

Light Contact Kickboxing

Gala bouts are three or five rounds in duration, with each round lasting 1.5 minutes.

Open Tournaments will be two rounds of one minute rounds. (Volume of entries and running times will dictate at organizers discretion. But only at approval of WKO Chief Official in Attendance)

Head shots are only allowed for all ages

The match can only end by ref stoppage due to No Contest.

Both the referee and the ring doctor have full authority to stop the fight.

The fight is scored by three judges on a ten-point must system (The winner of each round receives ten points, and the loser receives nine or less. If the round is even, both competitors receive ten points).

If there is a draw after three rounds, the judges' scores are thrown out and one or two rounds are contested. The judges' decision will then come from the scoring of each extra round only. If, after the extra round(s), there is still a draw, the judges will decide a winner based on the flow of the entire match, considering even the slightest difference. A fight can only end in a draw if both fighters go down at the same time and cannot get up, or in the case of accidental injury in the late stages of the contest.

There is NO KNOCKDOWN rule in effect due to the nature being light contact. Ref may step in and give a count should a fighter need to compose themselves.

The standing eight count is in effect (the referee has the right to declare a knockdown on a fighter who appears to be in a dangerous condition to continue in the match).

A fighter can be saved by the bell only in the last round.

In Gala Light Contact Kickboxing single elimination tournament matches:

Each match is two rounds in duration.

One or two reserve fights are held prior to the single elimination matches. If for any reason a fighter who wins and advances through the brackets is unable to continue, a reserve match competitor, or the fighter's opponent from the most recent match, takes his place. There are certain exceptions to this rule (i.e. a fighter who lost a match by knockout might not be eligible to replace another fighter).

REQUIRED EQUIPMENT

The following equipment is mandatory:

HEAD-GEAR All amateurs must wear HEAD-GEAR. Only Adults may opt out of wearing head gear and both sides must either wear or not wear head gear. Top Ten Head-guards aren't mandatory but are the recommended brand to wear.

GUM-SHIELDS are required at all levels.

TOPS All must wear either a t-shirt or vest as this is one of the fundamental differences between Kickboxing and Light Contact Kickboxing.

BREAST PROTECTORS are optional but recommended for all ladies.

GLOVES: 10oz Gloves are required

WRAPS Hands may only be wrapped with bandage or cotton handwraps. And only taped with Zinc Oxide tape and must not cover the knuckles. Use of GAFFA style tapes is NOT ALLOWED.

TROUSERS Long Kickboxing trousers must be worn.

GROIN-GUARD for males is mandatory. Females is optional

SHIN-GUARDS are also required but must not be ones with metal inserts within them.

FOOT-PADS are mandatory

ANKLE-SUPPORTS are optional

AUTHORISED FIGHTING TECHNIQUES

The following techniques are authorized:

Punches: Straight punches, hooks, uppercuts.

Above Waist Kicks: Front kicks, middle kicks, high kicks, side kicks, back kicks, jumping kicks and spinning kicks.

The following restrictions apply to the usage of the backspin blow.

When it is evident that the attack was made by an elbow, forearm or glove, the attack is considered as a foul. In case the referee cannot determine whether the backspin blow was made by the any none authorized area or not, the match shall be stopped, and the rules director, supervisor, supervisory staff, and the referee and the judges shall review the fight by reviewing the Video Replay, if necessary. When it is determined that the attack was made by the unauthorized blow, the backspin blow is considered as a foul, and the fighter shall be penalized or disqualified at referee discretion.

FOUL TECHNIQUES

ANY EXCESSIVE TECHNIQUE USED WITHOUT THE LEVEL OF CONTROL AGREED AND EXPECTED. CAN AND WILL RESULT IN DISQUALIFICATION AT THE REFEREE'S DISCRETION.

REFEREE'S DECISION IS FINAL.

1. A fighter who executes a foul technique shall be penalized with a "caution", "warning", or a "point deduction". The referee announces a "caution" and "warning" verbally. (2) cautions shall lead to one (1) warning; any warning then on shall be given instead of cautions thereafter. Two (2) warnings shall lead to a one (1) point deduction, and three (3) point deductions in one (1) round shall be grounds for disqualification.

However, this clause shall not apply in cases where the referee rules that the foul technique is unintentional. If the referee judges that the foul technique is malicious or causes significant damages on the opponent, the fighter might be given point reduction immediately, skipping order of foul calls.

The following behavior is considered as foul techniques.

ANY LOW KICK OR USE OF KNEE WILL BE DEEMED A FOUL

1. Using the head to deliver a blow.
2. Using the elbow to deliver a blow.
3. Attacking the opponent in the groin (knee kicking or punching the opponent in the area under the navel shall be considered as low-blows and will be ruled as fouls).
4. Delivering wrestling or judo throwing or submission techniques.
5. Thumbing the opponent
6. Choking and punching the throat of the opponent.
7. Biting the opponent.
8. Attacking the opponent while he is down or in the process of getting up.
9. Attacking the opponent after the referee calling a break.
10. Holding the ropes to whether offensively or defensively.
11. Using offensive or insulting language to the referee.
12. Attacking the back of the head with a punch (the side of the head and the area around the ears are not considered as the back of the head and are valid target areas).
13. Attempting to cause the opponent to fall out of the ring.
14. Voluntarily exiting the ring during the course of a match.
15. Attacking the opponent who turned around and showed his back. However, the referee may give a caution, warning or point reduction to the fighter who showed his back as losing his will to fight.
16. Delivering a backspin blow with elbows, forearms or glove and giving damage to the opponent.

A point reduction may be given immediately to a fighter if the referee finds that the foul technique was inflicted with malicious intent.

A caution shall be given to a fighter who repeatedly charges inside the opponent's arms, with his head held low (i.e. to avoid attack). This shall be considered as inducing a head-butt. In case that either of the fighters gets a cut from a head-butt and is bleeding, the fighter who has caused the cut shall receive a one (1) point deduction. However, if the referee finds the head-butt to have been

obviously intentional or malicious, a deduction of two (2) points shall be given. If the referee judges the head-butt as accidental, there may not be any point reduction.

A caution, warning, and a point reduction shall be given to a fighter who repeatedly uses holding that is not accompanied by attacks, and are judged as being defensive/passive in nature (ie. to avoid attack). Two (2) cautions will sum up to one (1) warning, and the next caution shall be a deduction of one (1) point. Furthermore, the same applies to when grasping and holding the opponent immediately after launching an attack (ie. to avoid a counter-attack.), or falling on the canvas intentionally.

A caution, warning, and a reduction of point may be given to the fighter when a fighter is only waiting for a counter blow and is delivering few attacks, and is considered to be passive.

Holding the kicking leg of an opponent is a foul, Holding the kicking leg and using a throwing technique is also a foul.

Passive holding or clinching is prohibited. However, the referee can permit it only when it is accompanied by an authorized attack. A fighter can be penalized if he resorts to holding or clinching after an authorized attack or in order to avoid attacks.