



WKA Rules Professional

THE OFFICIAL RULES OF THE WORLD KICKBOXING ASSOCIATION

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RULES AND REGULATIONS OF THE WORLD KICKBOXING ASSOCIATION

RULES AND REGULATIONS „KICKBOXING & FULL CONTACT”

RULE 1 - AUTHORITY

- (1) The regulations contained within this document constitute the official rules of the World Kickboxing Association and must govern all World Kickboxing Association sanctioned events where competitors fight for the knockout. Enforcement of these rules shall be charged to officially designated representatives of the World Kickboxing Association.
- (2) Use of these rules does not necessarily carry the sanctioning of the World Kickboxing Association (hereafter referred to as the Association).

RULE 2 - RING

- (1) The ring shall be not less than 17 feet square within the ropes. In world and national title bouts, the Association recommends and may require that the ring be not less than 20 feet square.
- (2) The ring floor shall extend beyond the ropes not less than 18 inches. The ring floor shall be padded in a manner as approved by the Association. Padding must extend beyond the ring ropes and over the edge of the platform.
- (3) In amateur bouts only, the Association may permit through a written special exception granted in advance of the event that contests be held on an unenclosed padded surface, provided that the padding extends several feet into the out-of-bounds area and that the in-bounds area equals the size of an Association approved ring. In such circumstances, the referee must stop the contestants whenever a part of one contestant's body moves out-of-bounds. The contestants will then restart from a neutral position. Time will be called whilst the contestants return to the neutral position.

RULE 3 - HEIGHT OF RING

- (1) The ring platform shall not be more than four feet above the floor of the building and shall be provided with suitable steps for use of the contestants. Ring posts shall be of metal, not more than four inches in diameter, extending from the floor of the building to a height of 58 inches above the ring floor and shall be properly padded.

RULE 4 - RING ROPES

- (1) Ring ropes shall be four in number and not less than one inch in diameter. The lowest rope must be position 13 inches above the ring floor. The highest rope must be 52 inches above the floor
- (2) The circumstances of the lowest rope must be wrapped with a padding of not less than one-half inch and of a type and construction approved by the Association. The Association recommends that the other ring ropes be similarly wrapped.

RULE 5 - RING EQUIPMENT & HAND PROTECTION

- (1) Promoters shall provide all necessary non-personal equipment (subject to approval by the Association) for use by seconds and contestants in all Association sanctioned bouts. This necessary non-personal equipment shall include the ring, corner posts and water buckets.

- (2) Promoters shall also provide the padded protection equipment to be worn on the hands of each contestant to ensure that matched contestants wear equipment of the same size, shape, style and manufacture.

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RULE 6 - BELL

- (1) There shall be a bell or gong positioned at ringside no higher than the floor level of the ring. The bell or gong must carry a clear tone so that its sound may be easily heard by the contestant.

RULE 7 - ROUNDS Fullcontact

- (1) World title bouts shall consist of twelve (12) two minute rounds for men and ten (10) two minute rounds for women. Continental title bouts shall consist no more than ten (10) two minute rounds for men, no more than seven (7) two minute rounds for women. National, Area, regional and state title bouts shall not exceed five (5) two minute rounds for men and five (5) two minute rounds for women.
- (2) All amateur championship bouts shall not exceed five (5) two minute rounds for men and for women.

Kickboxing Lowkick

- (1) World title bouts shall consist of twelve (12) two minute rounds or five (5) three minute round for men and ten (10) two minute rounds or five (5) three minute round for women. Continental title bouts shall consist no more than ten (10) two minute rounds for men or five (5) three minute round, no more than seven (7) two minute rounds or five (5) three minute round for women. National, Area, regional and state title bouts shall not exceed five (5) two minute rounds for men and five (5) two minute rounds for women.
- (2) All Pro/Am championship bouts shall not exceed five (5) two minute rounds for men and for women.

Thaiboxing

- (a) World title and Continental (America, Europe, Africa, Asia, Australia) bouts shall consist of five (5) three minute round for men and five (5) three minute round for women. National, Area, regional and state title bouts shall not exceed five (5) two minute rounds for men and five (5) two minute rounds for women.
- (3) All amateur championship bouts shall not exceed five (5) two minute rounds for men and for women.

RULE 8 - CONTESTANTS

- (1) All contestants must be clean and tidy in appearance. The Association is solely responsible for determining whether a facial adornment (moustaches, goatees, excessive sideburns) or the length of hair present any potential hazard to the safety of the contestants, or will interfere with the supervision and conduct of the contest. Excessive use of grease or any foreign substance is not permitted.
- (2) The referee or the Association representative in charge has the right to insist on the removal of any such facial adornment, length of hair, excessive grease, or foreign substance before the contest may commence or continue.

RULE 9 - CONTESTANTS EQUIPMENT

- (1) Contestants shall provide all necessary personal equipment (subject to approval by the Association) for use by themselves and their seconds in all Association sanctioned bouts. This necessary personal equipment shall include two Association approved ring, uniforms (one dark colored uniform and one light colored uniform), tape and bandages to be

wrapped around the hands to prevent sprains and knuckle separations, padded protective equipment to be worn on the feet, a groin protector for men and a breast protector for women, mouthpieces and water bottles.

