



Central Combative Sports Commission

Kick Boxing Rules

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WAKO K-1 comes from Japan which is the country where it originated

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Chapter Ten / Rules

Art. 1. Definition.

- Elbow techniques are forbidden
- It is allowed to hold opponent's neck or shoulders with two hands in order to perform only one knee attack. Knee attack must be performed immediately.
- It is forbidden to enter the ring wearing Muay Thai shorts or any other apparel of that discipline.
- It is not allowed to grab the leg and punch or kick at the same time.
- Punching techniques reaching legal targets have the same value for judges as knee, leg or any other technique in the repertoire.
- Kick Boxing is a sport, like the other styles, and applies the same ring, the same weight classes and the same general rules regarding coaches or fighters' behavior that are used in full contact or low-kick.

Each fighter must have his own CCSC FIGHTER PASS with MEDICAL TEST in it, valid for 1 year, to be shown at weigh-in procedures.

Art. 3. Legal Target Areas

The following parts of the body may be attacked using the authorized fighting techniques:

- Head: front (face and forehead), side and top.
- Torso: front and side.
- Legs: any part.
- Foot: for sweeps ankle level only.

Art. 3.1 Prohibited Techniques and Behavior.

It is prohibited to:

- Attack the throat, lower abdomen, kidneys, back, groin, neck, back of the head and top of the shoulders.
- To grab the opponent's leg and perform any technique during the grabbing.
- To perform front and side kick to the front side of the thigh, knee and shin. This is valid also for the knee attacks.
- To perform more than one knee attack while holding the opponent's neck or shoulders with two hands.
- To hold the neck or shoulders with only one hand while attacking with the knee.
- To perform somersault kicks.
- Screwing, lifting and turning the opponent from side to side.
- To attack with the elbow, knife-hand, head-butts, thumb and shoulders.
- Turn one's back to the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.
- Attack an opponent who is falling to the floor or is already on the floor; that is, as soon as one hand or knee touches the floor.
- To leave the ring without the Referee's order.
- Continue the fight after the command "stop" or "break" or the end of the round signal has been given.
- To oil the face or the body (Vaseline is allowed).
- To spit out or drop the mouth-guard voluntarily.
- Violations of the rules may, depending how grave they are, lead to warnings, minus points or even disqualification.

Coaches/ Seconds.

Prohibited behavior.

- Inappropriately Arguing/ Commenting on a Referee's decision.
- Inappropriately Arguing/ Commenting on a score given or not given by judges.
- Attacking or verbally abusing an Official either inside or outside the Ring.

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- Pushing, grabbing without any other purpose, spitting or even attempting any of these actions.
- Warnings given to the coaches/seconds, counted against the kickboxer. After two verbal warnings given to the coach/second, the Referee has right to give the official warning to the kickboxer if they did not obey his orders. The coach must remain seated at all times on the chair provided and must not interfere or disrupt with smooth running of the match by word, gesture or deed.

Art. 3.2 Legal Techniques/Scoring Criteria

A score must be awarded when a legal technique is performed to the following criteria to the legal scoring area.

1. Good Form (good technique with absolute balance).
2. Vigorous Application (full power and speed).
3. Awareness (total concentration and not turning away the face during delivery of the technique).
4. Good Timing and Correct Distance (when technique has the most potential effect).
5. Sporting Attitude (non-malicious attitude during delivery of technique).

Art. 3.2.1 Hand Techniques.

- Punches (all boxing repertoire).
- Back fist and spinning back fist.
- Holding the opponent's neck or shoulders with two hands in order to perform one knee attack. Knee attack must be performed immediately.

Art. 3.2.2 Foot, Leg and Knee Techniques.

- Front kick.
- Side kick.
- Roundhouse kick.
- Heel kick also to the thigh of the opponent and also spinning on.
- Crescent kick.
- Axe kick.
- Jump kick.
- Using the shin to attack any part of the leg and the body including the head (legal target areas only).
- Knee can be used to attack any part of body and head (legal target areas)
- Foot sweeps.

Art. 3.2.3 Throwing Techniques.

- Fighter cannot throw his opponent using torso, hips, ankles, feet or the legs. Hand and foot techniques should be used equally during the entire fighting period. Foot techniques are only recognized when they clearly show the intention to hit the opponent with power.
- All techniques must be used with power. Any technique which is partially deviated or blocked, or that simply touches, brushes or pushes an opponent will not be scored.

Art. 3.2.4 Number of Kicks per Round.

Because of Kickboxing character and style it will not be necessary to count kicks like in Full Contact.

Art. 4. Decisions.

