



## **K-1 Light**

### **5.1 Level of Contact**

The level of contact should be the same as competitive K-1 Rules sparring approximately twenty percent of full power. The intention should be to score kicks and punches on legal target areas without inflicting damage.

### **5.2 Purposeful Intent**

If a fighter attacks with excessive power deliberately leveraging or loading punches and kicks with intent to inflict damage it shall be considered purposeful intent and the fighter will be immediately cautioned or disqualified. The fighter can be penalized without landing or connecting with the attack the intent is considered a foul.

The Center Referee may use his own discretion when penalizing a fighter for purposeful intent the choices available to the depending on the severity.

1. To warn the fighter (Caution)
2. To issue a point reduction (Minus Point)
3. To disqualify the fighter (end the match declaring the fouled opponent the winner)

### **5.3 Rounds**

The number of rounds, and length of rounds of any can be determined by the Tournament director. The number of rounds may a minimum of two or a maximum of three. Length of rounds may be a minimum of one minute to a maximum of 2 minutes.

### **5.4 Scoring Areas**

Side of Head

Face

Under Chin

front Torso

Side Torso

Legs (Inside and outside above and below the knee)

**5.8 Fighter's Equipment for all disciplines. Please note Elite Class Amateurs (18 yrs & over, with over 5 contests) can negotiate a reduction in protective equipment. As a bare minimum elbow pads must be maintained in Muay Thai amateur contests.**

**Headguard** Must cover the top of the head. Must be a Martial Arts type Headguard in good condition which fits well. **Gumshield** Must be a Martial Arts or Boxing type. No football / rugby type.

**Boxing Gloves** Must be 10 ounces ISKA Approved

**Shin & In Step** Must be ISKA Approved "Hard" pads NOT elasticated sock type and be no higher than the knee.

**Groin Guard** For both Men and Women, including Boys in the Juniors' and Cadet section.

A Groin Guard is recommended for Junior and Cadet Girls, but not essential. It must be worn under clothing, and not on top.

**Bodyguard** Juniors and Cadets Boys and Girls must wear a body guard the protects the front and back of the torso.

**Women's Chest Guard** Must be worn under clothing and not on top. Essential for Female adults.

## **5.5 Illegal Areas**

Back of Head Top of Head Neck

Joints

## **5.6 Legal Techniques.**

The following techniques are authorized.

Punches: Straight punches, hooks, uppercuts (must land with the knuckle part of the glove)

Kicks: Front kicks, low kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks, and knee kicks (Knee kicks are only allowed to the body, knees to the head are illegal)

## **5.7 Illegal Techniques**

Spinning or turning back fist

Using the head to deliver a blow

Using the elbow to deliver a blow

Attacking the groin or lower abdomen

Wrestling or judo throws

Thumbing the opponent

Choking and punching the throat

Biting the opponent

Attacking the opponent while he is down or in the process of getting up

Attacking the opponent after the referee has called a break

Voluntarily exiting the Tatami during a match

Deliberately falling to avoid attack

Attacking the opponent who turned around and showed his back

A caution warning, and or a point deduction shall be given to a fighter who repeatedly charges inside the opponent's guard, with head held low to avoid attack.

A caution, warning, and or a point deduction shall be given to a fighter who repeatedly uses holding and clinches that are not accompanied by attacks, and are judged as being defensive/passive in nature.

A caution, warning, and or a deduction of point may be given when a fighter is only waiting to counter attack and or is considered to be passive.

Holding the kicking leg of an opponent is not a foul, but only a single attack, whether a punch or a kick while holding the leg is authorized. Continuous attack while holding a leg is a foul. If a fighter does not take any action while holding the kicking leg, the referee shall call a break. Holding the kicking leg and using a throwing or sweeping technique is also a foul.

Clinching, holding the neck with one or two hands is authorized but only for a single kick or knee kick attack. Continuous attack while clinching is a foul. The referee may call a break during a match if clinching does not lead to a scoring attack.

