

# **World Fight sport & Martial Arts Council**



## **OFFICIAL RULEBOOK**

[www.wfmc-kickboxing.com](http://www.wfmc-kickboxing.com)

Edition May 2010

## **Introduction**

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

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

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

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

This Rulebook can be ordered free through the official website of the World Fightsport & Martial Arts Council [www.wfmc-kickboxing.com](http://www.wfmc-kickboxing.com).

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# 1. Part – General

## 1. WFMC / IRC

### 1.1 WFMC

WFMC is the World Fightsports & Martial Arts Council in Frankfurt / Germany The affiliated National Federations are members of WFMC.

### 1.1 IRC

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

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

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

### 1.2. Amateur Status

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

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

- The fighter is under a professional contract.
- The fighter has never participated in an event of more than 5 rounds or Thai Box A- Class.
- The fighter is listed on a Pro-Rank list of one of the following, or similar organizations: WFMC, NASKA, WAKO Pro, WKA, ISKA, etc.  
(Organisations with similar character are also to be considered. The above list is an example, and not necessarily complete.)

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

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

- a) Disqualification of the Non-Amateur
- b) A ban/suspension. The IRC will decide upon the length of time.
- c) A fine of minimum 300 EUR
- d) Revocation of a title achieved. A revocation of a World Title requires the approval of the WFMC head office.

### **1.3. Doping**

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

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

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

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

### **1.4. Registration**

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

- a) To possess a WFMC issued or accepted Sport Book (Sport Pass)
- b) To have a valid license stamp for the current year applied in the Sport Book
- c) Proof of an appropriate entry in the Sport Book to show they are **"Fit to Fight"**. A Medical assessment must not be older than 12 months. (Forms only competitors need not to comply with this rule)
- d) Not to be excluded for medical or any other reason from participating in the event
- e) To be able to show a medical attest of a performed EEG examination, in case of experiencing 3 head knockouts within a period of less than 12 months. The EEG must be made after the banned period.
- f) In case of female participants, not to be pregnant.

#### **1.4.2 Entries into the WFMC Sport Book**

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

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

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

#### **1.4.3 Banning periods after a Knockout, Stoppage or Surrender**

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

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

#### **1.4.4 Identification of the competitors**

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

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

#### **1.4.5 Chosen Country Nationalities**

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

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

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

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

#### **1.5 Age Categories**

- |         |  |
|---------|--|
| Kid     | is less than thirteen years on the FINAL DAY of Competition.   |
| Junior  | should have reached 13 years but be less than 18 years on the FINAL DAY of Competition.              |
| Junior  | in Ring sport should have reached 15 years but be less than 17 years on the FINAL DAY of Competition |
| Cadet   | Cadet should have reached 17 years but be less than 18 years on the FINAL DAY of Competition.        |
| Adult   | Man or Lady should have reached 18 years but be less than 36 years on the FINAL DAY of Competition.  |
| Veteran | Man or Lady should have reached 36 years but be less than 40 years of age on the FINAL DAY           |
| Master  | should have reached the age of 40 years on the FINAL DAY of Competition.                             |

#### **1.6 Weigh-In**

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

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

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

### **1.6.3 Male and Female participants**

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

## **1.7 Competition – Management**

Fighting Area / Ring

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

- a) The fighting area has to be square, and each side must have a length of 6m to 8m.
- b) On two sides facing each other, 1m from the centre of the square to the outside, two parallel lines are to be marked, on which the competitors line up at the beginning of the fight.
- c) Around the fighting area, a safety strip of 2m has to be kept clear. No Spectators or Referee-Tables are allowed to be placed within that strip. The strip can be marked out on the floor.
- d) The Timekeeper and Scorekeeper (for Semi Contact) are located at the Referee-Table facing the Centre Referee.
- e) In case there is only one fighting area, sufficient space for the Medics and/or Emergency Personnel must be provided at the Referee-Table.
- f) The Referee-Table must be equipped with the following items:
  - Pool lists
  - Score displays
  - Table stop watch, plus hand stop watch in reserve
  - Acoustic signal (Bell, Whistle, Horn)
  - A Bean-Bag is also permitted
  - Spare papers / pencils
  - PC and printer permitted

### **1.7.2 Boxing Ring (all Full-Contact Sports and MMA)**

- a) The boxing rings must correspond to the norm of the AIBA (Association International de Boxe Amateur).
- b) The boxing ring, all side protections and the ropes must be inspected for suitability and safety prior to the first fight.
- c) The usual side length of the square is a minimum of 4.5m and a maximum of 6.10m. (Side length of the ropes) The ring must be surrounded by 4 ropes.
- d) The four corners must be made of metal. The diagonal distance between them shall not exceed 10.6m (outside measurement).
- e) The height of the corners shall not be more than 1.32m (52") above the platform of the ring.
- f) All corners must be covered with commonly used cushions in order to avoid possible injuries.
- g) None of the 4 ropes may have a diameter of less than 2.5cm (1").

h) The lowest rope must be placed 33.02cm (13“) above the platform, the top rope no more than 1.32m.

i) All ropes must be covered with a soft tightly fitted material.

j) The platform itself may be placed at a minimum height of 90cms, and not higher than 1.20m above the ground. It must be covered with a foam or similar material below the ring floor layer.

k) Stairs have to be placed in the red and blue corner.

l) The Referee-Tables must be equipped with the following items:

- Pool lists
- Score displays
- Table stop watch, plus hand stop watch in reserve
- Acoustic signal (Bell, Whistle, Horn)
- A Bean-Bag is also permitted
- Spare papers / pencils
- PC and printer permitted

m) Tables and chairs for the Judges are to be provided along the three other sides of the Ring.

n) 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.

o) To avoid possible injuries, Camera Operators are not permitted on the platform during the rounds.

