponent down for the count the referee shall give a minus point or disqualify the competitor.

- c) If a competitor shows excessive aggression or bad conduct in the ring, the referee shall give a minus point or disqualify the competitor.

This fighting system allows the competitors to compete in the discipline Light Contact with no risk of serious injury under safety rules, which takes into consideration which takes into consideration fighters of all categories of both sexes.

All matches shall be fought on a fighting area or in a boxing ring which complies with the international WKA specifications.

**Legal techniques:**

- All forms of boxing combined with kicks to the body and the head with controlled contact.
- All types of foot sweeps performed according to the definition set in chapter pointfighting on pages 22-23
- Rear or reverse kicks to the body with controlled contact.

Note: Only soft punches to the head or face in Kids Division are allowed.

**Illegal techniques (fouls):**

- Any kind of too strong (excessive) contact.
- Any strike, blow, punch or kick which is executed without restraint and control.
- All kicks to the knees.
- All strikes, blows, punches and kicks to the back and to the back of the neck.
- All types and forms of throwing (excluding foot sweep).
- All types of clinching (holding the opponent).
- Any form of butting with the head.
- Any type of strikes and blows with the elbows.
- Foot sweeps with the contact point being above the ankle knuckle.
- Any type of attack against the joints.
- Any type of kicks to the groin.
- Any form or type of kicks with the heel or the shin against the head.
- Any form or type of kicks with the shins against the thighs.
- Pushing with the gloves and all forms of biting
- All strikes, blows and punches executed with the palm side of the gloves.
- Any type of aggressive behaviour.
- Any kind of throws.
- No hook and uppercut for kids in light contact.

When the fight is conducted on a matted area, warning can only be given for exits when the competitor intentionally steps out.

**Warnings and minus points:**

In case of a serious violation of the following points the referee shall stop the fight with the command "Stop" and issue a warning. The warning shall be issued clearly and in such a manner that the competitor in question understands the reason for the warning. The referee shall point his/her hand clearly to indicate which competitor has received the warning. Following a warning the referee shall let the match proceed by commanding "Fight".

Should a competitor receive 3 warnings in one match, he/she gets immediately penalised, simultaneously with the first minus point (penalty point).

It is up to the referee to give a minus-point instead of a warning, when in his/her opinion the violation was too excessive. The time is stopped to give warnings or minus-points.

If a second official minus point was given, than the fighter is disqualified.

The warnings and penalty (minus) points are given for using all illegal techniques or doing prohibited actions, also for the coach.

## **7. Protests and Alteration of Decisions in European and World Championships**

The scoring of the referee and judges is final.

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's verdict, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and WKA supervisor deem that one of the following circumstances has occurred:

- a) A conspiracy has taken place or an illegal agreement has been entered into to affect the result of the match.
- b) The addition of the scorecards is faulty; one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.
- c) A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (Video will not be accepted). The protest must be accompanied by a processing fee of €100. Fee will be returned if the protest is found to be valid.

The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees etc.

The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. (Video will not be accepted). His/her decision is final.

Decisions of the official doctor can be subject to protests if the second doctor is present at the event. The second doctor will make decision about the protest.

**VI. Part – Disciplines: Amateur Rules and Regulations  
for Full-Contact and Kick-Boxing, Thai-Boxing,  
Original WKA kickboxing rules (K-1)**

<b>VI. Part – Disciplines: Amateur Rules and Regulations for Full-Contact and Kick-Boxing, Thai-Boxing, Original WKA kickboxing rules (K-1)</b> .....	<b>41</b>	
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## 1. WKA Amateur Weight Classes in:

- a) FC Full-Contact
- b) KB Kick-Boxing (with low kicks)
- c) TB Thai-Boxing
- d) K-1 Original WKA kickboxing rules (K-1):

Applied weight divisions for Full contact, Low Kicks kickboxing, Thai boxing and Original WKA kickboxing rules (K-1) are as follows:

Adults		Boys			Girls		
Men	Women	Children	Teenagers	Cadets	Children	Teenagers	Cadets
- 60 kg	- 50 kg	- 30 kg	- 40 kg	- 50 kg	- 35 kg	- 40 kg	- 50 kg
- 65 kg	- 55 kg	- 35 kg	- 45 kg	- 55 kg	- 40 kg	- 45 kg	- 55 kg
- 70 kg	- 60 kg	- 40 kg	- 50 kg	- 60 kg		- 50 kg	- 60 kg
- 75 kg	- 65 kg	- 45 kg	- 55 kg	- 65 kg			
- 80 kg	+ 65 kg	- 50 kg	- 60 kg	- 70 kg			
- 85 kg				- 75 kg			
- 90 kg				- 80 kg			
+ 90 kg				- 85 kg			
				+ 85 kg			

Note: in all world level competitions wherever rankings are available heats must be seeded.

Each competitor's name, country and number must be listed. A minimum of three competitors in each pro weight class is obligatory. Less than three competitors move up to the next higher weight category. In that case each country must get a minimum of 1 copy of all drawing lists and name list of competitors 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.

## 2. Attendance of physician

The attendance of a doctor (physician) in Full-Contact and, Low-Kick, Thai-Boxing and Original WKA kickboxing rules (K-1) is obligatory, a first-aid team only is not enough!