## **5.8 Fighter's Equipment**

**Headguard** Must cover the top of the head. Must be a Martial Arts type Headguard in good condition which fits well. A full-face or semi-face visor may be worn if it can be proven that a medical condition requires it. This must be authorized by the Promoter prior to the start of the Tournament. **Ring Sports**

## **6.1 Ring Sports Disciplines**

ISKA Amateur Championship tournaments currently include four ring sports disciplines Full Contact Kickboxing, Low Kick Kickboxing, K-1 Rules and Muaythai. Australia currently doesn't practice Full Contact Kickboxing, Low Kick Kickboxing. Fighters can score legal kicks and punches on legal target areas with full power and can win a match by KO (Knockout) or TKO (Technical Knockout)

## **6.2 Ringside Doctor**

A qualified medical Doctor must be in attendance ringside during all ring sport matches, the Doctor has the authority to prevent any fighter from competing if they consider the fighter physically unfit to compete. The Doctor has the authority stop a fighter during a match or tournament if the fighter has sustained an injury or is showing signs of distress and in the Doctors opinion it is unsafe to continue.

## **6.3 Physical Examination**

All fighters who enter a Ring Sports discipline must produce written confirmation from a qualified Doctor that they are fit to compete in full contact combat ring sport the document must be signed, dated and no more than 6 months old. The tournament director and chief referee have the authority to order any fighter to have a physical examination carried out by the ringside Doctor in attendance at the fighter's expense.

## **6.4 Divisions**

Ring Sports disciplines will be separated into the following divisions:

Senior Men 18 to 45 years old

Senior Women 18 to 45 years old

Cadet Boys Under 16 years (14- to 15-year-old)

Cadet Girls Under 16 years (14- to 15-year-old)

Cadet Boys Under 18 years (16- to 17-year-old)

Cadet Girls Under 18 years (16- to 17-year-old)

Each division will include weight categories (see 1.6 Weighing-in)

### **6.5 Rounds**

The Number and duration of rounds for all Ring Sport disciplines shall be a maximum of three rounds of two minutes and a minimum of three rounds of one minute thirty seconds. The rest period between each round shall be one minute.

### **6.6 Fighters conduct**

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 center 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.

### **6.7 Hair and Jewelry**

Fighters must not wear any jewelry during a match, all jewelry including chains, bracelets, rings and piercings must be removed without exception.

Men and women with long hair must tie their hair firmly so it does not become loose during a match, failure to do so could result in the fighter being penalized.

### **6.8 Grease and Oil**

Fighters are allowed to apply a reasonable amount of grease/Vaseline to their faces prior to and during a match, excessive use of grease/Vaseline is prohibited and the Referee can insist that excessive amounts of grease/Vaseline be removed.

The use of Thai oil is prohibited and may not be used on any part of the body.

### **6.9 Hand and foot wrapping**

Fighters who wish to wrap their hands or feet shall be responsible for their own gauze and tape.

Gauze shall be of the soft or soft-stretch type, and shall not exceed 6cm in width. Tape shall be of the soft adhesive type and shall not exceed 3cm in width. One 10-meter roll of gauze, and not more than two meters of tape, are the maximum allowable amounts for each hand and foot.

Gauze shall be for the protection of the hand or foot only, tape shall be present only to hold the gauze in place, and no more than one layer of tape be allowed on the striking surface of the hand and only 1 strip between each finger not to exceed 1.5cm in width and 10cm in length.

### **6.10 Equipment check**

It is the fighter's responsibility to ensure that he or she is wearing the correct uniform and protective equipment for the Ring Sports discipline they intend to compete in. The referee will check the equipment including and foot wraps in the ring. Groin guards and chest guards will not be physically checked by the Referee, the fighter will be asked if they have the relevant equipment on, and they should reply in the affirmative.

If a fighter attends the ring without the correct or unsuitable equipment and causes undue delay the referee may penalize or disqualify the fighter.

### **6.11 Coach and Seconds**

Fighters are allowed a maximum of three people in their corner one Coach and two seconds, only the Coach can give instructions during the match, only the coach can enter the ring during the rest period. Coaches and seconds must remain seated during the match and are not allowed to touch any part of the ring including the apron and ropes. Coaches and seconds are responsible for keeping the corner area free of obstructions and hazards including water spills.

Coaches and seconds must comply with the directions of the referee and must not enter into a verbal dispute with any official during the match or rest periods, the referee has the authority to expel a coach or second from the corner and or penalize the fighter.