## **1.8 Referee licenses**

### **1.8.1 Judge & Referee**

F National Judge for local events

E National Judge for national events

D National Judge & Referee for national events

**C International Judge & Referee for international events , including local titles**

**B International Judge & Referee for all events including national pro titles**

**A International Judge & Referee for all events including international pro titles**

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

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

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

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



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

### **International Referees & Judges**

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

**1.8.7** A basic knowledge of the English language is recommended, but not compulsory. All International Seminars will be held in English.

**1.8.8** Members of the WFMC Executive Committee are identified by a **red** ID-Card marked with "OFFICIAL".

**1.8.9** Members of the International Rules Committee (IRC) and Referees of the categories A, B and C are identified by a **green** ID-Card marked with "REFEREE".

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

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

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

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

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

**1.8.15** Nationality – conflict of interest

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

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

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

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

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

## **Conflict of Interest**

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

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

- Warning
- Exclusion of a further participation as a Referee on the event
- Reduction of the Referee compensation
- Withdrawal of the Referee's License for a time determined by the IRC

### Head Referee

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

### Area Supervisor

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

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

### Protests

**1.8.22** The individual judgments of the Referees/Judges are not subject to protests.

**1.8.23** The decision of the official Doctor is not subject to protests. Protests are only possible in the following cases, and may only be placed after depositing a fee of 200 EUR in cash with the area supervisor or the head referee:

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

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

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

**1.8.26** After hearing protest from both parties and the Referee involved, the Head Referee makes the final decision. No further discussion shall continue on the subject at the venue. Any further disputes must be emailed within seven days of the incident to [wfmc.kickboxing@gmail.com](mailto:wfmc.kickboxing@gmail.com) where the matter can be taken further. Any monies lost due to the decision of the Head Referee at the venue, shall be retained until a decision by the IRC has been reached.

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

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

### Referee Clothing

**1.8.29** During the pre-elimination fights, up to the semi finals, a black T-shirt with the print "REFEREE" will be allowed. For the finals or Title Fights, all Referees must wear grey trousers, a blue shirt with an WFMC print and a red bow tie. If necessary a dark blue blazer with an WFMC logo can also be worn.

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

**1.8.31** Registration of Referees per country for World Championships and European Championships

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

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

Any country that does not fulfil the requirements shall be fined 200. - Euro for each missing Referee. This goes into the general account of the IRC.

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

**1.8.32** The Referees' payment is equal to the starting fee of a single competitor each day. It will be paid out on the morning before the finals start.

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

## 2. Part - Forms

Traditional - no Music

- 1 F-HS – Forms Hard Style Japanese
- 2 F-KO – Forms Hard Style Korean
- 3 F-VT – Forms Veterans traditional
- 4 F-SS – Forms Soft Style traditional
- 5 F-WN – Forms Weapons traditional

Creative - with Music

- 6 F-FS – Forms Freestyle empty hand,
- 7 F-FM – Forms Freestyle Weapons
- 8 F-EX – Extreme Forms

### 3.0.1 Traditional Forms

A person performing a form must express and demonstrate a mentally and physically realistic approach to the various defense scenarios he/she is trying to emulate. The moves within the Form must be appropriate to the style being performed.

Techniques should be performed with full power, focus and explosiveness. When executing the form all basic techniques should be performed logically and be relative to the selected Form. The Competitor's name, the name of the form and club, (or country) must be announced to Judges in all styles.

In all sections 4 people will qualify for the final, and will perform again in reverse order. It is optional at National level that the winner can be decided after only one round. In all World level competitions, wherever rankings are available, heats must be seeded.

A Referee for Forms must have traditional background, and be a minimum 1st degree Black Belt.

It is at the host country's discretion i.e. the promoter, to decide if mats are to be used on the area or not.

### 3.0.2 Scoring

Five judges scoring with the highest and lowest scores taken away. Points are given to one decimal place. In preliminary rounds will range between 6,0 and 8,0 (starting point 7), in finals between 8,0 and 9,9 ( starting point 9 )

In all sections only 4 people will qualify for the finals. Current World ranked competitions will be seeded. For example, the World ranked No. 1 will go last. In the finals, the competitors will be seeded according to their score in the heats.

In the case of a draw in Hardstyle and Softstyle, the competitors will be asked to do a second and different form. At National and International level, all competitors should be able to perform at least two different Forms. If the competitor does not show a different form, he can repeat the first form with a penalty of 0,5 being deducted by each Judge. You can repeat the same Form or Kata in all Freestyle categories.

If the competitor is using a weapon and the weapon is dropped, this will be deemed a lack of control and a penalty minus of 0.5 will be deducted from their score by each Judge.

If the competitor is using a pair of weapons ( e.g. Kama or Sai ) they may not clash together clumsily or a penalty of 0.5 will be deducted by each judge. This also applies in freestyle.

A time keeper will be appointed, if necessary. Judges will not be blinded by shouting at every technique; this does not constitute strength.

### **3.0.3 Presentation**

#### **Dress.**

The competitor must wear a martial arts uniform. No T-shirts may be worn, including club T-shirts. The uniform must be clean and pressed.

Belt of appropriate grade must be worn, no jewellery may be worn.

No costumes may be used, no special effects i.e. dry ice, lasers, smoke etc. No dance moves are to be included in your form,

The Competitor must announce Style, Club or Country, according to whether competition is National or International. The Competitor must show good etiquette at all times in the presentation, performance or application of Kata or Form.