- (2) Contestants shall wear contrasting colored uniforms. In bouts involving a champion currently recognized by the Association, the champion shall choose whether he or she will wear the light-colored uniform, or the dark-colored uniform. In all other bouts, the referee or the Association representative in charge will designate which contestant will wear the light-colored uniform and which contestant will wear the dark-colored uniform.
- (3) Bandages shall be wrapped around each of the contestant's hands, utilizing surgeon's adhesive tape not over one inch and one-half inches wide and soft surgical bandage not over two inches wide. The adhesive tape should be applied directly to the contestant's skin in such a manner as to protect that part of the hand nearest the wrist. This direct application shall not exceed more than one continuous winding of the tape, although the tape may cross the back of the hand twice, but not extend higher on the hand than to within one inch (2.5cm) of the knuckles when the hand is clenched into a fist. Next, a layer of surgical bandage shall be held in place by not more than two yards (1.83 M) of adhesive tape for each hand. One 10 ft (3 M) of bandage shall complete the wrappings for each hand. Hand wraps must be adjusted in the dressing room in the presence of an Association representative.
- (4) The weight and type of padded protective equipment to be worn on the contestant's hands and feet shall be determined by the Association in advance of the event. Matched contestants must wear padded protective equipment on the hands of an identical size, shape, style and manufacture as provided by the promoter. Those contestants matched at a weight heavier than Super Welterweight may be required to wear protective equipment on the hands with more extensive padding than those contestants matched at a lighter weight.

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- (5) Male contestants must wear a foul-proof groin protector. A plastic or aluminum cup with an athletic supporter is adequate. Abdominal guards are also acceptable. Female contestants must wear foul-proof breast protectors. Plastic breast covers are adequate. The Association recommends that female contestants also wear a protective pelvic girdle which will cover the pubic area, ovaries, coccyx and sides of hips.
- (6) All contestants must wear an Association approved individually-fitted mouthpiece.
- (7) Female contestants may wear Association approved hair stays.
- (8) World title bouts shall be fought with eight ounce (8 oz) regulation gloves for men and ten ounce (10 oz) regulation gloves for women. All other male professional bouts may be fought with eight ounce (8) or ten ounce (10) gloves by agreement between the promoter and the contestants. All women's and amateur competition shall be held with ten ounce (10 oz) regulation gloves.
- (9) All fighters must follow the WKA Dress Code for the Rules their bout is fought under eg:
 - (a) Thai Boxing-Shorts, Gloves
 - (b) Kickboxing-Shorts, -Guards, Gloves
 - (c) Full Contact Long/Thai-Boxing-Shorts (decision by the Titleholder), Compulsory Foot-Guards or no Foot-Guard (decision by the Titleholder), Optional Shin-Guards, Gloves

RULE 10 - WEIGHT DIVISIONS

- (1) Official weight divisions shall be as per the Associations official World Champions lists for Kickboxing, Contact Karate and Thai Boxing.

- (2) No contest shall be scheduled and no contestants shall engage in a bout between the opposite sexes, or where the weight difference exceeds an allowance of 3.5 percent of the division weight.

Men:

Featherweight	-57.0 kg
Lightweight	57.0-60.0 kg
Super Lightweight	60.0-63.5 kg
Welterweight	63.5-67.0 kg
Super Welterweight	67.0-70.0 kg
Middleweight	70.0-72.5 kg
Super Middleweight	72.5-76.0 kg
Light Heavyweight	76.0-79.0 kg
Super Light Heavyweight	79.0-83.0 kg
Cruiserweight	83.0-86.0 kg
Super Cruiserweight	86.0-90.0 kg
Heavyweight	90.0 -95.0 kg
Super Heavyweight	+95.0 kg

Women:

Featherweight	-45.0 kg
Lightweight	45.0-50.0 kg
Welterweight	50.0-55.0 kg
Middleweight	55.0-60.0 kg
Light Heavyweight	60.0 -65.0 kg
Heavyweight	+65.0 kg

Rules of the Kickboxing Association**RULE 11 - WEIGH-IN**

- (1) Contestants shall be weighed in (and a brief review of the rules shall be conducted in the presence of an Association representative) on scales approved by the Association at such a time and place as may be formally designated by the Association in advance of all scheduled bouts. Contestants must weigh in a minimum of 24 hours before the event. All contestants must attend the designated weigh-in proceedings unless otherwise excused by the Association.
- (2) By special permission of the Association preliminary contestants may be allowed to weigh-in not later than one hour before the scheduled time of the first match on the card.
- (3) A professional contestant who fails to make the weight agreed upon in his or her contract shall forfeit 20 percent of the gross purse, with a minimum forfeiture of £25.00. However, if the contestant is less than one pound overweight in a non-title contest, either at the time of the weigh-in or within four hours thereafter, no forfeiture shall be imposed. Forfeits shall be added to the purse of the contestant's opponent.
- (4) An amateur contestant who fails to make weight shall be disqualified.

RULE 12 - OFFICIALS

- (1) Each bout shall be conducted by one referee, three judges, a physician, a timekeeper, a scorekeeper, an announcer and an Association representative. The Association shall determine the qualifications and standards for all officials.

RULE 13 - REFEREE

- (1) The referee shall be charged with the general supervision of the bout. He or she enforces the rules, promotes safety of the contestants and ensures fair play.
- (2) Before starting a contest, the referee shall ascertain from each contestant the name of his or her chief second and shall hold the named chief second responsible for the conduct of the assistant seconds during the progress of the contest. The referee shall call contestants together before each bout for final instructions at which time each contestant shall be accompanied by the chief second only.

RULE 14 - JUDGES

- (1) The judges shall be stationed at ringside at locations designated by the Association representative in charge. The judges work in conjunction with the referee and are charged with scoring the outcome of each round of a bout.

RULE 15 - PHYSICIAN + PARAMEDICS

- (1) A licensed physician shall sit at the immediate ringside of all bouts. No bout shall be allowed to proceed unless the physician is in his or her seat. The physician shall not leave until after the decision in the final bout. He or she shall be prepared to assist if any serious emergency arises and shall render temporary or emergency treatments for cuts and minor injuries sustained by the contestants.
- (2) No manager or second shall attempt to render aid to a contestant during the course of a round before the physician has had an opportunity to examine the contestant who may have been injured. Time hour shall be called for such examinations.
- (3) No event shall take place, amateur and/or professional, without a team of equipped, qualified paramedics present at ringside for each bout.
- (4) No event shall take place, amateur and/or professional, without a fully equipped paramedic ambulance on standby at the venue.