Coaches have a duty of care to the fighter and if in their opinion the fighter is injured, distressed or overwhelmed by their opponent the Coach can abandon the match by signaling to the referee verbally during the rest period or throwing a towel into the ring during the match.

### **6.12 Scoring**

Ring Sports matches will be scored by three judges appointed by the tournament supervisor, the judges will use the 10 points must scoring system for all Ring Sports disciplines, the winner of the round must be awarded 10 points, the loser of must receive 9 points or less

**10-10** Indicates an even round. Neither fighter distinguished himself as being a more effective fighter than the other. In addition, the fighters appeared equal in the other areas that may be used to break an even round, such as opponent control, ring strategy, and overall conditioning and abilities.

**10-9** Indicates one fighter distinguished himself as the more effective fighter during the round, as described above. This score is used often, and indicates an obvious margin between the fighters.

**10-8** Used sparingly, but indicates a round in which one fighter was in constant control, and unquestionably outclassed his opponent. This fighter must also have obviously stunned his opponent, usually including at least one knockdown or standing 8-count. If there were no knockdowns or standing 8-counts, there must still have been enough damage done to indicate that at least one of these occurrences was imminent.

Each Judge will use a single three (3) round scorecard and at the end of the fight the referee should collect the scorecards and deliver them to the Chief Judge/Supervisor who will check the scores and announce the decision.

**Unanimous Decision:** all three (3) judges score in favor of one (1) fighter (Red or Blue corner) 3-0

**Majority Decision:** two (2) judges score in favor of the blue, one (1) judge scores a draw 2-0

**Split Decision:** two (2) judges score in favor of the blue, one (1) judge scores in favor of red 2-1  
Fights can end in a draw

**Unanimous Draw:** all three (3) judges score the fight equal for both corners

**Split Decision Draw:** two (2) judges score a draw and the third judge scores for Red or Blue, if one (1) judge scores in favor Red and one (1) judge scores in favor of blue and the third scores a draw.

If a tournament fight ends in a draw one extra round will be fought to decide a winner and the judges cannot score a draw 10-10 they must declare a winner 10-9 or less

### **6.13 Warnings and Minus Points**

In case of a rule 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. If in the referee's opinion it is a serious violation he may deduct a point by signaling to each judge in turn whilst holding the fighter's wrist and using the index finger of his other hand to point in a downward arc. The judges should make a note and deduct the point at the end of the round.

### **6.13 Protests**

Coaches may protest a referee's or judges' decision, but must do so with good cause and immediately after the fight has ended, only the Coach may approach the Chief judge or supervisor and explain their protest in detail before the tournament division progresses. The Coach may examine the scorecards in the presence of the Chief judge or supervisor.

A judge's decision is unlikely to be overturned unless any of the following can be proven:

A proven collusion between the Judges/Referees

The mathematical addition of the scores is wrong

An obvious mix up between the Blue and Red corner occurs

The official Amateur ISKA Rules were violated

The Supervisors' decision regarding any protest is final

### **6.14 Fouls**

The following actions are considered fouls

Biting

Head butting  
Attacking the groin  
Attacking the eyes with thumbs  
Attacking knee, hip or elbow joints  
Attacking the neck, back of the head or spine  
Attacking an opponent who is down or in the process of getting up  
Attacking with Judo or wrestling throws  
Attacking with choke holds or joint locks  
Attacking whilst holding the ropes  
Attacking with an open hand, slapping, cuffing, palm heel or ridge strikes  
Attacking after the referee has called stop or break  
Attacking after the bell has rung to signal the end of the round  
Deliberate holding or passive clinching in order to evade contest  
Deliberate tampering with protective equipment to gain an advantage  
Deliberate tampering with protective equipment in order to stall or evade contest  
Deliberately spitting out gum shield/mouth guard in order to stall or evade contest  
Deliberately disobeying the referees' commands

### **6.15 Method of Winning**

Winning by judges' decision, unanimous, majority or split  
Winning by KO (Knock Out) knocking the opponent down for a referees ten (10) count  
Winning by TKO (Technical Knock Out) referee or doctor decides it's unsafe for the opponent to continue  
Winning by Disqualification, opponent is disqualified by the referee for a serious rule violation  
Winning by Surrender, opponent, or coach surrender by not answering the bell or throwing the towel in  
Winning by Walk Over, opponent fails to answer the call to the ring or is injured and unable to continue

### **6.16 No Contest- Unintentional Fouls**

A fight can be declared a No Contest if a fighter is injured by an unintentional foul or accident were neither fighter is at fault and the fight has not completed two (2) full rounds. When a No Contest is declared the fighter who is not injured progresses in the tournament.