The official physician, who mandatory attends every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

Every match must be supervised by an approved doctor (physician). Any and all directions and/or orders from the attending physician must be immediately complied with. The attending physician must be qualified as a general practitioner. The attendance of 1 doctor is compulsory by national and international tournament and 2 doctors by Worldchampionship. First-aid team is compulsory as well.

The attending physician must follow the rules and regulation of the national health board in question as well as is 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.

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 competitor is in danger and the referee has not stopped the fight. He/she is also responsible to decide when a referee calls him/her in case of an injured competitor.

Nobody, even coaches, may attempt to aid a competitor during a round before the attending physician has had the opportunity to see the injured competitor. If the doctor enters the ring or he/she must examine the presumed injury, he has to decide if the fight can continue or not. This examination must take place in the ring and have duration of not more than one minute and any kind of treatment of the competitor is explicitly forbidden. Should this time not be sufficient, the referee shall stop the match and declare the opponent the winner. Doctors' decisions are in any case final decisions, but they can be protested if the second doctor is present at the event. The second doctor will make decision about the protest.

### 3. Divisions, Rounds

#### WKA Amateur Divisions: (quick look up)

Full-Contact and, Kickboxing with low kicks, Thai-Boxing, Original WKA kickboxing rules (K-1):

Full-Contact	kicks above the waist,	long trousers with bare upper body
Kick-Boxing	with low kicks,	shorts and bare upper body
Thai-Boxing	knees and elbows,	shorts and bare upper body
K-1	with low kicks and	shorts and bare upper body, knee strikes

#### Rounds

All preliminary matches at any kind of championships (men and women) may not be conducted over 3 rounds of 2 minutes. There is a break of 1 minute duration between rounds.

All final matches in any kind of championships (men and women) may not be conducted over 3 rounds of 2 minutes. There is a break of 1 minute duration between rounds.

By galas no match featuring male and female amateur competitors may not go over more than 5 rounds of 2 minutes or 3 rounds of 3 minutes.

The referee shall disqualify a competitor if he does not turn up after he has been repeatedly called for his fight - 4 minute rule shall be applied in following way:

after 1st minute competitor will receive warning, after 2nd minute competitor shall receive 2nd warning, after 3rd minute competitor shall receive minus point, after 4th minute competitor shall be disqualified

The referee shall disqualify a competitor who turns up with improper safety equipment and can not replace it in 4 minutes - 4 minute rule shall be applied in following way:

after 1st minute competitor will receive warning, after 2nd minute competitor shall receive 2nd warning, after 3rd minute competitor shall receive minus point, after 4th minute competitor shall be disqualified

### 4. Rules of Conduct Inside and Outside Of the Ring

It is the duty of every competitor to show fair play in the ring. Should a competitor 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 competitor 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 competitor 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 conclusion of the fight the competitors shall approach the referee, standing in the centre of the ring, and there, one on each side of the referee, 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 coaches, after which both competitors bow to the referee in recognition of his/her efforts.

Violation of WKA 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.

#### **The Competitor**

No competitor may participate in any match without an up-to-date Fight-Book with official annual WKA license stamp.

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

The competitors 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 competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair those apply to female competitors.

All competitors shall be clean and proper. It is the sole prerogative of the WKA referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match.

Excessive use of grease or similar substances is prohibited.

The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net, and that Vaseline, grease or any other similar substances be removed before the fight can start or proceed.

#### **The Competitor's Equipment**

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

- a) Individually fitted breast-protector for female only, in all disciplines and all age categories
- b) Individually fitted groin-protector for all age categories in all disciplines by male and female as well
- c) Foot protectors in Full-Contact and Kickboxing and Original WKA kickboxing rules (K-1):
- d) Shin protectors in Full-Contact
- e) Shin guards are voluntary in Kickboxing and Original WKA kickboxing rules (K-1)
- f) Individually fitted head-protector (helmet); the top of the head must be protected too
- g) Individually fitted tooth-protector (gum shield)
- h) Hand-bandages max. 3.5 meters
- i) Gloves 10 OZ in all categories

The competitors have the responsibility of bringing their own personal equipment and that of their coaches to all WKA matches and tournaments.

Over this a layer of elasticised bandage is applied, held in place by self-adhesive plaster. The bandages must be approved by the referee or by the tournament director.

All competitors with long hair may wear approved hair bands or -holders without any metal and must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.

## **5. Coaches and A,B,C,D licence by galas**

### **Coaches**

The coach may give up on behalf of his/her competitor if he/she deems it irresponsible to let the fight continue. This is indicated by the coach throwing a white towel into the ring.

Prior to every tournament the head referee shall call a meeting with all the judges, referees and coaches to clear up any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

Coaches shall support and advise their competitors during the intermission between rounds. Each competitor may have 2 coaches and only one of these may enter the ring at any time.

During the rounds neither of the coaches may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight. Coaches shall comply with any and all directions by the referee. Prior to each round the coaches must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spilt water. The coaches shall have at their disposal a towel, a sponge, water and grease for the competitor.

During the rounds the coaches may give advice (only in a proper manner) help or in any way encourage the competitor. Should a coach violate this rule the referee can issue a warning or expel the coach or disqualify the competitor.

A coach who has been expelled may not function as coach 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 competitors and the referee may be present in the ring during the match. If any other person enters the ring, referee can decide that the fight is immediately over and cannot continue again.

#### **Galas**

Officials shall verify that competitors compete in their proper weight classes. The count of victories is made by adding the number of victories the individual competitor has had (not the number of matches which are irrelevant) and then classifying the competitor accordingly.