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- (5) Promoters shall inform the nearest neuro surgical hospital giving details of their event and have the hospital telephone number to hand and the name(s) of the duty physicians.

RULE 16 - BOUTS

- (1) A bout begins when the bell sounds to start the first round and ends when the bell sounds to conclude the final round. No persons other than the contestants and the referee may be inside the ring during the progress of a round.
- (2) Fighters are allowed 3 people in their corner, one chief corner man, two seconds. All 3 must remain seated during the rounds. Only the chief corner man may give direction to the fighter during the round. Corner men or seconds cannot place their hands on the ring apron, the ropes or any part of the ring during the rounds. Corner men or seconds cannot enter into any verbal dispute with the referee or officials during the bout,. All bouts governed by the rules and regulations of the WKA World Kickboxing Association.

RULE 17 - FOULS

- (1) Any contestant guilty of foul tactics in a bout shall be given an immediate warning and points deducted from the contestant's total score as determined by the referee. The use of foul tactics also may result in disqualification of the contestant, his or her purse (if any) withheld from payment and the contestant automatically suspended. Disposition of the purse and the penalty to be imposed upon the contestant shall be determined by a written action of the Association.
- (2) The following tactics are considered fouls:
 - (a) Spitting, biting, or the use of abusive language in the ring.
 - (b) Head butts, knee strikes, elbow strikes, palm-heel strikes, or clubbing blows with the hands.
 - (c) Jabbing the eyes with the thumb of the glove.
 - (d) Striking the groin, the spine, the throat, the collarbone, women's breasts, or that part of the body over the kidneys.
 - (e) Deliberate use of any scraping blow, or rabbit blow.
 - (f) Hitting with the open glove, or with the wrist.
 - (g) Kicking into the knee, or striking below the belt in any unauthorized manner.
 - (h) Anti-joint techniques (striking or applying leverage against any joint).
 - (i) Holding an opponent with one hand and hitting with the other.
 - (j) Grabbing or holding onto an opponent's leg or foot.
 - (k) Leg checking the opponent's leg or stepping on the opponent's foot to prevent the opponent from moving or kicking.
 - (l) Holding any part of the body or deliberately maintaining a clinch for any purpose.
 - (m) Attacking on the break.
 - (n) Attacking after the bell has sounded ending the round, or when the opponent is out of the ring.
 - (o) Intentionally pushing, shoving, or wrestling an opponent out of the ring with any part of the body.
 - (p) Throwing or taking an opponent to the floor in any unauthorized manner.
 - (q) Striking a downed opponent, or an opponent who is getting up after being down.
 - (r) Purposely going down without being hit.
 - (s) Any unsportsmanlike action, which causes injury to an opponent.
 - (t) Using a spinning back fist.

Rules of the Kickboxing Association**RULE 18 - PERMITTED STRIKES**

- (1) All punches must land with the knuckle part of the glove, no other part of the glove or forearm can be used. All kicks must connect with the ball of the foot, the instep, the heel, side of the foot or the shin from below the knee to the instep.
- (2) Contestants may kick or sweep to the inside or outside region of the leg. Any deliberate kick to the knee, groin or hip joint shall be prohibited and shall constitute a foul. The referee may issue a warning, order point deductions from the judges scoring or may disqualify the offending contestant for repeated violations.

RULE 19 - MINIMUM KICK REQUIREMENT

- (1) In professional Kickboxing competition there is a minimum kick requirement of eight kicks per round although kick counters are no longer used by the Association. If the referee feels that a fighter is not kicking enough he may give a verbal warning. If the fighter continues without using enough kicks, the referee may deduct a point. Judges should take note of referees warnings and score against the fighter who is not performing enough kicks.

RULE 20 - STALLING

- (1) A contestant who intentionally refuses to engage an opponent for a prolonged period of time, or who deliberately clinches or holds onto an opponent shall receive an immediate warning from the referee. If the contestant continues to utilize such passive tactics after receiving one warning during the round, points shall be deducted from the contestant's total score as determined by the referee.
- (2) If the contestant repeats the passive tactics, either in the same round or in the following rounds, he or she may be considered guilty of a foul and penalized accordingly.
- (3) In amateur bouts, the referee shall stop the clock and separate the contestants whenever one contestant's mouthpiece is knocked free of the mouth. The referee will wash and replace the mouthpiece in the contestant's mouth. No contestant will be permitted to fight without a mouthpiece. Continuous dropping of the mouthpiece by a contestant shall be considered a foul and will be penalized accordingly.
- (4) In professional bouts, the contest will not be stopped by the loss of a mouthpiece.

RULE 21 - ACCIDENTAL FOULS

- (1) If a bout is stopped because of an accidental foul, the referee shall determine whether or not the contestant who has been fouled can continue. The referee may consult with the attending physician. If the contestant's chances have not been seriously jeopardised as a result of the foul, the referee may order the bout continued after a reasonable interval.
- (2) On the other hand, if by reason of accidental foul a contestant shall be rendered unfit to continue the contest, the bout shall be terminated. The scorekeeper shall tally all scores, subtracting all penalties. If the injured contestant is behind on points in the majority opinion of the judges, then the referee shall declare the contest to be a technical draw. But if the injured contestant has a lead in points, then the referee shall declare him or her to be the winner by technical decision.
- (3) Further, should an accidental foul terminate a bout during the first round, the referee shall declare the contest to be a technical draw.

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RULE 22 - STOPPING THE CONTEST

- (1) The referee shall have the power to stop a contest at any stage if he or she considers the bout too one-sided, or if either contestant is in such condition that to continue might subject
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 him or her to serious injury. In either case, the referee shall declare the fit contestant to be the winner by technical knockout.
- (2) Should both contestants be in such condition that to continue might subject them to serious injury, the referee shall declare the contest to be a technical draw.
- (3) In cases where a contestant receives a cut eye from a fair blow, or an accidental foul, or any other injury which the referee believes may incapacitate the contestant, the referee

must call the attending physician into the ring for examination of the contestant before the referee decides whether to stop the contest. Time will be called during the examination.