If two (2) full rounds have been completed, the referee can refer to the scorecard if the injured fighter is the winner by decision, he must be cleared by the ringside doctor to progress in the tournament, if the doctor decides it's unsafe for the injured fighter to continue, the fighter who is not injured progresses.

If the scorecards declare a draw the fighter who is not injured progresses.

### **6.19 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 downed fighter.

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 downed fighter does not rise before the count of ten (10), he will be declared Knocked Out and the bout will be awarded to his opponent.

If a Fighter is knocked down, the Referee will begin a mandatory eight (8) count. If the Fighter then appears able to continue, he will allow the bout to resume after an eight (8) count. The Referee's count is the only official count. The Referee shall not count past eight (8) if a Fighter has risen to his feet. 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 ringside doctor to attend the downed Fighter.

A fighter may not be saved by the bell in any round, the referee will continue to count and the downed fighter has to rise before the count of ten (10) and stand for a mandatory eight (8) count

#### **6.20 Seniors Three Knock down Rule**

If a fighter is knocked down three (3) times in one round or has received three (3) standing counts in one round or a combination of three (3) knock downs and standing counts the fight will be stopped by the referee and the opponent declared the winner by TKO.

If a fighter is knocked down four (4) times within three rounds or has received four (4) standing counts within three rounds or a combination of four (4) knock downs and standing counts the fight will be stopped by the referee and the opponent declared the winner by TKO.

#### **6.20 Cadet Two Knock down Rule**

If a Cadet (under 18 years old) is knocked down two (2) times in one round or has received two (2) standing counts in one round or a combination of two (2) knock downs and standing counts the fight will be stopped by the referee and the opponent declared the winner by TKO.

If a fighter is knocked down three (3) times within three rounds or has received three (3) standing counts within three rounds or a combination of three (3) knock downs and standing counts the fight will be stopped by the referee and the opponent declared the winner by TKO.

The chief judge will be responsible for recording knock downs and standing counts.

### **Illegal Techniques**

Spinning or turning back-fist  
Elbow or forearm strikes  
Knee strikes  
Clinching or holding  
Catching an opponent's foot or leg  
Throwing

### **Low Kickboxing Scoring Criteria**

The number of legal Low Kick Kickboxing techniques striking a legitimate target and number of knockdowns

Effective kicks to the head and body meaning kicks that inflict damage should be considered to have the same value as effective low kicks that damage the legs.

Effective checking or blocking of low kicks should be consider as a scoring counter especially if they inflict damage on the attackers' legs

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

Notes:

There is no Minimum Kicks or Continual Kicking Rule in Low kick kickboxing but fighters are still expected to use punch kick combinations

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 round.

If the number of strikes scored by each fighter is equal and neither fighter has clearly attacked more, the fighter who shows better offensive skill or counterattacking skills to control the fight wins the round.

If fighters are otherwise equal and one fighter clearly fouls consistently, the fighters who violates the rules loses the round.

If both fighters score an equal number of strikes, the contestant who lands more effective or damaging strikes should be awarded the round.

## **K-1 Rules**

K-1 Kickboxing discipline modified for amateurs

### **Uniform**

Kickboxing Shorts with Tee-shirt or vest

### **Protective Equipment**

Head-Guard, no visors or faceguards are allowed.

Individually fitted Mouth Guard (gum shield)

Boxing Gloves 10 oz. in all weight categories

Breast-protector for all Females

Groin-protector for all Male and Females

Shin & Instep protectors not the elasticated type

### **Legal Techniques**

Punches: Straight punches, hooks, uppercuts (must land with the knuckle part of the glove)

Kicks: Front kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks (must land above waist)

Low kicks: inside and outside, above and below the knee

Knee Kick: to the body and legs only, long knee, Jumping Knee, or a single knee strike in a clinch

Clinching: single hand and two-handed clinching is allowed to deliver one strike then release

### **Illegal Techniques**

Spinning or turning back-fist  
Elbow or forearm strikes

Passive clinching or holding  
Catching an opponent's foot or leg  
Throwing

### **K-1 Rules Scoring Criteria**

Awarding of points shall be based on the following elements

Whether an effective and accurate attack is acknowledged and damage is inflicted on the opponent using legal techniques.