### **3.0.4 Etiquette**

While on or around the mat the competitor should show respect and discipline at all times. Respect must be shown to the other competitors.

Expected mat etiquette will consist of the Competitor bowing upon entering the competition area and approaching the Judges.

The Competitor should perform the introduction – see General rules. Competitor should then ask for permission to begin, bow to the judges and get ready to begin the Form.

Competitor must show Martial Arts discipline at all times. They must maintain focus and concentration on what they are doing.

Upon completion of the Form, the Competitor should wait for the Judges' permission to leave the floor.

### **3.1.1 TRADITIONAL JAPANESE HARDSTYLE KATA**

Karate Forms must be using traditional moves only. A traditional Form / Kata must resemble a traditional work, an adaptation will be acceptable if added moves are of a traditional nature.

A high kick cannot be higher than the top of the Karateka's own head. A freestyle form is not acceptable (no machine-gun kicking etc...).

A traditional Gi or Dobok must be worn. There will be no use of weapons. No music is allowed, there is no time limit.

When Scoring, Judges should be looking for:

Basic techniques, Stances , Punches , Kicks executed with balance , Blocks , Balance, Strength, Focus and good transition between moves.

### **3.1.2 TRADITIONAL KOREAN HARDSTYLE FORMS**

Korean Hardstyle Forms must be using traditional moves only. A traditional Korean Form / poomse / tul must resemble a traditional work. An adaptation will be acceptable if added moves are of a traditional nature.

A high kick can be higher than the top of the competitor's own head. A freestyle form is not acceptable (no machine-gun kicking etc...).

A traditional Gi or Dobok must be worn. There will be no use of weapons. No music is allowed, there is no time limit.

When Scoring, Judges should be looking for:

Basic techniques , Stances , Punches , Kicks executed with balance , Blocks , Balance, Strength, Focus and good transition between moves.

### **3.1.3 VETERANS TRADITIONAL FORMS**

Veterans' forms must be performed using traditional and acceptable moves only. Every competitor must be 35 Years or older.

A Traditional Kata / Poomse / Hyong must be performed. An adaptation will be acceptable if added moves are of a traditional nature of the style.

A high kick can't be higher than the top of the Competitor's own head. A freestyle form is not acceptable (no machine-gun kicking etc...).

A traditional Gi, Dobok or Wu-Shu uniform must be worn. There will be no use of weapons. No music is allowed, there is no time limit.

When Scoring, Judges should be looking for:

Basic Techniques , Stances , Punches , Kicks executed with balance , Blocks , Balance, Strength, Focus and good transition between moves.

### **3.1.4 WU-SHU SOFTSTYLE FORMS**

Gymnastic type moves are permissible, provided that they are within the style for i.e. Wu-Shu, but they must be practical and form part of that style. An adaptation is acceptable if added moves are traditional to the soft style being performed.

A traditional uniform must be worn. There will be no use of weapons. No music is allowed.

There is a three minute maximum time limit. A Timekeeper will be appointed.

This is not a freestyle section, a freestyle form is not acceptable (no machine-gun kicking etc...).

When Scoring, Judges should be looking for:

good flowing Techniques , Stances , Punches , Kicks executed with balance , Blocks , Balance, Strength, Focus and good transition between moves.

### **3.1.5. WEAPON TRADITIONAL ( no music )**

Weapon traditional forms must use traditional moves only. A traditional form / Kata must resemble a traditional work, an adaptation will be acceptable if added moves are traditional. A high kick can't be higher than the top of his/her own head. A freestyle form is not acceptable, no machine-gun kicking etc. A traditional GI, Dobok or Wu Shu uniform must be worn, use of weapons is compulsory, no music is allowed.

The use of stage props such as Lasers, Smoke, Fire or " dry Ice " is not permitted . No dance moves or theatrical costumes are allowed.

The duration of a weapon traditional form must be between 1 and 3 minutes. The time starts with the first move of the form, not the announcement. A timekeeper will be appointed. All used weapons must be safe and clean and recognized within martial arts.

Traditional weapons used in traditional forms should respect traditional forms e.g. the BO made of wood in length 1,80 cm, or Sai made of metal etc. and not homemade "weapons" .The judges have the right to inspect weapons prior to starting a form.

scoring: the form will be scored on the use of the weapon, not Kicks and other techniques.

Manipulation of the weapon , speed of the techniques, degree of difficulty , good control, showmanship, balance, basics stances, strength and focus.

### Creative and Extreme Forms

#### **3.2.0 General expectations of a creative or extreme form.**

In the result of a draw for first second or third, the Form will be repeated again and scored between the two competitors who have tied. Highest score will win the tied position. In the result of a second tie, Judges will show hands.

Competitor performing a Form must express a mentally and physically realistic approach to the various imaginary opponents in their form. Techniques should be performed where necessary with full power, focus and explosiveness. When executing the Form, all basic techniques must be performed logically. Kiai's or shouts should be included in a form but not on every single move.

Judges will be looking for basic techniques, stances, speed and cleanness of execution. Tricks or gymnastics whilst being high risk and high difficulty must be performed with accuracy throughout. A Form should be fluid and continuous, time spent standing still should be kept to a minimum. All aspects of the person's physical ability will be taken in to account, such as flexibility, strength, speed, stamina and attitude.

Creativeness is encouraged and high risk moves and combinations will score highly if executed without fault. Weapons forms will be scored primarily on the weapon usage. Manipulation and creativity with the weapon should be your main focus during a weapons form. The weapon cannot be left unattended once a form has begun.

### **3.2.2 Time of form.**

All musical sections are permitted no more than a thirty second introduction.