RULE 23 - FAILURE TO COMPETE

- (1) In any case where the referee decides that the contestants are not honestly competing, or that the knockout or the foul has been a prearranged termination of the contest, he or she shall neither finish the knockout count nor disqualify a contestant for fouling nor render a decision. Instead, the referee shall stop the bout and declare the contest ended not later than before the end of the last round. The referee shall then order the purses of both contestants held pending investigation and disposition of funds by the Association.

RULE 24 - FAILURE TO RESUME CONTEST

- (1) No contestant shall leave the ring during the one-minute rest period between rounds. Should a contestant fail or refuse to resume the contest when the bell sounds denoting the start of the next round, the referee shall declare the contestant's opponent to be the winner by knockout as of the round which last ended.
- (2) However, should the referee decide that the circumstances surround the bout's termination require investigation, or disciplinary action, then the referee shall not make a decision, but rather shall order the purses of both contestants held pending investigation and disposition of funds by the Association.

RULE 25 - KNOCKOUT

- (1) A contestant shall be declared knocked down in any portion of the contestant's body other than the feet touch the floor, or if the contestant hangs helplessly over the ropes.
- (2) A contestant shall not be declared knocked down if he or she is punched, thrown, or accidentally slips to the floor. The determination as to whether a contestant is pushed, thrown or slips to the floor, rather than being knocked down, shall be made by the referee.

RULE 26 - COUNTING

- (1) Whenever a contestant is knocked down, the referee shall order the contestant's opponent to retire to the farthest corner of the ring, pointing to the corner and immediately begin the count over the knocked down contestant. The referee will audibly announce the passing of each one-second interval, indicating its passage with a downward motion of the arm.

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- (2) Any time a contestant is knocked down, the referee shall automatically begin a mandatory eight-count and then, if the contestant appears able to continue, will allow the bout to resume. The timekeeper, through effective signaling, shall give the referee the correct one-second intervals for the count. The referee's count is the only official count.
- (3) Should a contestant be knocked down three times in one round from blows to the head, the referee shall stop the contest and declare the contestants opponent to be the winner by technical knockout.
 - (a) Whenever a contestant is knocked out primarily as a result of a kick, whether or not the kick occurred in combination with punches, the referee shall declare the contestants opponent to be the winner by either kick knockout or technical kick knockout whichever is appropriate and shall be entered into the fighters official record as a KKO.
- (4) Should a contestant who is down rise before the count of ten is reached and then go down immediately without being struck, the referee shall resume the count where it was left off.

- (5) If the contestant taking the count is still down when the referee calls the count of ten, the referee shall wave both arms to indicate that the contestant has been knocked out and will signal that the contestant's opponent is the winner.
- (6) A round's ending before the referee reached the count of ten will have no bearing on the count. The contestant must still rise before the count of ten to avert a knockout.
- (7) Should both contestants go down at the same time, the referee shall continue to count as long as one of the contestants is down. If both contestants remain down until the count of ten, the contest will be stopped and the referee shall declare the bout to be a technical draw. But if one contestant rises before the count of ten and the other contestant remains down, the first contestant to rise shall be declared the winner by knockout. Should both contestants rise before the count of ten, the round will continue.

RULE 27 - STANDING EIGHT-COUNT

- (1) The referee may, at his or her discretion, administer an eight-count to a contestant who has been stunned, but who remains standing. He or she shall direct the contestant's opponent to a neutral corner, then begin counting from one to eight, examining the stunned contestant as he or she counts. If, after completing the standing eight-count, the referee determines that the contestant is able to continue, he or she shall order the bout to resume. But if the referee determines that the contestant is not able to continue, he or she shall stop the contest and declare the contestant's opponent to be the winner by technical knockout.

RULE 28 - COMMUNICATING THE COUNT

- (1) As soon as a contestant has been knocked down, the timekeeper begins calling the count, from one to ten, while the referee directs the contestant's opponent to a neutral corner. When the referee has finished directing the opponent to a neutral corner, he or she returns to the knocked down contestant and counts over him or her, picking up the count from the timekeeper.

RULE 29 - FALLING FROM THE RING

- (1) A contestant who has been wrestled, pushed, or who has fallen through the ropes during the contest, may be helped back by anyone except the contestant's own seconds or manager. The referee shall allow reasonable time for the return. When on the ring platform outside the ropes, the contestant must enter the ring immediately. Should the contestant stall for time outside the ropes, the referee shall start the count without waiting for the contestant to re-enter the ring.

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- (2) Once a fallen contestant re-enters the ring, the referee may either resume the contest or start the round from the moment that the contestant is back in the ring.
- (3) Whenever contestant falls through the ropes, the contestant's opponent must retire to the farthest corner, as directed by the referee and remain there until ordered to resume the contest.
- (4) A contestant who deliberately wrestles or throws an opponent from the ring, or who hits an opponent who is partly out of the ring and thus prevented by the ropes from assuming a position of defence, may be penalised.

RULE 30 - WIPING THE GLOVES

- (1) Before a fallen contestant resumes competition, after having been knocked to, slipped to, or fallen to the floor, the referee shall wipe the contestant's gloves free of any foreign substance.

RULE 31 - CONSULTING THE PHYSICIAN

- (1) The referee may, at his or her discretion, request the physician to examine a contestant during the bout. Should the examination occur during the course of a round, the clock shall be stopped until the examination is completed.
- (2) If after consulting with the physician, the referee decides that further contact below the belt, whether from fair or foul blow, will result in injury to a contestant's knee, he or she shall prohibit striking below the belt for the remainder of the bout.
- (3) Also, the physician shall have the power to order the referee to stop the bout, at any time, due to the incapacitation of one or both contestants. The referee will then render the appropriate decision.