- D-** License competitors (Novice license), after 2 victories promoted to class C
- C-** License competitors (Intermediary class), after 8 victories promoted to class B
- B-** License competitors are licensed to fight in national and international championships, European and World Championships, and are ranked as amateur competitor.
- A-** License competitors are professionals; therefore they may not start at amateur events.

### **6. Matches in Full-Contact Kickboxing, Thai-Boxing and original WKA kickboxing rules (K-1)**

**Legal techniques are as follow:**

#### **Full-Contact**

- All forms of boxing in combination with kicks above the waist to the body and the head.
- 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, also foot **sweeps executed according to the definition set in chapter pointfighting on pages 22-23**, are permitted.

#### **Kick-Boxing**

- All forms of boxing in combination with kicks above the waist to the body and the head.
- 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, also foot **sweeps executed according to the definition set in chapter pointfighting on pages 22-23**, are permitted.
- Low kicks to the thighs, inside and outside

#### **Thai-Boxing:**

- All forms of boxing in combination with kicks above the waist to the body and the head.
- 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, also foot **sweeps executed according to the definition set in chapter pointfighting on pages 22-23**, are permitted.
- Low kicks to the thighs, inside and outside
- Knee attacks to the body and to the head and kicks with the shin to the thighs, body and the head.

- Clinching (holding) for 5 seconds and attacking at the same time with knees and elbows or any strikes.
- Elbow strikes to the body.
- Frontal rolling kicks with the heel against the head.
- Flat throws below the waist line, only in clinching situations.

**Original WKA kickboxing rules (K-1):**

- All forms of boxing in combination with kicks above the waist to the body and the head.
- 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, also foot sweeps executed according to the definition set in chapter pointfighting on pages 22-23, are permitted.
- Low kicks to the thighs, inside and outside
- Knee attacks to the body and to the head and kicks with the shin to the thighs, body and the head.
- Holding a leg only 1 counter technique is allowed then fighter has to leave a leg
- By clinching only 1 knee strike is allowed after that you have to leave a clinch
- Frontal rolling kicks with the heel against the head.
- Flat throws below the waist line, only in clinching situations.

**Illegal techniques (fouls) in:**

**Original WKA kickboxing rules (K-1)**

- 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 or an opponent who touches the floor with his /her gloves is prohibited.
- Spitting out one's tooth protector (gum-shield) is prohibited.
- Any kind of throwing above the waistline.
- Holding the opponent's leg while executing striking or punching techniques
- Holding the ropes and attacking an opponent, also in clinching situations
- The use of spinning back fist

**Thai-Boxing**

- 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 or an opponent who touches the floor with his /her gloves is prohibited.
- Spitting out one's tooth protector (gum-shield) is prohibited.
- Any kind of throwing above the waistline.
- Holding the opponent's leg while executing striking or punching techniques
- Holding the ropes and attacking an opponent, also in clinching situations
- The use of spinning back fist

### **Kickboxing**

- 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 or an opponent who touches the floor with his /her gloves is prohibited.
- Spitting out one's tooth protector (gum-shield) is prohibited.
- Any kind of throwing above the waistline.
- Holding the opponent's leg while executing striking or punching techniques
- Holding the ropes and attacking an opponent, also in clinching situations
- The use of spinning back fist
- Any form of throwing (excluding foot sweeps) is prohibited.
- 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.

### **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 or an opponent who touches the floor with his /her gloves is prohibited.
- Spitting out one's tooth protector (gum-shield) is prohibited.
- Any kind of throwing above the waistline.
- Holding the opponent's leg while executing striking or punching techniques
- Holding the ropes and attacking an opponent, also in clinching situations
- The use of spinning back fist
- Any form of throwing (excluding foot sweeps) is prohibited.
- 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.

### **Warnings and minus-points**

In case of a serious violation of the following points the referee shall stop the fight with the command "Stop" and issue a warning. The warning shall be issued clearly and in such a manner that the competitor in question understands the reason for the warning. The referee shall clearly indicate which competitor has received the warning by pointing his hand. If a competitor has got a "warning" because of a foul no point is to be deducted but the judges shall immediately award this competitor with "first warning", but the referee has the opportunity to award this competitor immediately with minus point by a clear and brutal foul. If a competitor has got a "second warning" because of a second foul no point is to be deducted but the judges shall immediately award this competitor with "second warning". Following a warning the referee shall let the match

proceed by commanding "Fight". Should a competitor 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. After two minus points in a match, he/she shall immediately be disqualified simultaneously with the second minus point being issued.

The warnings and penalty (minus) points are given for using any illegal technique or doing prohibited actions, also for violations by coach.

## **7. WKA Amateur Division Scoring Rules**

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

- Number of knock downs
- Number of minus points
- Number of points scored.
- Fighting spirit and initiative
- Effective parries and counterattacks.

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.

## **8. Scoring and Points in Full-Contact Kickboxing, Thai-Boxing and Original WKA kickboxing rules (K-1)**

Decisions shall be made after the following guidelines:

### **Victory on points (P)**

When neither competitor dominates the other and a round is even: 10:10 points. Following this points are added to or subtracted from each competitor's score according to the number of points they have been noted for by the referee.

The winning competitor of a round gets 10 Points, his/her opponent 9 points.

If an official warning was given because of a "foul", the judges shall immediately award this competitor with "first warning". The judges shall always mark these warnings with the letter W (for warning) under "fouls" on the scorecard to indicate that the competitor has received a warning.