This time starts from the first contact on the mat. The minimum time allowed for all musical forms is 1 minute, maximum of 3 minutes. This time will begin from the first move after the judges have given permission to begin.

Should the time be over or under in any part, a deduction of 0.5 will be made from the Form by all judges.

### **3.2.3 Releases.**

A release is classified as the weapon intentionally leaving contact with the body to be thrown in the air or momentarily balanced on the floor.

A throw release must be released and caught with control, should the weapon be dropped a score of 0.5 will be deducted from the final score by each judge. Should the weapon leave the competition area then the person will be disqualified.

A balance release is the weapon being balanced on the ground, i.e. a Bo staff being stood upright. Should the staff fall to the ground, this will be classed as a drop and 0.5 will be removed from the final score by each judge.

### **3.2.4 Music.**

Must fit in with the form being performed, synchronization to music is high compulsory and will show a greater level of preparation.

No music containing swearing or derogatory or inflammatory comments may be used; this will result in a disqualification

## 3.3.0 MUSICAL FORMS - Free Style Empty Hand

**3.3.1 CREATIVE OPEN HAND:** a self made Hard Style Form to music with no gymnastics. The Creative Open Hand Form should contain only the use of standard martial arts techniques, along with the individual's creative variation.

-Music must be used and the choreography to the music is of high importance.

-The use of weapons is strictly forbidden.

-The use of stage props such as Lasers, Smoke, Fire or "Dry Ice", is not permitted .

-No dance moves or theatrical costumes are allowed.

-The duration of a freestyle form must be between 1 and 3 minutes. The time starts with the first move of the form, not the announcement.

-A Timekeeper will be appointed.

-Although Extreme sections are unlimited for tricks and gymnastics the form should still resemble a Martial Arts Form, failure to include basic Martial Arts will result in the competitor being scored down.



-Judges should be looking for:

-Synchronisation to the music, showmanship, speed of the techniques, degree of difficulty, basic hands and feet techniques, balance, basic stances, strength and focus

-All the above are to be executed with strength and power according to the basic technique.

### 3.4.1 MUSICAL FORMS - Free style weapon.

**3.4.2 CREATIVE WEAPONS:** Self made Hard Style Weapons Form to music using no gymnastics. The weapon may be released a maximum of three times. The weapon must be used through whole Form and is to be kept in constant use. Standard use of the weapon along with the individual's creative manipulation will be the primary scoring points.

-Music and weapons must be used and the choreography to the music is highly important

-The use of stage props such as Lasers, Smoke, Fire or "dry Ice", is not permitted.

-No dance moves or theatrical costumes are allowed.

-The duration of a Freestyle Form must be between 1 and 3 minutes. The time will start with the first move of the Form, not the announcement.

-A Timekeeper will be appointed. All weapons used must be safe and clean and recognised within Martial Arts. The Judges have the right to inspect weapons prior to starting a Form. –

Although gymnastics tricks and releases are unlimited, a Competitor's Form should still resemble a Martial Arts Form.

-Failure to show basic strikes and stances will result in the form being marked down.

-Judges should be looking for:

- Synchronisation to the music , manipulation of the weapon , speed of the techniques, degree of difficulty, showmanship, balance, basics stances, strength and focus.

-The form will be scored on the use of the weapon, not Kicks and other techniques.

## 3. Part - Semi Contact Fighting

### 2.1 Semi Contact Rules.

#### 2.1.1 The Fighting Area

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

Minimum dimensions for the fighting area should be minimum six metres by six metres to maximum eight metres by metres.

Where practicable, one metre of safety matting should be placed around each side. The fighting area may be larger than thirty-six square metres, but no larger than sixty - four square metres.

## 2.1.2 Rounds

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

## 2.1.3 Official WFCM Weight Categories

Name of Weight Category	All Men	All Women	Kids -12 <small>12-14 years</small>	Junior Girls <small>15-17 years</small>	Junior Boys <small>15-17 years</small>	Cadets in ringsports
Atomweight		-48kgs				
Bantam Weight	-54kgs	-50kgs				Male and
Feather Weight	-57kgs	-54kgs			-51kgs	Female
Light Weight	-60kgs	-57kgs	-25kgs		-55kgs	Similarity
Light Welter Weight	-63.5kgs	-60kgs	-30kgs	-40kgs	-59kgs	Like adults
Welter Weight	-67kgs	-63kgs	-35kgs		-63kgs	
Light Middle Weight	-71kgs		-40kgs	-45kgs	-67kgs	
Middle Weight	-75kgs	-66kgs	-45kgs	-51kgs	-71kgs	
Light Heavy Weight	-81kgs		-50kgs	-55kgs	-75kgs	
Cruiser Weight	-86kgs		+50gs	-59kgs	-81kgs	
Heavy Weight	-91kgs	+66kgs		-63kgs	+81kgs	
Super Heavy Weight	+91kgs			+63kgs		

Any International Qualifier must bear relation to the World Rulebook.