The decisions will be reached as follows:

- Victory Point
At the end of a bout, the kickboxer who has obtained a victory by the decision of the majority of Judges is declared the winner (victory via majority vote). If both kickboxer are simultaneously injured or KO and cannot continue the fight, Judges will mark the points obtained by each fighter to that point, and the kickboxer ahead by points will be declared the winner.
 - Victory via abandonment.
If a kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.
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Victory via stoppage.

Upon order of the Referee (RSC - RSC-H).

Injury.

If the Referee judges a fighter unable to continue the fight, due to an injury or any other physical reason, the fight will be stopped and his opponent declared the winner: The right to make such a decision is incumbent upon the Referee who can consult the doctor. Having done so, the Referee will follow the doctor's advice. When a Referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.

Victory via disqualification.

If a kickboxer is disqualified, his opponent will be declared the winner. If both kickboxers are disqualified, the decision will be announced accordingly. A disqualified kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title of the competition in the course of which he has been disqualified, except in the case when the Board of Directors decides differently (in its absence, the decision may be made by the Appeal Board , or if none, by an official responsible for the event). Such a decision not taken by the Board of Directors may be, following a request, submitted to a review and confirmation of the Appeal Board itself.

Victory by default.

When a kickboxer is present in the ring and ready to fight, and his opponent does not appear when three times announced by the loud speaker. After two minutes, the gong will ring and the Referee will declare the present kickboxer the winner by default. He will call the kickboxer to the center of the ring and raise his hand as the winner.

The 3 knock down rule is valid.

This means that the fight will be stopped if a fighter has been knocked down 3 times in the same fight. The Referee declares the opponent winner (RSC - RSCH) after the 3rd knock down, counting till 10.

In the age category "Younger Juniors" the 2 knock down rule is valid. This means that the fight will be stopped if a fighter has been knocked down 2 times in the same bout. In all age categories knock downs should be counted as one point. It means that judge will once push a button or once click his clicker in a case of knock down. It does not matter what was the reason for counting down: punch, kick or kickboxer's behavior. NB! IT IS NOT AN EXTRA POINT.

Art. 5. Changing a decision.

All public decisions are definitive and cannot be changed unless:

- Mistakes which occurred in calculating the points are discovered;
- One of the Judges declares he has made a mistake and switched the scores of the fighters;
- There are evident violations of CCSC rules. The CCSC will investigate any protests or appeals, and will announce the official results once completing the investigation

Art. 6. Awarding of points.

In awarding points, the following rules must be respected:

Art. 6.1 Directive 1 - concerning blows.

During each round, a judge will mark the respective score for each kickboxer, according to the number of blows that each one has received. To count a punch or a kick as a blow must not be blocked or stopped. The value of registered blows in a fight will be counted at the end of each round and granted to the better kickboxer, according to his degree of superiority. Blows given by a kickboxer will not be taken into account:

- . If they are contrary to regulations.
- If they land on the arms.
- If they are weak and do not come from legs, body or shoulders.
- If they are partly deviated or blocked.
- If they simply touch, brushes or pushes the opponent.
- If the kickboxer loses their balance or falls down while hitting or sweeping.

Art. 6.2 Directive 2 - concerning offences.

During each round a judge cannot penalize each offence he sees, regardless of whether the Referee has noticed it or not. He has to call the Referee's attention to that offence. If the Referee gives an official warning to one of the fighters, the Judges must note it, writing "W" on the FOULS column on the scoring paper, but that does not mean a minus point to the other fighter. When the referee decides to give a minus point to a kickboxer, each of the three judges will put "1" in the appropriate column.

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At the end of the round each judge will add three points to the final score of the other fighter (if judges use clickers and score cards).

Art. 6.3 Directive 3 - awarding points.

For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance, power, the judge will once push a button of his mouse indicating the correct fighter (red or blue comer). Points, starting from first round, will continuously be added from all judges.

At the end of the fight, the winner is the competitor who scored more points.

If the Referee inflicts a foul or a warning, he will indicate so in front of the Chief Referee of the ring and the timekeeper.

If the Referee inflicts a minus point he will indicate so in front of the Chief Referee of the ring and the timekeeper, reducing 3 point from the total score from each judge (total of 9 points).

Art. 6.3.1 In case of a draw.

If the match ends, by one or more judges, in a draw (equal points after 3 rounds), to determine a winner, assign the win to the fighter with the highest points in the last round.

Art.6.4 Directive 3 - awarding points (Using Clickers and Scorecards).

For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance and power, the judge will give points to each fighter using the clickers. The clicker score will be recorded on the paper after each round. Scores will be accumulated with the winner being the highest scoring fighter over the three rounds.

At the end of the match, the judge will sum the total points given and name the winning fighter who has the larger number of points. The judge must make a circle around the fighter's name.