If a competitor has got a "second warning" because of a foul no point is to be deducted but the judges shall immediately award this competitor with "second warning".

If an official minus point was given because of a "foul" by clear and brutal strike and not just a warning or simultaneously with the third warning, each judge must deduct 1 point from the scorecard of the involved competitor, immediately when the round is over. (i.e. 10:9) The judges shall always mark these points with the letter M (for minus point) under "fouls" on the scorecard to indicate that the competitor has received a minus point.

If a second official minus point was given, then the fighter is immediately disqualified.

If a competitor gets knocked down, each judge must deduct 1 point from the scorecard, immediately when the round is over (i.e. 10:9). The judges shall always mark this knockdown with the letter K (for knockdown) under "KD" in the scorecard to indicate that the competitor has received a knockdown.

A score with less than 8 points can only happen if the judge gives a 10:8 score for the round and points were deducted too.

At the conclusion of the match all rounds are added up to the final score (i.e. 30:27) and the competitor 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 competitor committing the violation, he/she shall indicate that he/she has done just that by marking the points of the violating competitor with the letter J (for judge's minus) and in writing state his/her reasons for the sanction.

### **Victory by attending physician stopping contest or injury (DOD)**

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

If one of the competitors is injured, it requires only the doctor's decision to stop the fight. Also the competitor him/herself or his/her coach may 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 competitor, he/she must first inform the referee.

The referee then stops the match until the physician has examined the competitor but only to decide if the fight can continue or not. This examination must take place in the ring and have duration of not more than one minute and any kind of treatment of the competitor is explicitly forbidden. Should this time not be sufficient, the referee shall stop the match and declare the opponent the winner.

If one of the competitors is injured and the fight is over because of a foul the innocent competitor is declared the winner. In case of an accident the judges have to finish their scorecards and the competitor with the highest number of points is declared the winner. If both competitors are injured or knocked-out simultaneously, and neither is able to continue the match, fight is over by draw.

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 competitor 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 coach shall throw a white towel into the ring to signal that his/her competitor gives up.

#### **Victory by referee stopping contest (RSC)**

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

- a) If a competitor in the judgement of the referee is clearly overmatched and will face unnecessary punishment in the ring the match should not be allowed to go on.
- b) If a competitor 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 competitor is injured; He/She must call the doctor!

#### **No contest (NC)**

A match may be stopped immediately by the referee before the prescribed time due to circumstances beyond the control of the competitors or the referee:

- The safety equipment of the ring has been damaged.
- The ring is unsafe for use.
- The lighting over the ring is failing
- Weather conditions force the referee to stop the match.

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

#### **Victory by walk-over (WO)**

If one competitor 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 2 minutes. If the opponent has not entered the ring within a time limit of 2 minute, the timekeeper shall strike the gong to signal that the match has been stopped. The referee shall then announce the competitor who was first in the ring and declare him/her the winner by "walk-over".

The judges shall note this on their scorecards, which are then collected. The judges shall then summon the competitor who has won on walk-over to the centre of the ring, and thereafter the announcement of the decision, raise his/her hand and declare him/her the winner.

### **9. Protests and Alteration of Decisions in European and World Championships**

The scoring of the referee and judges is final.

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's verdict, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and WKA supervisor deem that one of the following circumstances has occurred:

- a) A conspiracy has taken place or an illegal agreement has been entered into to affect the result of the match.
- b) The addition of the scorecards is faulty; one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.
- c) A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (Video will not be accepted). The protest must be accompanied by a processing fee of €100. Fee will be returned if the protest is found to be valid.

The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees etc.

The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. (Video will not be accepted). His/her decision is final.

Decisions of the official doctor can be subject to protests if the second doctor is present at the event. The second doctor will make decision about the protest.

### **10. Rules for new ringsport divisions: Children, Teenagers, Kadets**

made by Paul Sutton – in case of any questions related to rules for new ringsport divisions please contact directly Mr. Paul Sutton on his e-mail address: [paul.sutton@wkakickboxing.com](mailto:paul.sutton@wkakickboxing.com)

**Please note, under all categories, head contact is not permitted in children divisions and in teenagers and kadets divisions only light head contact is allowed !**

**In new ringsport divisions rules for adults apply with following specification:**

#### Original WKA rules

1. Elbow strikes are not allowed
2. Punches and Kicks are allowed to the head 15yrs and over. UNDER 15YRS to the body only.
  - a) Kicks using shin or foot allowed to legs (inside & outside) and body.
  - b) Kicks to body and head except UNDER 15YRS junior bouts (no head kicks).
  - c) Knees allowed to the , body and legs. .
3. No hip throws.
4. Clinching for maximum 5 seconds is allowed as long as one fighter is active within the clinch
5. No sweeps.
6. Knockdowns where the fighter rises immediately to his feet and fit to continue is NOT counted as a knockdown or standing count.
7. Side kicks to front of legs NOT allowed.
8. Holding leg or foot is allowed whilst striking but with NO steps.

## DEFINITION OF LEGAL TECHNIQUES

Punches (no punches to the head - Juniors UNDER 15YRS)

Must be to target - Definition of target: Punches must land on the front or sides of the head or above the belt (e.g. line drawn from the top of the hips through the navel). Punches on arms do not score.