## 2.1.4 Scoring

Punch to Head	1 point
Punch to Body	1 point
Foot Sweep	1 point
Kick to Body	1 point
Kick to Head	2 points
Jump Kick to Body	2 points
Jump Kick to Head	3 points

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

## 2.1.5 Scoring Areas

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

## 2.1.6 Illegal Areas

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

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

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

**in any fight : difference of 10 points reached , result TKO**

#### **2.1.9 Legal Techniques.**

- Jab (landing with knuckle part of the glove)
- Reverse Punch (landing with knuckle part of the glove)
- Backfist (but not landing with the side of the fist)
- Ridge hand (to head and body) , Uppercut to the body only
- Front Kick (to the body and head)
- Side Kick (to the body and head)
- Curving Front Kick (to the body and head)
- Hook Kick, Spinning Hook Kick and Jump Spinning Hook Kick (to body and head)
- Back Kick , Spinning Back Kick and Jump Back Kick and Jump Spinning Back Kick (to the body and head)
- Roundhouse Kick and Jump Round Kick (to the body and head)
- Inside & Outside Crescent Kick (to the body & head)
- Jump Inside & Outside Crescent Kick (to the body & head)
- Inside & Outside Axe Kick (to the body & head, including Jump Axe)
- Sweep to the inside and outside of the opponent's boot
- (performed with inside of foot to below ankle both legs)

#### **2.1.10 Illegal Techniques**

- Any open handed strike with the inside of the hand (Slapping)
- Spinning Back Fist, Knife Hand (including Spinning/Turning Knife Hand Strike)
- Palm Heel Strike and Strikes with the elbows
- Any Throw and any Takedown, pushing with arms
- Leg Kicks, Strikes with the knee , Strikes with the Head , Use of the thighs
- Touching the ground with any other part of the body than the soles of the feet
- Forward Rolls, Hand Stands, Cart Wheels , any Blind Technique, any drop sweep

#### **2.1.11 Illegal Actions**

- Swearing
- Verbal attacks to the Opponent or Officials, Accusations of cheating to any Official or Competitor
- Uncontrolled Strikes and Kicks, any strike or kick to a joint
- Strike to top of head or to the back of the body, Strike or Kick to the groin
- Scratching, biting or spitting, Punching or Kicking after the Referee calls stop
- Leaving the fighting area , Falling down, Running around the area
- Using faulty or ill-fitting safety equipment , Wasting time in an unsporting fashion , Talking
- Causing offence by inappropriate apparel, gestures or words , Excess power
- Refusing to touch gloves or any other unsporting behaviour
- All of the above offences may be punishable by the Referee. The Referee may decide to officially warn, deduct a point or
- disqualify the competitor depending upon the severity of the offence.

## **2.1.12 Fighter's Equipment**

### Head-Guard

Must cover the top of the head. Must be a Martial Arts type Head-Guard in good condition which fits well. No full-face or semi-face visor may be worn.

### Gum-Shield

Must be a Martial Arts or Boxing type. No Football / Rugby type.

### Semi Gloves

Must cover the fingers and thumbs up to the second knuckle. Boxing gloves are prohibited at all times for Semi-Contact.

### Kick Boots

Must cover the Instep and heel. They must be full boots and not Shin-Guards with instep pads. Boots must cover the whole foot.

### Groin Guard

For both Men and Women, including junior Boys and Cadets. They are recommended for Junior Girls and Kids, but not essential. They must be worn under clothing, and not on top.

### Shin Guards

Must be worn under clothing and not on top. Must not be worn higher than the knee

### Chest Guard

Must be worn under clothing and not on top. Essential for female Juniors and Adults. Recommended for Female Kids (if obviously needed) but not essential.

## **2.1.13 Clothing**

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

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

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

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

### Equipment Check

Each Fighter is subject to an equipment check prior to the start of the fight. The checks are to be done by the Line Judges, from the same gender if possible. If there is no female Judge / referee in duty, a female official can check all female competitors. No referee can touch any fighter during the equipment check.

### **2.1.14 What the Referee can do.**

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

The Referee may change any or all of the officials in his area if he wishes. This must not happen during a fight unless an Official is ill. The Referee must deduct a point for a third and fourth exit Warning.

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

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

The Referee shall decide when to request the one minute, and the spirit of Sportsmanship must be shown.

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

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

### **2.1.15 Recording The Scores**

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

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

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

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

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

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

Officials who have scored the technique by pointing to each scoring Official (including him/herself if he/she has scored the technique). This is to show the Spectators and Coaches, which Officials have given the point, and if it was a majority or not.

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

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

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

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

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

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

### **2.2.1 Start of the fight.**

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

### **2.2.2 During the fight.**

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

### **2.2.3 Ending the fight.**

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

### **2.3.1 Medical Requirements**

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

### **2.3.2. Hand Signals**

The following are for use by Judges & Refrees.

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

### **2.3.3. Power**

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

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

### **2.3.4 The Referee Warning System and 2.3.5 The Area Warning System**

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

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

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

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

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

**2.3.6 Injury rule**

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

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

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

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

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

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

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

**No protest can be made about a Medical Decision.**

**The Referee cannot change any of the WFMC rules, and cannot overrule the Medical Decision.**



### **2.3.7 Team Fights**

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

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

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

## **4. PART – LIGHT CONTACT**

### **4.1.1 The Fighting Area**

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

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

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

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

### **4.1.2 Ages of the Fighters**

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

Master

should have reached the age of forty years on the FINAL DAY of Competition

### 4.1.3 Rounds

The number of rounds is two rounds two minutes.

