

WKO/ABF Sport-Boxing Rules & Code of Conduct

Matching and Venue requirements.

To be a fair stand-up boxing match in a 16-24-foot ring, or as near that size as practicable.

All contact to be light contact, a KO can and may result in disqualification if seen to be excessive force of intent

MAXIMUM age difference between minors is 2 years

MAXIMUM weight difference for Title bouts under 18 Is 3kg

For open tournaments weight difference is 3k

All Fighters must pass the fit to fight medical before allowed to fight (Title Fights)

28 day medical suspensions will be issued where appropriate

All fighters must hand in their up to date license before each fight so it can be updated accurately BY An WKO OFFICIAL Only

Rules & Requirements of Sport-Boxing

Legal Strikes:

Jabs, Straights, Crosses, Hooks and Uppercuts.

Along with Bolo Punches, Ridge Hand strikes, Back Knuckle Strikes and Jumping reverse punches (Superman punch)

All punches must be light controlled strikes!

All Fighters must wear head gear approved by the referee

Gum Shields and Groin, breast protectors must be worn

All fighters must wear a suitable vest/t-shirt, boxing shorts. Boxing Boots are optional but recommended, trainers of bare foot are also allowed.

Wrapping of hands, electrical tape is NOT allowed, and no tape will be allowed over the knuckles, in between knuckles is allowed and tape to 1" up to BACK OF knuckles is allowed.

Tops are mandatory for all Boxers Under 12yrs of age.

No Fighter will be allowed to fight unless in possession of up to date UK license.

All Punches to the head must be controlled light contact.

Punches to the body are allowed to be heavier.

Foul Techniques:

No punches to the back of the head allowed

No kidney punches allowed

No Punches below the belt allowed

Fighters must protect themselves at all times!

No hitting after the bell

No Head butts, Elbows, Knees or kicks allowed

Illegal blows may result in disqualification, which is at the referees discretion

No wrestling or hugging allowed.

Contest rounds and length:

Open Tournament rounds will be 2 x 1 min rounds with 30 sec rest for preliminary rounds, then 3 x 1 min rounds with 30 sec rest for Final.

None Title rounds to be of 1.5 minutes duration, and one minute's time between rounds.

Title rounds to be of 5 x 2 minutes duration, with one minute's rest time between rounds.

TITLE fights, Boxers will only be allowed to wear provided gloves

WKO Sanction requirements:

An event that is not sanctioned by WKO and does not have WKO officials present will not be recognized nor insured through WKO

All WKO events must have, Event insurance, WKO Chief official/REP, WKO recognized qualified Referee, WKO recognized and qualified judges

All WKO events must have registered and qualified medical supervision

Scoring System:

All bouts shall be scored on a 10 point must system.

8 counts may be given to allow a fighter to compose themselves at the referee's discretion. But shall not be scored as an automatic 10-8 round.

Each round shall be scored individually based on skill NOT force

Scoring on skill shall be over clean shots landed, effective defence and ring craft.

Effective defence will be classed as evading shots and successfully countering shots

If a boxer purposely and continues to overpower their opponent the referee may disqualify the offending boxer

Rules of Conduct:

If either Boxer falls through weakness or otherwise, he must get up unassisted, 10 seconds to be allowed him to do so, the other man meanwhile to return to a neutral corner, and when the fallen man is on his legs the round is to be resumed and continued until the three minutes have expired. If one man fails to come to the scratch in the 10 seconds allowed, it shall be in the power of the referee to give the win in favor of the other fighter.

A fighter hanging on the ropes in a helpless state, with his toes off the ground, shall be considered down.

No seconds or any other person to be allowed in the ring during the rounds.

Should the contest be stopped by any unavoidable interference, the referee to name the time and place as soon as possible for finishing the contest; so that the match must be won and lost?

The gloves to be fair-sized boxing gloves of the best quality and new:
8yrs and Under 8oz Gloves Halo Rules
9yrs and over 10oz Gloves

Should a glove burst, or come off, it must be replaced to the referee's satisfaction.

A man on one knee is considered down and if struck is entitled to the win.

No shoes or boots with spikes be allowed.

The contest in all other respects to be governed by WKO

Sport-Boxing is strictly an amateur fighting sport, no purses are to be paid other than agreed ticket commission agreed between event Organizer and Boxer.

Sport-Boxing events are for martial arts based clubs to gain experience of the art of boxing. Under a strict controlled and safe environment. And is not to be measured alongside the ABA or BBBoC

ALL RULES MUST BE ADHERED TO DISCIPLINARY ACTION WILL BE TAKEN IF NOT!!!