- \* Straight punches to head and body
  - \* Hooks to head and body
  - \* Uppercuts
- \* Spinning back fist NOT ALLOWED
- \* Spinning elbow NOT ALLOWED
  - \* Neck wrestling
  - \* Pushing

Kicks to Head and Body (No kicks to the head - Juniors UNDER 15YRS)

- \* Roundhouse kick
- \* Push and front kick
  - \* Side Thrust
- \* Spinning Back kick
  - \* Ax kick
  - \* Snap kick
  - \* Crescent kick
  - \* Jumping kicks
  - \* Reverse kick
- \* Kicks to inner and outer legs
- \* Knee Strikes (Junior body only UNDER 15YRS)
- \* Holding Leg/Foot and Strike without taking steps
  - \* Shin Blocking

## DEFINITION OF ILLEGAL TECHNIQUES

1. Strikes to spine or knee joints.
2. Strikes to front of leg.
3. Head butts.
4. Punches to back of head.
5. Spitting/biting.
6. Knee strikes to head FOR ALL
7. Elbow strikes to head FOR ALL
8. No hip throws.
9. Clubbing, slapping.
10. Spinning sweeps.
11. Strikes to groin.
12. Striking opponent when knocked down.
13. Abusive language.
14. Striking opponent during Referee break.
15. Striking after the bell.
16. Holding leg/foot illegally (see definition of legal techniques).
17. Spinning Back fist / Elbow to head FOR ALL
18. No hook kicks to ankle/calf.

If a foul is committed in the ring, the referee will determine the decision, where necessary along with the Association Representative as follows:

- \* A caution.
- \* Warning - 1st and 2nd 1 point deducted, 3rd warning disqualification.
  - \* Immediate disqualification.
- \* The fight will be stopped if the fighter that has fouled, injures or knocks out the opponent.
- \* Intentional - the fouled fighter will be announced the winner. If the winner is unable to continue the fighter who committed the foul will NOT be able to advance in the event.

\* Unintentional (see unintentional fouls).

#### Warnings

\* A caution.

\* Warning - deduct 1 point.

\* 2nd warning - deduct 1 point.

\* 3rd warning - disqualify the fighter.

#### Unintentional Fouls

1. Injury in first or second round that stops the fight will be a NO CONTEST.
2. Injury in the third round onwards
  - a) Judges will score the rounds fought
  - b) All scorecards to be collected by the WKA Representative and added up

#### Disqualifications

1. Striking a fighter entangled or fallen through ropes.
2. Deliberately exiting the ring to avoid attack (Referee decision - may be given standing 8 count).
3. Fighter intentionally uses a foul technique.
4. Fighter drops gum shield 3 times during 1 round.
5. Spitting, biting, holding the leg or foot.
6. Spinning sweeps.
7. Abusive language.
8. Deliberate strikes to joints, spine.
9. Fighter fails to follow Referee instructions.
10. Fighter late for bout or no show.
11. Referee decides fighter has not the will to continue.
12. Fighter receives 3 warnings in one round.
13. Fighter fails pre fight medical by Physician.
14. Corner man enters the ring or touches the fighter without Referee's permission.
15. Other rules are broken.
16. Under influence of alcohol or banned substances (drugs).
17. Fighter refuses to give drug test

#### **Rounds:**

##### **Children division:**

Elimination and finals: 3 x 1minutes

##### **Teenagers and Kadets division:**

Elimination: 3 x 1.5 minutes

Finals : 3 x 2 minutes

### **Equipment**

- \* Gum shields
- \* Head guard
- \* 10oz gloves in children divisions 12oz gloves over 11 years
- \* Body protector
- \* handwraps
  
- \* Shin and instep pads
- \* Groin protectors
- \* Shorts

**Fullcontact (no head contact by children divisions is allowed and in teenagers and kadets divisions only light head contact is allowed)**

### **Rules:**

- Kicks must be above the waist.
- Leg sweeps, foot to foot, boot to boot, to the inside and outside of opponent's front foot are permitted by both feet of the sweeper.
- Minimum kicks per round. - 6 per round. (A kick thrown with power but misses the opponent will be counted as a legitimate kick.)
- Front kicks (snap) must make positive contact to be counted as a kick.
- When the kick count is not achieved by a fighter in a round they will be warned, the next round if the minimum kick requirement is not achieved they will be deducted one point. Kicks cannot be made up on consecutive rounds.

### **Definition of legal techniques:**

Must be to target - Definition of target: Punches must land on the front or sides of the head or above the belt (e.g. line drawn from the top of the hips through the navel). Punches on arms do not score.

- \* Straight punches to head and body
  
- \* Hooks to head and body
- \* Uppercuts
- \* Roundhouse kick
- \* Push and front kick
- \* Side Thrust kick
- \* Spinning Back kick
- \* Ax kick
- \* Snap kick
- \* Crescent kick
- \* Jumping kicks
- \* Reverse kick
- \* Sweep boot to boot
- \* Parrying kicks
- \* Shin block

### **Definition of illegal techniques:**

1. Strikes to spine or knee joints.
2. Head butts - and illegal use of the head.
3. Punches to back of head/neck.
4. Punches below the belt.
5. Punches using open glove; inside of glove; punching with butt of glove.