RULE 32 - SCORING

- (1) The judges shall score all contests and determine the winner through the use of the ten-point must system. In this system the winner of each round receives ten points and the opponent receives a proportionately smaller number. But in no circumstances shall a judge award the loser of each round with fewer than seven points. If a round is judged even, each contestant shall receive ten points. No fraction of points may be given.
- (2) Judges should base their scores on the relative effectiveness of each contestant in a given round. An official knockdown always demonstrates superior effectiveness. However, a contestant who is knocked down more from instability than from an opponent's blow, may be able to return from the knockdown and dominate the round by a large enough margin to be judged the winner. Also, the weight given to an official knockdown scored by one contestant must be equal to the weight given to an official knockdown scored by the contestant's opponent.
- (3) Generally, sweeps should not be given the same weight as an official knockdown. Judges should watch for the technique's effectiveness in slowing down a contestant.
- (4) A contestant who wins the round and does so with exceptional above-the-belt kicking technique, should be given a more favorable point advantage than the contestant who wins a round with a predominance of punching technique. Below-the-belt kicking technique should be given the same weight as punching techniques.
- (5) Further, a contestant who aggressively presses an opponent throughout a round, but cannot land a threatening kick or punch, should not be judged as favorably as the contestant who back-pedals throughout the round but counter-attacks with visible impact.

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- (6) A contestant who wins the round and does so with exceptional above the belt kicking technique should be given a more favorable point advantage than the contestant who wins a round with a predominance of punching techniques. Below the belt kicking techniques should be given the same weight as punching techniques. An otherwise event round should be awarded to the overall most effective above the waist kicker.
- (7) More specifically, the judges shall award points to contestants on the basis of round by round outcomes and in accordance with the following scores:
 - (1) 10 points to 10 points whenever neither contestant dominates the other with a superiority in effectiveness.
 - (2) 10 points to 9 points whenever the winning contestant dominates the losing contestant with a marginal superiority in effectiveness.
 - (3) 10 points to 8 points whenever the winning contestant dominates the losing contestant with exceptional above-the-belt kicking technique, or whenever the winning contestant dominates the losing contestant with a significant superiority in effectiveness as might be indicated by one knockdown.

- (4) 10 points to 7 points whenever the winning contestant dominates the losing contestant with an overwhelming superiority in effectiveness as must be indicated by more than one knockdown.
 - (a) Following each round and at the termination of the contest, the referee shall pick up the ballots of the judges. The referee shall then deliver the ballots to the scorekeeper who shall tally all scores, subtract all penalties and deliver the totals to the Association representative assigned to verify them. The majority opinion of the three judges, less penalty points, shall be conclusive. If there is no majority opinion, then the decision shall be a draw.
- (8) When the Association representative has completed verifying and totaling the scores, the announcer then in turn shall inform the audience of the decision over the public address system. The referee shall raise the winner's hand.
- (a) If the Professional title is vacant and the result is drawn. Then would be an extra round. If the referee couldn't bring an decision, than the main referee in the ring must decide, who is the winner.
 - (b) If the Pro AM title is vacant and the result is drawn, than the main referee in the ring must decide, who is the winner.

RULE 33 - CHANGING THE DECISION

- (1) A decision rendered at the termination of any contest shall be final and cannot be changed unless the Association determines that any one of the following has occurred.
 - (1) There was collusion affecting the result of the contest.
 - (2) The compilation of the scorecards of the judges shows an error which would mean that the decision was given to the wrong contestant.
 - (3) There was a clear violation of the rules and regulations of the WORLD KICKBOXING ASSOCIATION which affected the result of the contest.
- (2) If the Association determines that any of the above occurred with regards to any contest, then the decision rendered shall be changed as the Association may direct.

RULES FOR CHAMPIONS, CHALLENGERS AND CONTESTANTS

RULE 34 - CHAMPIONSHIP TITLES

- (1) World, National and Regional championship titles shall be established by the Association to formally recognise champions on the basis of sex differences and in accordance with Association approved weight divisions.
- (2) All championship titles must be won in an Association sanctioned championship contest, although a championship may be lost by default, forfeit, or inability to make the weight.

RULE 35 - CHAMPIONS

- (1) A champion shall be that contestant who has been awarded a championship title by the Association, in formal recognition of his or her supremacy in a particular division of Kickboxing and who remains ready to contend with any qualified challenger.
- (2) The Association shall only recognize those champions whose titles were won in an Association sanctioned championship contest, of the required number of rounds, where any one of the following has occurred:
 - (1) The recognised champion has been defeated in a title defence.
 - (2) A vacant title has been filled through a divisional elimination amongst the highest qualified challengers available.
 - (3) A vacant title has been filled in a contest between the highest qualified challenger available and the second highest qualified challenger available.

- (3) In the event of a draw in an Association sanctioned championship contest, the champion shall retain his or her title, or if there is no champion, the title shall remain vacant.

RULE 36 - CHALLENGERS

- (1) A challenger shall be that contestant who has been formally recognized by the Association as being qualified to challenge a champion and who remains ready to offer such challenge.
- (2) The Association shall only recognize those challengers whose challenger ship status was in an Association approved contest, of the required number of rounds, where any one of the following as occurred:
- (1) The challenger has been identified as a top contender on an Association approved rating list which ranks challengers based upon their performances in contests.
 - (2) A national or continental champion has challenged a world champion, or a regional or area champion has challenged a national champion.
 - (3) A recognised challenger or champion from one division has challenged a recognised challenger in another division.
 - (4) A formerly recognised challenger or champion has returned from recent retirement to challenge a challenger or champion.
 - (5) A champion or challenger from the related sports of boxing, Kickboxing or Savate, with the approval of the Association, has challenged a Kickboxing champion or challenger of equal stature.