### 4.1.5 Scoring

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

### 4.1.6 Scoring Areas

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

### 4.1.7 Illegal Areas

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

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

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

## THE USE OF CLICKERS IS RECOMMENDED

### 4.1.8 Legal Techniques.

Jab (landing with knuckle part of the glove) , Reverse Punch (landing with knuckle part of the glove), Hook Punch (to the body and head), Uppercut (to the body and head with control) Front Kick (to the body and head) , Side Kick (to the body and head), Curving Front Kick (to the body and head), Hook Kick (to body and head) including Spinning Hook Kick, Jump Spinning Hook Kick (to the body and head) ,Back Kick (to the body and head), Jump Back Kick (to the body and head) ,Roundhouse Kick (to the body and head, including Jump Round Kick) ,Spinning Back Kick (to the body and head), Jump Spinning Back Kick (to the body and head) 0,Inside & Outside Crescent Kick (to the body & head) , Jump Inside & Outside Crescent Kick (to the body & head) ,Inside & Outside Axe Kick (to the body & head) including Jump Axe ,Sweep performed with inside of foot to below ankle to both legs, Sweep can be to the inside and outside of the opponent's boot

### 4.1.9 Illegal Techniques

Any open handed strike with the inside of the hand (slap) , Back Fist , spinning Back Fist, Knife Hand (including Spinning/Turning Knife Hand Strike), Ridge Hand , Drop Sweep, Reverse Drop Sweep ,Palm Heel Strike, Strikes with the elbows , Any Throw and Takedown, Pushing with arms ,Leg Kicks, Strikes with the knee , Strikes with the Head , Use of the thighs ,Touching the ground with any other part of the body than the soles of the feet, any Blind Technique

#### **4.1.10 Illegal Actions**

Swearing , Talking and Verbal attacks to the Opponent or Officials , Accusations of cheating to any Official or Competitor, Uncontrolled Strikes and Kicks, Any strike or kick to a joint , Strike to top or back of head or to the back of the body ,Strike or Kick to the groin, Scratching, biting or spitting , Punching or Kicking after the Referee calls stop Leaving the fighting area, Falling down, Running around the area, using faulty or ill-fitting safety equipment ,Wasting time in an unsporting fashion, Causing offence by inappropriate apparel, gestures or words ,Excess power, Refusing to touch gloves or any other unsporting behavior.

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

#### **4.1.11 Fighter's Equipment**

##### **Headguard**

Must cover the top of the head. Must be a Martial Arts type Head guard in good condition which fits well. A full-face or semi-face visor may be worn on request, if it can be proven that a medical condition requires it. This must be authorised by the IRC prior to the start of the Tournament.

##### **Gumshield**

Must be a Martial Arts or Boxing type. No football / rugby type.

##### **Boxing Gloves**

Must be 10 ounces for everyone.

##### **Kick Boots**

Must cover the Instep and heel. Must be full boots and not shin-guards with instep pads. Must cover the whole foot.

##### **Groin Guard**

For both Men and Women, including Boys and Girls in the Juniors' section. A Groin Guard is recommended Kids, but not essential. It must be worn under clothing, and not on top.

##### **Shin Guards**

Must be worn under clothing. No higher than the knee.

##### **Chest Guard**

Must be worn under clothing and not on top. Essential for Female Juniors and Adults. Recommended for Female Kids (if obviously needed) but not essential.

#### **4.1.12 Clothing**

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

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

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

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

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

#### **4.1.13 Equipment Check**

Each Fighter is subject to an equipment check prior to the start of the fight. The checks are to be done by the Line Judges, from the same gender if possible. If there is no female Judge / referee in duty, a female official can check all female competitors. No referee can touch any fighter during the equipment check.

#### **4.1.14 What the Referee can do.**

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

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

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

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

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

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

#### **4.2.1 Start of the fight.**

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

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

#### **4.2.2 During the fight.**

The fighters must fight, using Boxing and kicking techniques until the Referee says "Stop". If the Fighter needs to adjust safety equipment, they should take one step back, and indicate the "T" sign with their hands. Time should be stopped by the Referee in this instance. Repeated adjustments of safety equipment may incur a Warning from the Referee. The Referee should stop time to issue a Warning, call the Fighter to the middle, raise one finger for a first warning, two fingers for a second warning etc, and show each Judge that this Fighter is being issued a warning. The fight should be restarted with the word "Fight". If a Fighter is out of condition, or being overwhelmed, a standing eight count may be issued by the Referee. The Fighter not receiving the count must be sent to the neutral corner. The time

does not stop for a count, and a count cannot be saved by the end of the time. The count must be concluded. In between rounds, the Referee should stand in a neutral corner.

#### **4.2.3 Ending the fight.**

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

#### **4.2.4 Medical Requirements**

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

If the Medical Staff are otherwise engaged, or leave their post, all fights must be stopped until the medical cover returns. No Medic = No fight! Medical Staff must stay until the final fight is over, and they are satisfied that they won't be required any further and that there is no further risk of a delayed problem or condition. Medical examination of Fighters prior to the start of the Tournament is recommended by WFMC, but not compulsory. All Fighters compete at their own risk, but it is recommended that if a Fighter looks unwell, a medical examination should be sought by the Centre Referee. No local anaesthetics, plasters or bandages may be administered before or during any contest.

The power involved in Light-Contact Fighting must be minimal. Any excess power must be punished by the Centre Referee.

The choices available to the Referee are as follows, depending on the severity.

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

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

1st Warning

2nd Warning

3rd Warning = Equalling a minus point

4th Warning = Equalling a second minus point

5th Warning = Disqualification

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

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

#### **4.2.7 Injury rule**

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

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

If a Fighter is injured and the fight is over because of an accident, the Referee will ask the Judges to complete the Scorecard up to the point of the injury. The scorecards will denote a winner.

Any unfinished rounds cannot be scored, and if the injury occurs in the first round, and is an accident, a "no contest" is awarded. If the tournament is a knockout style tournament, the uninjured Fighter is allowed to progress to the next round, or in the case of a final, is declared the winner.

There is a standing 8 count in Light Contact. This incurs a Minus Point penalty to the Fighter concerned. The standing 8 count can only be used for Fighters that are either out of condition, or being blitzed badly so that they cannot cope. Three counts in one round, or four counts in a bout incurs a finish to the fight, in favour of the other Fighter.