6. Kidney punch.
7. Spitting or biting.
8. Holding opponent's head and arms.
9. Holding the ropes whilst striking.
10. Kicks below the waist.
11. Knee strikes.
12. Elbow strikes.
13. Takedowns, throws, grappling.
14. Clubbing, slapping.
15. Strikes to groin.
16. Spinning sweeps.
17. Striking opponent when knocked down.
18. Abusive language.
19. Striking opponent during Referee break.
20. Striking after the bell.
21. Pushing.
22. Holding leg/foot.
23. Spinning Back fist / Elbow
24. Kicks to the groin are prohibited
25. Attacking a downed opponent or an opponent who touches the floor with his /her gloves is prohibited.
26. Spitting out one's tooth protector (gum-shield) is prohibited.

### **Rounds:**

#### **Children division:**

Elimination and finals: 3 x 1minutes

#### **Teenagers and Kadets division:**

Elimination: 3 x 1.5 minutes

Finals : 3 x 2 minutes

### **Equipment**

- \* Head guards
- \* 10oz gloves in children divisions 12oz gloves over 11 years
- \* Body shield mandatory for children and teenagers division (boys and girls) – not allowed in Kadets division
- \* handwraps
- \* breast protector for female kadets division
- \* Gum shields
- \* Shin pads
- \* Groin guard (boys and girls)
- \* Foot protectors
- \* fullcontact pants

## VII. MMA rules

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## MIXED MARTIAL ARTS (MMA)

### RULE 1 WEIGHT CLASSES OF MIXED MARTIAL ARTISTS

01 Mixed martial artists shall be divided into the following classes:

Weight classes for men adults division are as follows:

- 60 kg, - 65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90 kg

### RULE 2: WORLD LEVEL COMPETITIONS

01 Each competitor's name, country must be listed. A minimum of three competitors in each pro weight class is obligatory. Less than three competitors move up to the next higher weight category (maximum one weight category higher). In that case each country must get a minimum of 1 copy of all drawing lists and name list of competitors 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.

### RULE 3 THE ATTENDANCE OF A PHYSICIAN

01 Every match must have a licensed physician in attendance at ringside. Any and all directions and/or orders from the attending physician must be immediately obeyed. A first-aid team is compulsory as well.

02 The official physician, who must attend every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

03 The attending physician must follow the rules and regulations of the appropriate national health board as well as those approved by the authorities where such rules apply.

04 No match may start or proceed before the attending physician is in place, and the physician may not leave his or her place prior to the decision in the last match.

05 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.

06 The physician has the right to interrupt or stop a contest by ringing the bell or calling "stop" to the referee, if he or she thinks a competitor is in danger and the referee has not stopped the fight. He or she is also responsible for making the decision when a referee calls him or her in case of an injury to a competitor.

08 No one, even a competitor's second, may attempt to aid a competitor during a round before the attending physician has had the opportunity to see the injured competitor. If the doctor enters the ring, he or she must examine the presumed injury and then decide whether or not the fight should continue. The doctor's examination must take place inside the ring and must have duration of not more than one minute. Any kind of treatment of the competitor is forbidden. Should one minute be insufficient, the referee shall stop the match and declare the injured competitor's opponent the winner. Doctors' decisions are final, although they can be protested if a second doctor is present at the event. The second doctor will make the decision about the protest.

### RULE 4 FIGHTING AREA

01 MMA contests may take place in either a cage or a ring that has been approved by the WKA. The cage or ring should meet the requirements set forth by the WKA and should be inspected prior to each event by WKA supervisor or head referee.

02 A ring stool of a type approved by the WKA shall be available for each contestant.

03 An appropriate number of stools or chairs, of a type approved by the WKA, shall be available for each contestant's seconds. Such stools or chairs shall be located near each contestant's corner.

04 All stools and chairs used must be thoroughly cleaned or replaced after the conclusion of each bout.

#### RULE 5 ROUND NUMBER AND LENGTH

01 Matches shall consist of three (3) three (3) minute rounds with a one (1) minute rest period between rounds.

#### RULE 6 ATTIRE

01 Each contestant shall wear mixed martial arts shorts, biking shorts, or kick-boxing shorts. At the WKA's discretion, competitors wearing loose-fitting shorts may be required to wear spandex or bike shorts underneath fight shorts.

02 Gis or shirts are prohibited during competition.

02a Female competitors must wear a sports or athletic bra and may wear a form-fitting rashguard.

03 Shoes are prohibited during competition.

#### RULE 7 RULES OF CONDUCT INSIDE AND OUTSIDE THE RING

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

02 A competitor shall immediately retreat to the nearest neutral corner if so directed by the referee and wait for the referee to signal that the match can proceed again.

03 When a competitor receives a warning or a reprimand from the referee, he or she must put his or her gloves up in guard position and bow toward the referee to indicate that he or she has understood the reason for the warning or reprimand.

04 At the conclusion of the fight the competitors shall approach the referee, standing in the center of the ring, and there, with one competitor on each side of the referee, await the speaker's announcement of the decision. The referee shall then raise the arm of the winner.

05 After the fight the competitors shall salute each other and each other's seconds, after which both competitors shall bow to the referee in recognition of his or her efforts.

06 Violation of WKA rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

## RULE 8 THE COMPETITOR

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

02 The competitors 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 competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair that apply to female competitors. All competitors shall be clean and proper. It is the sole prerogative of the WKA referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match. The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net.

03 Excessive use of grease or similar substances is prohibited.

04 Competitors are prohibited from wearing any type of jewelry or piercing accessories during competition.

## RULE 9 THE COMPETITOR'S EQUIPMENT

01 Individually fitted tooth-protector (mouth guard) required for all competitors.

02 Bandaging of each competitor's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide, placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within 3/4 inch of the knuckles when the hand is clenched to make a fist. Soft surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used. Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles Cloth hand-bandages, maximum length of 3.5 meters, may be used.