RULE 37 - CHAMPIONSHIP TITLE AT STAKE

- (1) The title of the champion shall be at stake in all Association sanctioned championship contests where the official weigh-in shows the challenger to be within the maximum weight limit of the division.

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- (2) Should the champion in an Association sanctioned championship contest fail to make the maximum weight limit of the division within one hour before the bout, then the Association shall declare the champion's title to be vacant.

RULE 38 - NON-TITLE CONTESTS

- (1) Champions may be allowed to engage in non-title contests by obtaining the written consent of the Association.
- (2) Should a champion be defeated in a non-title contest, whether or not the bout was matched in the champion's weight division, the champion must extend an offer to defend his or her title at weight against the winning contestant within six months from the date of the champion's defeat. The offer must be received in writing at the Association's world headquarters not later than two weeks after the defeat and must include a reasonable purse request based upon the current market potential of the champion. The Association may then assign responsibility for the bout to the Association promoter who submits the most favorable bid. Should the defeated champion fail to extend the written offer, then the Association shall declare the champion's title to be vacant.

RULE 39 - MANDATORY TITLE DEFENCES

- (1) All champions must defend their titles a minimum of twice a year.
- (2) A world champion must defend his or her title against the number-one contender, as determined by the Association, one time each year. The number-one contender must accept any offer to challenge the champion for a reasonable purse amount, based upon

the current market potential of the contender. Should the number-one contender fail to accept a championship offer, the Association shall declare the next highest qualified challenger available to be the number-one contender. However, a number-one contender may be exempted from the annual title challenge by the Association due to personal hardship, physical injury, or illness.

- (3) At the discretion of the Association, a world champion may be required to defend his or her title against the winner of a divisional elimination, amongst the highest qualified contenders available, in place of the mandatory annual title defence against the number-one contender.
- (4) Should a champion not receive a promotional offer to make a mandatory title defence, he or she must submit a written notice of availability for title defence to the Association's world headquarters no later than two weeks after the end of the defined six month periods (30 June and 31 December). The notice must include a reasonable purse request based upon the current market potential of the champion. The Association may then assign responsibility for the bout to the Association promoter who submits the most favorable bid. Should the inactive champion fail to submit the written notice, then the Association shall declare the champion's title to be vacant.
- (5) A champion may be exempted from a mandatory title defence by the Association due to personal hardship, physical injury, or illness.
- (6) Should the champion not defend his title one time in a year, then the Association could declare the champion's title to be vacant.

RULE 40 - ILLNESS

- (1) Whenever a contestant, because of injuries or illness, is unable to take part in a contest for which he or she is under contract, that contestant or the contestant's designated representative must immediately report the fact to the Association. The Association may then require the contestant to submit to an examination by a physician. The examination fee of the physician shall be paid by the contestant, or by the promoter if the latter requests the examination.

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RULE 41 - ABSENCE

- (1) Any contestant who fails to appear for a contest in which he or she is under contract shall be subject to disciplinary action, unless the contestant has submitted to the Association a written valid excuse or physician's certification of illness in advance of the event.
- (2) The Association shall immediately declare vacant the title of any champion guilty of such misconduct.
- (3) The Association will give consideration to the promoter affected by non-attendance and impose, where appropriate, a fine equal to the purse of the fighter together with out of pocket proven expenses.

RULE 42 - DISABILITY

- (1) Any contestant who has been knocked out, has engaged in a hard contest, or who has sustained significant injuries, shall be suspended from all contests by the Association for 30 days, or longer if recommended by a physician, for the contestant's own medical protection.
- (2) Contestants shall not be permitted to engage in contact sparring during the period of their suspension.

RULE 43 - TIME BETWEEN BOUTS

- (1) Unless special approval has been obtained from the Association, a contestant who has engaged in a bout in excess of five rounds shall not be permitted to engage in another contest until 15 days have elapsed.

RULE 44 - DRUGS

- (1) The use of any drug, alcoholic or stimulants, or injections by a contestant either before or during a contest shall be prohibited. Any contestant guilty of such misconduct shall be subject to disciplinary action. See addendum for list of banned substances.

RULE 45 - MANDATORY EXAMINATIONS

- (1) Any contestant, who has been contracted to engage in any contest, may be ordered by the Association to appear at any time to be weighed or to be examined by any physician which the Association may designate.

RULES FOR ADMINISTRATION

RULE 46 - SPECIAL EXCEPTIONS

- (1) Without disregarding the need for uniformity of rules and regulations governing world Kickboxing contests, the Association may at its discretion authorise a special exception to the rules provided the safety and welfare of the contestants and public are not jeopardised and provided one of the following purposes is being served:
 - (1) The personal safety, health and welfare of a contestant or contestants has been protected.
 - (2) Regional difficulties resulting from international competition have been overcome.
 - (3) A proposed rule change, which may later be incorporated into the official rules of the WORLD KICKBOXING ASSOCIATION, has been tested.
- (2) All special exceptions shall be granted by the Association at least two weeks in advance of any affected contests. All affected contestants and officials must be notified.

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RULE 47 - ACTIONS OF THE ASSOCIATION

- (1) All official actions of the Association shall take the form of a written document signed by the President of the WORLD KICKBOXING ASSOCIATION or the President's designated representative.
- (2) All parties affected by an official action of the Association must be given reasonable access to the written document, or a copy of the document.

RULE 48 - AMENDMENTS

- (1) Amendments and revisions to these rules shall be made annually, effective every 1 January, based upon the recommendations of the President, the Board of Directors, the Board of Advisers and the recognized champions of the

WKA - THAI BOXING RULES - THE EUROPEAN RULES

WKA rules and regulations concerning safety, weight divisions, method of winning, officials, title bouts, the ring, recording of results and medical checks will automatically apply.