- Punch to body or head 1 Click
- Kick to body or head 1 Click
- Foot sweep leading the opponent to touch the floor with any other part of the body apart from feet 1 Click
- Jumping kick to body 1 Click
- Jumping kick to head 1 Click
- Knee or jumping knee attack to body 1 Click
- Knee or jumping knee attack to head 1 Click
- Knee attack to hips 1 Click

Art. 6.4.1 In case of a draw (Clickers).

If the match ends in a draw (equal points after 3 rounds), to determine a winner, a judge has to take into consideration the remarks on the CCSC scorecard in the following order.

1. Better in the last round.
2. More active.
3. More kicks.
4. Better defense.
5. Better style and techniques.

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Victory must go to the fighter who scored more points in the last round.

Art.6.4.2 Using the back of the scorecards.

If the number of points scored in a round are equal, a judge uses the remark section on the back of the scorecard to express his opinion after each round.

When a fighter spits out his mouth-guard voluntarily, the central Referee should stop the fight immediately and count him as per a knock down. If he does it the second time he gets an official warning.

Art. 6.4.3 Directive 4 - Penalty.

- . Warnings will be carried through the match to allrounds.
- 1st violation - Official Warning
- . 2nd violation - Award penalty point -1
- . 3rd violation - Award penalty point -1
- . 4th violation - Disqualification

Art.7. Criteria for minus points.

- unclean fighting style
- constant clinching
- constant and continuous ducking, turning of the back too
- few foot techniques
- official warning given before
- any serious violation of the rules

Art. 7.1.1 Offences.

A fighter who does not obey the Referee's orders, who violates regulations, who demonstrates unsportsmanlike behavior or who commits offences can receive a caution, warning or be disqualified by a Referee without an official warning. Only 4 official warnings can be given to a fighter in the course of the entire bout. The fourth warning will automatically mean DISQUALIFICATION (the procedure starts from official warning, 1st minus point, 2nd minus point, fourth official warning and consequent disqualification of the fighter).

Art.7 .1.2 Warnings given to the second count against the kickboxer.

A Referee may, without stopping the fight, give a caution to a kickboxer at any moment. Third caution for the same foul leads to the official warning. After two verbal warnings given to the coach/second the Referee has right to give the official warning to the kickboxer if they did not obey his orders. He will show it to the three Judges, pointing with his finger to the kickboxer at fault (only when clickers system is used).

The following actions are considered fouls:

- Punching below the belt, hooking, tripping, and hitting with forearms, elbows and shoulders.
 - Butting with head, strangling the opponent, crushing his face with arm or elbow.
 - Hitting with open gloves, with the inside of the gloves, with awrist.
 - It is prohibited to attack with a front and side kick the front side of the thigh, knee and shin.
 - Hitting the opponent's back, and particularly the neck, nape, back of the head, and kidneys.
 - Attacking while holding the cage
 - Lying down, wrestling or not fighting at all.
 - Attacking an opponent who is on the floor or getting up.
 - Unnecessary clinching.
 - Screwing, lifting and turning the opponent from side to side.
 - Hitting while hooking the opponent, or pulling the opponent into the blow.
 - Hooking or holding opponent's arm or putting an arm underneath the arm of the opponent.
 - Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter.
 - Using artificial means for a passive defense and falling down intentionally in order to avoid a blow.
 - Using insulting and aggressive language during around.
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Refusing to withdraw after the order "BREAK".

- Trying to land a blow on the opponent, immediately after a "BREAK" order and before withdrawing.
- Assailing or insulting the Referee at any time.
- Spitting out the mouth guard voluntarily.

Third caution for the same foul leads to the official warning. If a Referee thinks that an offence has been committed without his knowledge, he will have to consult with judges.

Art.8. On the floor.

A Kickboxer is considered "on the floor" if:

- If he touches the floor with a part of his body other than his feet following a blow or series of blows.
- If he hopelessly hangs on the cage after a blow or a series of blows.
- If, after a violent blow, he has not fallen to the floor, but is in a state of semi-consciousness and, in the Referee's opinion, not able to continue fighting.
- In the case of a KD, the Referee must immediately start counting out the seconds. When a kickboxer is on the floor, his opponent must instantly go to the neutral corner, shown by the Referee. He will only continue the fight with his fallen opponent when the latter has risen, and when the Referee has ordered the continuation of fighting. If the opponent does not go to the neutral corner following the Referee's order, the Referee will stop the count until that order is executed. The count will then be continued where it was left.

When a kickboxer is on the floor, the Referee will count from 1 to 10 with a second interval between each number, and will indicate each second with his fingers so that the fallen kickboxer knows how many seconds have already been counted. One second must pass from the moment the kickboxer falls down to the start of the count.