03 An individually fitted breast-protector for females is compulsory.

04 An individually fitted groin-protector for both males and females is compulsory.

05 The gloves shall be new for all main events and in good condition or they must be replaced.

06 All contestants shall wear gloves weighing no less than six ounces, supplied by the promoter and approved by the WKA. No contestant shall supply his or her own gloves for participation.

07 Competitors may be required to wear shin and instep protection if required by a State Athletic Commission in the jurisdiction of the bout.

08 The following substances are approved for treating competitors' cuts between rounds: Adrenaline 1:1000, Avitene, and Thrombin.

09 Petroleum jelly may be used lightly around a competitor's eyes and on a competitor's face. Petroleum jelly, lotion, or any other type of lubricant on any other part of a competitor's body is prohibited.

10 A second may administer only water to a competitor between rounds in a bout. Any other beverage is prohibited.

## RULE 10 SECONDS

01 The second may give up on behalf of his or her competitor if he or she deems it irresponsible to let the fight continue. This is indicated by the second throwing a white towel into the ring.

02 Prior to every tournament the Head Referee shall call a meeting with all judges, referees and seconds to clarify any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

03 Seconds shall support and advise their competitors during the intermission between rounds. Each competitor may have two seconds, only one of whom may enter the ring under conditions set in this rulebook.

04 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 any and all directions given by the referee. Prior to each round the seconds must remove buckets, stools, towels and the like 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 competitor.

05 During the rounds the seconds may give advice (only in a proper manner), help, or encourage the competitor. Should a second violate this rule the referee can issue a warning, expel the second, or disqualify the competitor. A second who has been expelled may not function as second in the remaining part of the tournament.

06 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 competitors and the referee may be present in the ring during the match except intermission between rounds when one of the seconds is allowed to enter the ring. If any other person enters the ring, the referee can decide that the fight is immediately over and cannot continue again.

#### RULE 11 AMATEUR DIVISION SCORING RULES AND BOUT RESULTS

01 All bouts will be evaluated and scored by three judges.

02 The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and nine points or fewer must be awarded to the loser, except for a rare even round, which is scored (10-10).

03 Judges shall evaluate mixed martial arts techniques, such as effective striking, effective grappling, control of the fighting area, effective aggressiveness and defense.

04 Evaluations shall be made in the order in which the techniques appear in (03) above, giving the most weight in scoring to effective striking, effective grappling, control of the fighting area and effective aggressiveness and defense.

05 Effective striking is judged by determining the total number of legal heavy strikes landed by a contestant.

06 Effective grappling is judged by considering the amount of successful executions of legal takedowns and reversals. Examples of factors to consider are take downs from standing position to mount position, passing the guard to mount position, and bottom position fighters using an active, threatening guard.

07 Fighting area control is judged by determining which contestant is dictating the pace, location and position of the bout. Examples of factors to consider are countering a grappler's attempt at takedown by

remaining standing and legally striking, taking down an opponent to force a ground fight, creating threatening submission attempts, passing the guard to achieve mount, and creating striking opportunities.

08 Effective aggressiveness means moving forward and landing a legal strike.

09 Effective defense means avoiding being struck, taken down or reversed while countering with offensive attacks.

10 The following objective scoring criteria shall be utilized by the judges when scoring a round.

(1) A 10 points to 10 points round is strongly discouraged, and judges should look through the judging criteria for more effective techniques, more effective pressing of the action, and more style-specific technique. An even round should only occur in the case of a loss of points by a contestant.

(2) A round is to be scored as a 10-9 Round when a contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers.

(3) A round is to be scored as a 10-8 Round when a contestant overwhelmingly dominates by striking or grappling in a round.

(4) A round is to be scored as a 10-7 Round when a contestant totally dominates by striking or grappling in a round.

11 Judges shall use a sliding scale and recognize the length of time the fighters are either standing or on the ground, as follows:

(1) If the mixed martial artists spent a majority of a round on the canvas, then:

- i. Effective grappling is weighed first; and
- ii. Effective striking is then weighed

(2) If the mixed martial artists spent a majority of a round standing, then:

- i. Effective striking is weighed first; and
- ii. Effective grappling is then weighed

(3) If a round ends with a relatively even amount of standing and canvas fighting, striking and grappling are weighed equally.

12 The following are the types of bout results:

(1) Submission by:

- i. Tap Out: When a contestant physically uses his or her hand to indicate that he or she no longer wishes to continue.
- ii. Verbal tap out: When a contestant verbally announces to the referee that he or she does not wish to continue.

(2) Technical knockout by:

- i. Referee stops bout.
- ii. Ringside physician stops bout.
- iii. When an injury as a result of a legal maneuver is severe enough to terminate a bout.

(3) Knockout by failure to rise from the canvas.

(4) Decision via score cards:

- i. Unanimous: When all three judges score the bout for the same contestant.
- ii. Split Decision: When two judges score the bout for one contestant and one judge scores for the opponent.
- iii. Majority Decision: When two judges score the bout for the same contestant and one judge scores a draw.

(5) Draws:

- i. Unanimous: When all three judges score the bout a draw.
- ii. Split: When all three judges score differently and the score total results in a draw.

(6) Disqualification: When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest.

(7) Forfeit: When a contestant fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out.