RULE 49 - TYPE OF CONTEST

- (1) The rules delineate the standard form of Thai Boxing contest to be employed in Europe. Certain attacks are prohibited which would be allowed in Asia.
- (2) Allowances are made for the amateur status of most European fighters, in order to reduce any risk of injury to the minimum. In a simplified form, the changes to the Asian rules are:
 - (1) No elbow or knee attacks to the head.
 - (2) No attacks to the spine, groin, joints, back of head.
 - (3) No attacks to a downed opponent.

RULE 50 - CLOTHING

- (1) The contestant will wear shorts and bare top.
- (2) The wearing of trousers, shirts, or any other item of clothing is not permitted.
- (3) Anklets may be worn if required; no other padding or protection may be worn, except as stated below. Padding not allowed; neither is heavy bandaging of an injury except at the discretion of the referee.
- (4) No spectacles, contact lenses, or dentures may be worn.
- (5) The contestant may not wear any metal objects of any kind on his clothing or body, with the exception of the groin guard, which may have a metal cup.
- (6) A gum-shield and groin guard are compulsory.
- (7) The hands may be bandaged with up to ten feet of two inch soft bandage per hand, together with up to ten feet of one inch adhesive tape. No hard materials may be used. Excessive use of materials may be cause for disqualification.

Rules of European Thai Boxing

- (8) Gloves will be provided by the promoter.
- (9) The gloves will be of standard boxing design, made of leather, with a lace-up fastening. No other type of glove is allowed.
- (10) Both competitors will wear the same make and weight of glove.
- (11) The weight of the gloves will be:
 - (i) Eight ounce gloves for up to and including the Middleweight division.
 - (ii) Ten ounce gloves for over Middleweight.
- (13) Light application of Vaseline, liniment, or water is allowed. Excessive use is illegal.

RULE 51 - NUMBER OF ROUNDS

- (1) As detailed in the following table, experienced fighters compete over five rounds and novice over two or three.
 - Class NTwo, two-minute rounds.
 - Class CThree, two-minute rounds.
 - Class BFive, two-minute rounds.
 - Class AFive, three-minute rounds.
- (2) There is a one-minute rest between rounds.

RULE 52 - CLASSIFICATION OF FIGHTERS

- (1) The officials must ensure that fighters compete in the correct class.
- (2) Classification is normally effected by each fighter's coach and such classification should be stated in the Record Book in the appropriate place.
- (3) In the event of a contestant being unclassified, this must be rectified by the officials before matching takes place. This is done by ascertaining the number of wins that the fighter has (not the number of fights which is unimportant) and classifying him accordingly.
- (4) The European standard for classes is in:
 - Class N Novice class. After 2 wins, progress to:
 - Class C Junior intermediate class. After 6 wins in this class, promote to:
 - Class B Intermediate class. After 8 wins in this class, promote to:
 - Class A Open class fighter.
- (5) The fighter may be promoted before the set number of wins for promotion. He may not stay in the class after he has achieved the set number of wins in that class.

RULE 53 - SCORING

- (1) The Whole body will be a scoring area, with the exception of illegal targets.
- Rules of European Thai Boxing**
- (2) Points will be scored by:
 - (a) An effective strike or series of strikes by punch, kick, or other method.
 - (b) An effective throw.
 - (c) Any other effective method not being illegal which the judge deems to weaken the opponent.
 - (3) The judges will deduct points as follows:
 - (a) A point deduction ordered by the referee.
 - (b) An appropriate amount for counts received.
 - (4) The judge may not deduct points except by direction of the referee (except when making his personal deduction for counts).
 - (5) The ten-point scoring system will be used. Ten points are awarded to the winner of the round. The loser is given an appropriate amount less, to a minimum score of five points. After these scores have been awarded, any necessary points are deducted. The round may be drawn, i.e. 10 – 10.
 - (6) Where a fight is stopped as a no-contest, there is no winner. The bout is fully recorded.
 - (7) Where a fight is stopped as a result of a foul and the fighter who was fouled cannot continue, even after a reasonable time has been given to him to recover, the fighter who committed the foul will be disqualified.
 - (8) Where a fight is stopped as a result of an accidental injury:
 - (a) If the fight is stopped in the first two rounds, a no-contest will be declared.
 - (b) If the stoppage occurs in the third round or later, the points will be totalled and the fighter ahead on points will be adjudged the winner.

RULE 54 - FOULS

- (1) The referee may disqualify a contestant at any time, should he feel it in the interests of safety to do so.
- (2) If a foul is committed, he may issue a warning, or a point deduction, or disqualify the offender. He is under no obligation to issue any particular penalty, but will base his decision on:
 - (a) The safety factor.
 - (b) The correct application of the rules to afford both contestants a fair chance of winning.
- (3) There is NO specific number of warnings before a point deduction, or points deducted before disqualification.
- (4) The following offences are fouls and may result in action against the offender.
 - (a) Failing to obey the referee's directions.

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- (b) Acting in a vicious or malicious manner.
- (c) Becoming so over-excited that the contestant is a danger to himself or his opponent.
- (5) The following actions are fouls:
 - (a) Attacking a fallen opponent; attacking from the ground.
 - (b) Attacking after the command to break.
 - (c) Unsportsmanlike behaviour.
 - (d) Elbow or knee attacks to the head or neck; elbow attacks to the back.
 - (e) Attacking the groin, spine, joints, or back of head.
 - (f) Dangerous throws likely to cause injury through (1) landing the opponent on his head or neck areas, or (2) due to the method of application, e.g. joint-lock throws.
 - (g) Striking with an unpadded part of the glove.
 - (h) Head-butts; biting; gouging.
 - (i) Choking.
 - (j) Turning away; retreating continuously.
 - (k) Inactivity; continuous clinching without attempt to attack.
 - (l) Holding the ropes in attack or defence.
 - (m) Needless or offensive utterances. This also applies to the boxer's seconds, infringements by whom can result in a fighter being disqualified.