When a kickboxer is on the floor due to a blow, the fight will not continue before the Referee has counted to 8, even if the kickboxer is ready to continue the fight before that time. If the kickboxer doesn't raise his hands the Referee will continue to count until "10", the round will be finished and a KO declared.

If a kickboxer is on the floor at the end of a round, the Referee will continue the count even if the bell rings. If the Referee counts to 10, the kickboxer will be declared loser via KO.

If a kickboxer is on the floor after having received a blow and the fight continues after the count out of 8 seconds, but the kickboxer falls back on the floor without receiving a new blow, the Referee will resume the count, starting at 8.

If both kickboxers fall at the same time, the count will continue on as long as one of them is still on the floor. If they both remain on the floor after 10 seconds, the bout will be stopped and decision given, considering the points granted before the KO.

Art.9. Procedure after KO, RSC, RSC-H, Injury.

If a fighter gets injured in a fight the doctor is the only person that can evaluate the circumstances.

If a kickboxer remains unconscious, only the Referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.

Art. 9.1.1 Procedure if KO, RSC, RSC-H, Injury.

A kickboxer who has been knocked out due to a head blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately and afterwards accompanied to hospital by the ambulance on duty or to any other adequate place.

A kickboxer who has been knocked out due to a head blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, will not be allowed to take part in another competition or bout for a period of at least 4 weeks after the KO.

A kickboxer who has been knocked out due to a head blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, two times in a period of 3 months, will not be allowed to take part in another competition or bout for a period of at least 3 months after the second KO or RSC-H.

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A kickboxer who has been knocked out due to a head blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO or RSC-H.

The doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can further on extend the quarantine period.

A quarantine period means that a kickboxer cannot take part in any competition in kickboxing no matter what the discipline is. The quarantine periods are "minimum period" and cannot be overruled even though a head scan shows no visible injuries.

The Referee will tell the Judges to mark KO, RSC-H or RSC on their score sheets, when he has stopped the bout due to the kickboxers inability to resume the fight because of head blows. The same has to be reported by the Chief Referee on duty in that ring on the fighter's CCSC Fighter Pass. This is also the official result of the fight and it cannot be overruled.

Before resuming kickboxing after a ban, as described in the above paragraphs, a kickboxer will, after a special medical examination, have to be declared fit to take part in competition by a sports doctor.

When registered a KO or RSC-H a kickboxer must get a CT-Scan of the head.

Art.9.2 Procedure if injuries in general.

In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.

A doctor can require immediately treatment at hospital.

If a kickboxer or delegates from kickboxers nation denies doctors medical advice, the doctor report in written form immediately to the Chief Referee or to a CCSC delegate that all medical responsibility are denied and are in the hands of the kickboxer and his team. However the official result and a quarantine given is valid.

Art. 10. Hand shaking.

Before and after a bout, the kickboxers will shake hands as sign of pure sportsmanship and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision. No hand shaking is allowed between rounds.

Art. 11. Use of drugs.

Any drug or chemical substance ingested by a kickboxer, that is not included in the kick boxers normal diet, is forbidden. Any kickboxer or official violating this code may be disqualified or suspended by the CCSC.

Any kickboxer refusing to submit to a medical examination or doping test after a fight, in order to verify that he has not broken this rule, may be disqualified or suspended. The same will occur for an official encouraging such a refusal.

The use of local anesthetics is allowed, if agreed by a doctor from the Medical Committee.

The CCSC refers to and adopts WADA Doping Rules.

Art. 12. Medical aptitude.

One-eyed, deaf, mute and epileptic fighters are not allowed in kickboxing. Wearing of spectacles by a kickboxer during the bout is not permitted, but soft contact lenses are allowed. Kickboxers with the beard are allowed to participate in any CCSC sanctioned events, if only their beard has reasonable length (not more than 2 centimeter). Females if long hair, must be controlled so it does not disrupt the contest.

A kickboxer will not be allowed to take part in a bout if he has bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included. He may be allowed to fight if the ulceration is protected by Collodion. This decision will be made by the doctor who examines the Kickboxer on the day of the competition.

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Art. 12.1 Doctors Aide.

A recognized sports doctor must be present throughout the competition and must not leave his place before the end of the last bout or before the completion of the tournament. In a tournament there must be two ambulance personnel on site-

Art. 13. Age limit of kickboxer.

Kickboxer younger than 18 will not be allowed to take part in any CCSC sanctioned events without submitting an application to the CCSC, applying for permission to compete.

Art. 15. Note!

For better readability the text uses masculine pronouns throughout. However, all references to persons apply to both genders. These Rules will remain in place a minimum of four years from August 2016 till August 2020.