In the event that a strike dazes an opponent, the Referee must stop the time and then speak with his Judges. If the MAJORITY decide "foul", the Referee must penalize the offender. If the MAJORITY decide that there was an accident, there will be no penalty. The penalty can be a warning or a Minus Point. Before a fallen Fighter resumes fighting after having slipped or fallen to the canvas, the Referee will wipe the Fighter's gloves free of any dirt or moisture.

**The Doctor or First Aider can decide that the Fighter cannot continue.  
A Referee or Judge cannot decide how badly a Fighter is injured and must take advice  
from the Medical Team.  
No protest can be made about a Medical Decision.  
The Referee cannot change any of the WFMC rules, and cannot overrule the Medical  
decision.**

#### **4.3.1 The Paperwork**

Referee and 3 x Scoring Judges (Seated)

The Scoring each round is as follows:

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

#### **4.3.2 Minus Points**

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

All warnings are to be indicated in the WARNINGS area on the Score-Sheet, and three Warnings will equal a MINUS. This should still be indicated as a 3rd Warning, but the Minus Point is to be deducted from the round TOTAL. A Judge may issue a JUDGE'S MINUS for severe infringements of the rules. If the Center Referee does not see the offence, the Judge may issue a Judge's Minus Point by indicating "J" in the MINUS POINTS area of the form. The reason MUST be stated on the Score-Sheet, and signed by the Judge.

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

#### **4.3.3 Judging**

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

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

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

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

#### **4.3.4 Continual Kicking Rule**

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

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

## **5. Part – Full Contact**

### **5.1.1 Draw Lists**

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

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

### **5.1.2 Physical Examination**

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

The attendance of a Doctor ( Physician) in Full Contact, Lowkick, K-1, Thai Boxing and MMA is obligatory, a First-Aid Team is not enough!

The Official Physician who mandatory attends every match, is the final authority in questions of the safety of the Fighters. He or she may, at any time, stop or terminate a match at his or her discretion.

Any 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. If there are more than 200 fighters, a second Physician is obligatory.

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

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

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

Nobody may attempt to aid a Fighter during a round before the attending Physician has had the opportunity to see the injured fighter. This includes Seconds. If the Doctor enters the ring or he/she must examine the presumed injury, the fight is over and the Judges have to finish the score cards. The result is "won by TKO" or "Disqualification" by unanimous or majority decision. Doctor decisions are in any case final decisions, there is no protest possible. If a fighter is not in possession of his or her fight book with the annual WFMC license stamp at the time of the physical examination and the weigh-in, he or she shall not be permitted to fight.

### **5.1.3 DIVISIONS AND ROUNDS**

The Fighters must be in good physical shape and have a good sportsmanlike attitude. The Fighters must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Male Fighters with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair that apply to female fighters.

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

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

From the age of 17 -18 years, (after 16th birthday and before 18th birthday) and providing the local laws allow, Fighters can participate in Cadets ring sport division. This include Full contact, Lowkick, K-1 and Thai Boxing. In Thai Boxing a chest protector must be worn from all fighters, male and female.

### **5.1.4 Clothing**

Clothing for the six WFMC amateur Kickboxing fighting categories (*quick look up*)

Semi Contact:

Kicks above the waist; Long trousers with T-shirt or ladies Top

Light Contact:

Kicks above the waist; Long trousers with T-shirt or ladies Top



**Full Contact:**

Kicks above the waist; Long trousers with bare upper body or Top

**Kickboxing with Low Kicks:**

Kicks to inner/outer thigh; Thai shorts and bare upper body or Top

**K-1 rules:**

Kicks to legs, knees to body; Thai shorts and bare upper body or Top

**Thai-Boxing:**

Kicks to legs, Knees, elbows to body; Thai shorts and bare upper body

### **5.1.5 Rounds**

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

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

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

### **5.1.6 Rules of conduct inside and outside of the ring.**

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

Should a fighter be sent down for the count or in any other way be incapacitated, his/her opponent shall immediately retreat to the nearest neutral corner and wait for the Referee to signal that the match can proceed again.

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

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

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

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

### **5.1.7 The Fighter**

All Fighters shall be clean and proper.

It is the sole prerogative of the WFMC to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the Fighters, or poses an obstacle to the unhindered observation of the match. The Referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net.

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

### **5.1.8 The Fighter's Equipment**

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

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

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

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

### **5.1.9 Fighters**

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

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

### **5.1.10 FIGHTERS CLASSIFICATION**

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

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

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

#### **5.1.11 Seconds**

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

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

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

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

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

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

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

A match starts when the Referee gives the command "fight" to begin the first round, and it finishes when the Referee stops the fight in the last round. Only the Fighters and the Referee may be present in the ring during the match. If any other person enters the ring, the fight is immediately over and cannot continue again.

#### **5.2.1 Legal Techniques**

Full Contact

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

#### **5.2.2 Warnings and Minus Points**

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

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

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

### **5.2.3 Illegal Techniques (Fouls)**

#### **Full Contact**

- All forms of biting are prohibited.
- All strikes, blows and punches executed with the palm side of the gloves are prohibited.
- All kicks to the back and the back of the neck are prohibited.
- Any form of butting with the head is prohibited.
- All attacks (strikes, punches, kicks) against the joints are prohibited, Kicks to the groin are prohibited.
- Attacking a downed Opponent is prohibited. Also attacking an Opponent who touches the floor with his gloves is prohibited.
- Spitting out one's tooth protector (gum-shield) is prohibited.
- Any kind of throwing
- Holding the ropes and attacking an opponent, any form of clinching or holding the opponent is prohibited.
- All types of strikes with the elbows are prohibited, any form of kicking with the knees is prohibited.
- All kicks against the thighs or under the waistline are prohibited, excluding Foot Sweep.
- Punching to the back or top of the head is prohibited.
- Punching or Kicking after the Referee calls Stop, or after the bell.