Points will be awarded in this priority:

Number of downs

Extent of damage inflicted on the opponent

Number of clean hits

Degree of aggressiveness (points in the offensive)

Notes:

Under K-1 Rules all strikes, punches kick or knees are only valued by the damage they inflict, strikes landed without power have no value.

The aggressor the fighter who is pushing forwards will have the advantage if the number of strikes scored by each fighter is equal, and one fighter was clearly more proactive in attempting to attack during the bout, they should win the fight

If contestants are otherwise equal and one contestant clearly fouls consistently, that contestant who violates the rules loses the fight

## **Muaythai**

Traditional Muaythai rules modified for Amateurs

### **Uniform**

Thai boxing or Kickboxing Shorts with Tee-shirt or vest

### **Protective Equipment**

Head-Guard, no visors or faceguards are allowed.

Individually fitted Mouth Guard (gum shield)

Boxing Gloves 10 oz. in all weight categories

Elbow Pads

Breast-protector for all Females

Groin-protector for all Male and Females

Shin & Instep protectors not the elasticated type

### **Legal Techniques**

Punches: Straight punches, hooks, uppercuts (must land with the knuckle part of the glove)

Kicks: Front kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks (must land above waist)

Low kicks: inside and outside, above and below the knee

Knees: to the body and legs only, long knee, Jumping Knee or kneeing in a clinch

Clinching: clinching and neck wrestling is allowed to deliver strikes and unbalance opponents

Elbows: Elbow strikes are allowed to the body and head

Trips: are allowed in the clinch to unbalance opponents

Catching opponent's foot or leg: is allowed whilst striking, taking a maximum of two (2) steps

### **Illegal Techniques**

Spinning or turning back-fist

Spinning or turning Elbow strikes

Passive clinching or holding

Hip or head throws

### **Muaythai Scoring Criteria**

The number of clean Muaythai techniques striking a legitimate target or used successfully against an opponent and effectiveness of the techniques  
Effective techniques are defined as Muaythai techniques delivered on balance and have a physical effect on a competitor.

To be considered effective techniques need to cause a loss of an opponent's balanced position, they are moved physically either due to the power of the strike, good timing or because of an opponent's loss of balance or cause them to show physical or psychological distress (showing fear or pain).

Round kicks delivered with force cleanly hitting the body 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

If a contestant 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 get kicked to they are kicked down to the canvas the contestant kicking their opponent to the canvas scores as well.

Notes:

Kicks to the upper arm score

Kicks and knees to the back score

The winner of a bout is the competitor 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 competitor was clearly more proactive in attempting to attack during the bout, they should win the bout

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

If contestants are otherwise equal and one contestant clearly fouls consistently, that contestant who violates the rules loses the bout

## Junior Muaythai & K1

Traditional Muaythai K1 rules are modified for Juniors

**Strictly No Head Contact in the under 12's division**

Junior Muaythai Age Categories & Weight Divisions. 12-14 yrs Years Divisions no elbows or Knees to the head. 15yrs and above some elbows to the head, but no spinning or North/South Elbows are permitted. No Knees to the head are permitted in amateur Muay Thai.

12 years and above in K1 kicks & punches are permitted to the head. No knees are permitted to the head in amateur divisions,

7-9 years old		10-11 years old		12-14 years old	
Boys	Girls	Boys	Girls	Boys	Girls
- 29 Kg	- 30 Kg	- 33 Kg	- 34 Kg	- 41 Kg	- 39 Kg
- 33 Kg	- 34 Kg	- 37 Kg	- 39 Kg	- 45 Kg	- 44 Kg
- 37 Kg	- 39 Kg	- 41 Kg	- 44 Kg	- 49 Kg	- 48 Kg
- 41 Kg	- 44 Kg	- 45 Kg	+44 Kg	- 54 Kg	+48 Kg
- 45 Kg		+45 Kg		- 58 Kg	
+ 58 Kg					