Rules of the Kickboxing Association**ADDENDUM****RULE 60 - CORNERMENS' DRESS**

- (1) Cornermen and seconds must be clean tidy and presentable. Jeans and T-shirts are not considered acceptable attire. The use of track-suits and all-in-one bear suits are approved including club/camp logos and motifs.

RULE 61 - CORNERMENS' CONDUCT

- (1) Fighters are allowed 3 people in their corner, one chief corner man and 2 seconds. All 3 must remain seated during the rounds. Only the chief corner man may give direction to

the fighter during the round. Corner men or seconds cannot place their hands on the ring apron, the ropes or any part of the ring during the rounds. Corner men or seconds cannot enter into any verbal dispute with the referee or officials during the bout. All bouts governed by the rules and regulations of the WKA World Kickboxing Association.

- (2) Should corner persons fail to abide by the rules and/or cause a disturbance during the progress of the bout they will receive an official warning by the referee or supervisor/official. Should the infringement continue their fighter will receive a minus point and in aberrant cases the bout will be abandoned or if continued referred to the WKA Committee.

DOPING CONTROL

TESTING PROCEDURES

The Association will perform random dope testing. A test can be requested from a fighter at any time, during training, out of season and before or after a bout. A fighter may be given 24 hours notice of a test. If a fighter tests positive for any of the banned substances listed below, he will be suspended for two years from competing in any WKA sanctioned event. If a fighter fails to give a sample on request, he will automatically be suspended for two years.

BANNED SUBSTANCES

Stimulants

Stimulants include various drugs, which act on the brain, competitors may use stimulants to reduce tiredness, to increase alertness, competitiveness and aggression. They are banned because they stimulate the body mentally and physically which may give the competitor an unfair advantage. In addition they produce harmful side effects. Competitors have died through misusing stimulants as they make it difficult for the body to cool down especially when a competitor has been exercising for long periods of time. If the body overheats and is unable to cool down it dehydrates and blood circulation decreases. The heart and other organs will stop working normally, this can be fatal.

Stimulant Substances: Amphetamine Ephedrine* Caffeine* Phentermine Cocaine Phenylpropanolamine* Diethylpropion Strychnine

Beware!

These substances may be found in low doses in cough and cold medications.

Narcotic Analgesics

Narcotic Analgesics are pain killers. They act on the brain to reduce the amount of pain felt from injury or illness and in medicine they can have important use. However, competitors may use them to offset or deaden pain, to mask injuries and to increase their pain limit. Narcotic Analgesics are banned because they are extremely addictive and because they make the original injury much worse. Increasing the pain

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threshold may lead to further injury or to permanent damage. Narcotic Analgesics can cause physical dependence leading to addiction.

Narcotic Analgesic Substances: Dextropropoxyphene Morphine Methadone Pethidine

Anabolic Agents

Anabolic Agents class includes anabolic androgenic steroid and beta agonists. Androgenic anabolic steroids are a type of hormone known as testosterone whilst there are a small number of medical conditions which could be treated with low doses of androgenic anabolic

steroids in sport they are misused to try and make a competitor larger and stronger. For scientific reasons bigger muscles do not necessarily mean extra strength. Androgenic anabolic steroids may increase aggression which may help people train harder. Competitors misuse them in an attempt to increase strength, power and endurance and build up muscles to be competitive. In addition to their therapeutic use beta agonists may be used for the same reason. When given systematically beta agonists may have powerful anabolic effects. Hence their use is banned. Anabolic Agents are banned because using them is cheating. In addition there could be harmful side effects particularly when androgenic anabolic steroids are misused for long periods of time and/or in large quantities.

Androgenic Anabolic Steroid Substances: Boldenone Stanozolol Mesterolone Testosterone Methandienone Nandrolone

Diuretics

Diuretics are drugs which help to remove fluids from the body. They can be used medically to treat diseases of the heart, kidney and liver and for pre-menstrual tension. Diuretics may be misused in sport for two main reasons, to lose weight quickly in sports which have weight categories and to increase the rate at which competitors can pass urine because some believe that this will make it more difficult for the laboratory to detect a banned substance. Misuse of diuretics has serious health risks it is also cheating.

Diuretic Substances: Bendrofluazide Triameterine Frusemide Spironolactone Hydrochlorothiazide

Peptide Hormones and Analogues

Peptide Hormones 'carry messages' around the body to increase growth influence sexual and general behaviour and to control pain. Analogues are man made (synthetic) drugs which have similar effects to the natural substances. The original and synthetic versions are banned in sport. Competitors misuse peptide hormones and analogues for various reasons, to stimulate production of naturally occurring (endogenous) steroids, to build up muscles, to mend body tissue and to improve the body's ability to carry oxygen. Because everyone has hormones in their bodies it is difficult to say how much harm is caused by misusing them.

Peptide Hormones and Analogues Substances: Chorionic Gonadotrophin: In men HCG increases the production of endogenous steroid and is similar to using testosterone.

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Corticotrophin

This drug increases the level of endogenous corticosteroids, which in turn could cause a feeling of well being. It helps to repair damaged tissue and muscle, but if used for long periods of time will cause muscle wasting.

Growth Hormone: In medicine low doses of growth hormones help to treat children with growth problems. However, in sport adults who attempt to build their muscles using growth hormones risk abnormal growth of hands, feet and face (Acromegaly) and of the internal organs, eg liver. Enlarged organs could cause further health problems if damaged by severe bruising which might occur in a contact sport.

Erythropoietin (EPO): EPO increases the number of red cells in the blood. However thickening the blood could be dangerous as it may clot or overload the heart. Increased viscosity of the blood increases the risk of blood clotting and may lead to a stroke.