#### **INTENTIONAL EVASION OF CONTEST**

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

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

### **5.2.4 WFMC amateur division scoring rules.**

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

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

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

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

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

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

any legal kick to the body, to a legal area, 1 point

any legal kick to the head, to a legal area, 2 points

any legal jumping kicks to the body, 2 points

any legal jumping kicks to the head 3 points

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

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

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

### **KICKBOXING SCORING CRITERIA - The kicker will always have the advantage**

#### **5.2.5 Scoring and points in Full Contact**

Decisions shall be made after the following guidelines:

Victory on points (P)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

#### Giving Up (SUR)

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

#### Victory by Referee stopping contest (RSC)

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

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

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

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

### No Contest (NC)

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

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

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

### Victory by Walk-Over (WO)

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

### **5.2.6 The Three Knockdown Rule**

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

### **5.2.7 Minimum Kicking Requirement - MKR Rule**

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

### **5.2.8 Knockdowns**

Method of counting over a Fighter who has been downed

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

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

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

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

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

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

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

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

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

The Referee may, at his discretion, request that the ringside Physician examine a Fighter during the bout. Should the examination occur during the course of a round, the clock shall be stopped until the examination is complete.

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

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

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

## 6. Part – Kickboxing with Low Kicks

Lowkick rules in USA called freestyle rules.

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

All forms of Boxing in combination with kicks above the waist to the body and the head. The use of Spinning Back Fist only with focus on the opponent.

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

Foot and Shin Protectors are **compulsory** (not voluntary) in Kickboxing with Low Kicks



Fighters must wear Thai Shorts. Under Lowkick (Freestyle) rules, leg checking is allowed within the parameters defined by the rules that govern leg kicks and strategies for blocking with the legs.

It is the Fighter's choice whether or not to follow-up his legal sweeping attempt. Follow-up techniques must land on the opponent prior to any part of his body touching the floor (other than the soles of his feet). As always, striking a downed opponent is illegal. A successful sweep is not considered a knockdown.

## 7. Part K-1 Rules

**The rules for K-1 style are the same as for Lowkick except...**

Shin Protectors are **compulsory** ( not voluntary) in K-1 style rules

Clinching is not allowed.

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

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

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

It is the Fighter's choice whether or not to follow-up his legal sweeping attempt. Follow-up techniques must land on the opponent prior to any part of his body touching the floor (other than the soles of his feet). As always, striking a downed opponent is illegal. A successful sweep is not considered a knockdown.

Full Contact Kicks against the opponents guard in K-1 Rules shall be scored, when they have a damaging effect upon the opponent.

## 8. Part – Thai Boxing

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

The following are acceptable techniques...

1. Knee attacks to the body and kicks with the shin to the thighs, body and the head (and the arm if used with force).
2. Clinching (holding) and attacking at the same time with knees and elbows or any strikes.
3. Elbow strikes to the body.
4. Flat throws below the waist line, only in clinching situations.
5. The use of Spinning Back Fist only with focus on the opponent.

6. The use of Kicks to the whole leg above or below the knee.

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

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

It is the Fighter's choice whether or not to follow-up his legal sweeping attempt. Follow-up techniques must land on the opponent prior to any part of his body touching the floor (other than the soles of his feet). As always, striking a downed opponent is illegal. A successful sweep is not considered a knockdown.

Full Contact Kicks against the opponent's guard in Thai Boxing shall be scored, as they have a damaging effect upon the opponent.

Shin Protectors are compulsory (not voluntary) in Thai Boxing

The Following are Fouls in 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 ropes and attacking an opponent, also in clinching situations
- Punching to the back or top of the head
- Linear or striking/kicking to the spine
- Strikes and kicks after the Referee calls stop, or after the bell.

## **7.1.0 Thai Boxing Scoring Criteria**

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

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

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

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

**Notes:** strong Kicks to the upper arm score.

b) The effectiveness of the techniques.

### **7.1.2 Effectiveness**

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

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

I) to cause a loss of a Fighter's balanced position. (They are moved physically either due to the power of the strike, good timing or because of a Fighter's loss of balance)

or...

II). to cause them to show physical or psychological distress, (showing fear or pain).

III). Round Kicks delivered with force cleanly hitting the body or neck are considered effective, even without causing loss of position. Similarly, straight Knee Strikes or Circle Knees, delivered with force and striking with the point of the knee, also are considered effective without obvious effect.

IV). All Elbow Strikes that cut are considered effective without any other obvious effect.

V). If a Fighter kicks an opponent on target, but that kicking leg is caught by their opponent, the Kicker scores a point. However, if after their kick is caught, they are knocked down to the canvas by a kick, the Fighter kicking their opponent to the canvas scores as well. However, if the Kicker with his kicking leg caught by an opponent pretends to fall down on the ring floor, they are considered guilty of violating the rules. In this case, no Fighter scores a point.

### **7.1.3 Notes:**

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

If the number of strikes scored by each competitor is equal, and one Fighter was clearly more proactive in attempting to attack during the bout, they should win the bout.

If the number of strikes scored by each Fighter is equal and no contestant has clearly attacked more, the Fighter who shows better offensive skills, defensive skills, elusive skills, or counterattacking skills using Muay Thai arts and techniques wins the bout.

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

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

### **7.1.4 Fouls**

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

-Using Judo and Wrestling throws.

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

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

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

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

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

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

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

### **7.1.5 Scoring procedure for the contest**

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

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