(8) Technical Draw: When an injury sustained during competition as a result of an intentional foul causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of stoppage.

(9) Technical Decision: When the bout is prematurely stopped due to injury and a contestant is leading on the score cards.

(10). No Contest: When a contest is prematurely stopped due to accidental injury and a sufficient number of rounds have not been completed to render a decision via the score cards.

13 The following shall apply to injuries sustained during competition:

(1) If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured contestant loses by technical knockout.

(2) If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.

(3) If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the contestant who committed the foul.

(4) If an injury sustained during competition as a result of an intentional foul causes the injured contestant to be unable to continue at a subsequent point in the contest, the injured contestant shall win by technical decision, if he or she is ahead on the score cards. If the injured contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.

(5) If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.

(6) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before one round has been completed in a two round bout .

(7) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the contestant who is ahead on the score cards at the time the bout is stopped only when the bout is stopped after one round of a two round bout has been completed.

(8) There will be no scoring of an incomplete round. However, if the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score.

#### RULE 12 LEGAL TECHNIQUES

01 All forms of boxing in combination with kicks above the waist to the body and the head

02 Rear (reverse) kicks to the body or the head, as well as spinning back kicks to the body and to the head

03 Foot sweeps

04 Low kicks to the thighs, inside and outside

05 Knee attacks to the body and the thighs, as well as kicks with the shin to the thighs, body and the head

06 Clinching (holding) and attacking at the same time with knees and elbows to the body or any other legal strikes

07 Elbow strikes to the body below the neck

08 Frontal rolling kicks with the heel

09 Holding an opponent's leg while attacking with legal strikes or attempting a takedown

10 The use of spinning back fists only with focus on the opponent

11 All throws, sweeps, and takedowns, provided that they do not aim to land an opponent on his or her head or neck

12 All submission holds, including but not limited to chokes, armbars, keylocks, kneebars, heelhooks, neck cranks. Small joint manipulation is not permitted.

#### RULE 13 ILLEGAL TECHNIQUES

01 The following are fouls and will result in penalties if committed:

(1) Butting with the head

(2) Eye gouging of any kind

(3) Biting or spitting at an opponent

(4) Hair pulling

- (5) Fish hooking
- (6) Groin attacks of any kind
- (7) Intentionally placing a finger in any of an opponent's orifices
- (8) Elbow strikes to the head, standing or grounded
- (9) Small joint manipulation
- (10) Strikes to the spine or back of the head
- (11) Heel kicks to the kidney
- (12) Throat strikes of any kind
- (13) Clawing, pinching, twisting the flesh or grabbing the clavicle
- (14) Kicking the head of a grounded fighter
- (15) Kneeing the head of an opponent, standing or grounded
- (16) Stomping of a grounded fighter
- (17) The use of abusive language in fighting area
- (18) Any unsportsmanlike conduct that causes an injury to opponent
- (19) Attacking an opponent on or during the break
- (20) Attacking an opponent who is under the referee's care at the time
- (21) Timidity (avoiding contact, consistent dropping of mouthpiece, or faking an injury)
- (22) Interference from a mixed martial artists seconds
- (23) Throwing an opponent out of the fighting area
- (24) Flagrant disregard of the referee's instructions
- (25) Spiking an opponent to the canvas on his or her head or neck

#### RULE 14 WARNINGS AND MINUS POINTS

01 The referee shall issue a single warning for the following infractions. After the initial warning, if the prohibited conduct persists, a penalty will be issued. The penalty may result in a deduction of points or disqualification.

- (1) Holding or grabbing the fence.
- (2) Holding opponent's shorts or gloves.
- (3) The presence of more than one second on the fighting area perimeter.

02 Disqualification occurs after any combination of three of the fouls listed in (01) above or after a referee determines that a foul was intentional and flagrant.

03 Penalty will result in a point being deducted by the official scorekeeper from the offending mixed martial artist's score.

04 Only a referee can assess a foul. If the referee does not call the foul, judges shall not make that assessment on their own and cannot factor such into their scoring calculations.

05 A fouled fighter has up to five minutes to recuperate.

06 If a foul is committed, the referee shall:

- (1) Call time.

(2) Check the fouled mixed martial artist's condition and safety.

(3) Assess the warning or penalty to the offending contestant, deduct points, and notify each corner's seconds, judges and the official scorekeeper.

07 If a bottom contestant commits a foul, unless the top contestant is injured, the fight shall continue, so as not to jeopardize the top contestant's superior positioning at the time.

(1) The referee shall verbally notify the bottom contestant of the foul.

(2) When the round is over, the referee shall assess the warning or penalty and notify both corners' seconds, the judges and the official scorekeeper.

(3) The referee may terminate a bout based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.

#### RULE 15 PROTESTS AND ALTERATION OF DECISIONS

01 The scoring of the referee and judges is final.

02 Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

03 A judge's decision, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and WKA supervisor deem that one of the following circumstances has occurred:

(1) A conspiracy has taken place or an illegal agreement has been entered into that affects the result of the match.

(2) The addition of the scorecards is faulty or one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.

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

04 Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (video will not be accepted). The protest must be accompanied by a processing fee of 100 EUR. The fee will be returned if the protest is found to be valid. The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees, etc.

05 The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. Video will not be accepted. The Head Referee's decision is final.

06 Decisions of the official doctor can be subject to protest if a second doctor is present at the event. The second doctor will make the decision about the protest.