

International World Kickboxing Federation



**The sanctioning body moving
towards the 21st Century
into the future.**

Rules for
Kickboxing ~ K-1 ~ Muay Thai ~ Full Thai ~ MMA

International World Kickboxing Federation

Rules & Regulation As of the 1st June 2010.

- 2. Cover Page**
- 3. Doctor**
- 4. Referee**
- 5. Judges / Time keeper /**
- 6. Contestants / Trainers & Corner person**
- 7. Weigh In**
- 8. Weight Divisions / No. Fights for Titles /Amateur/Professional**
- 9. Promoter**
- 10. Ring**
- 11. Kickboxing Rules**
- 12. Kickboxing Rules**
- 13. K.1.Rules**
- 14. Muay Thai / Full Thai Rules**
- 15. MMA Fouls.**
- 16. MMA Weight Divisions.**
- 17. MMA Permitted Technique**

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W.K.B.F. **Doctor**

Duty and responsibility of the Doctor.

- Perform a physical check to all fighters competing on the night before the event.
- Doctor must also check fighters after each fight.
- Must always be at ringside whilst the fight is on.
- Must be a registered General Practitioner in Australia or country where the event takes place.
- Make sure of the safety of all fighters.
- Be able to attend fighters with deep lacerations to body parts.
- Must write in contestant's medical book win or loss / opponent fought/ date/place. Any injuries fighter occurs or knockouts and time fighter can resume fighting.

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Referee:

Before event takes place the referee must ensure that the following are in order.

- The safety of the ring must be in order.
- The contestants must be wearing protective mouth guard and groin guard. Clean Shorts.
- Contestant must be wearing right size boxing gloves or MMA gloves. (approved by WKBF Rep.)
- All contestants must compete at the agreed weight.
- Amateur fighters shin pads / head gear optional. Depending on how many fights each fighter has had and age of fighter.
- Make sure all Officials are in place starting of the event/promotion.
- Make sure the qualified Doctor is present.
- All contestants are aware of the rules.
- Protect the safety of fighters at all times whilst in the ring.
- Show respect to all contestants / officials.
- Make sure fighters touch gloves prior to first round and final round.
- Make sure 3 verbal commands are recognized. "Stop" when stopping fight."Break" when ordering fighter to separate. "Fight" when ordering fighter to continue to fight.
- Make sure fighter goes to neutral corner when an eight count is applied.
- Collect score cards from each judge after each round or fight and pass them to the head Judge.
- Make sure there are only 3 persons in each corner.Trainer/2 corner persons.

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Judging.

- It is the responsibility of the 3 judges to judge the contest fairly and without prejudice. The score sheet must be marked correctly and clearly.
- The 10 must system will apply to all styles. Kickboxing, K1, Muay Thai, Full Thai Rules, MMA. (Mixed Martial Arts.)
- Each judge must sit at 3 different sides of the ring in the centre of each side.
- Scoring: 10-9, 10-9, 10-9 in favor of RED is a Unanimous decision to RED corner.
- Scoring: 10 – 10 Blue, 10-10 Red, 10- 9 Blue, Majority points decision to Blue corner.
- Scoring: 10 -9 Red, 10 – 9 Blue, 10-10 draw. Decision DRAW.
- Scoring: 10-9 Blue, 10-9 Blue, 10-9 Red, Split decision to the Blue corner.
- When a fighter has been knocked down and the referee applies a standing 8 count a 10 – 8 is scored on score card. A judge can score it at their own discretion a 10-9 if they see it as a slip or fighter has lost balance, and there was no real damage to fighter who got the 8 count. A fighter may also win back a point in the round.
- Must not Judge or Referee or Time keep under the influence of alcohol or drugs what so ever. You will be fined and have to leave premises.

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Timekeeping.

- Time keeper must have 2 timers. 1 for minutes per round and second timer for rest between rounds.
- Timekeeper must indicate to referee when it is 10seconds to go at the rest period so the referee can call corner persons to get out of ring.
- Make sure the times for each round are correct.
- Have Bell or Horn or Whistle to indicate fight has ended the round.

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W.K.B.F. **Contestants.**

- Must be registered with WKBF.
- Must have medical report up to date signed by your doctor.
- Blood test for HIV, HEP C, HEP B. Current within 6 months.
- Protective mouth guard and groin guard (male). Breast protector Women (optional).
- Hand wraps must be checked by WKBF rep.
- Shin guards / Head gear (optional)
- Clean attire shorts, anklets. etc.
- Fingernails/Toe nails cut short.
- Hair to long must be tied back or plaited to keep away from eyes.
- If under age must have signed registration form by parental or guardian permission.
- Must not fight under any influence what so ever of alcohol or drugs.
- Respect all Officials and Trainer/Corner persons and opponent.

W.K.B.F. **Trainer & Corner persons**

- Must be registered with WKBF
- Making sure their fighter is gloved up to fight. Have right size gloves on.
- Fighter has all protective mouth guard, groin guard. Women breast protector.(optional)
- Clean attire when entering ring.
- Only 3 persons in corner.
- No swearing at officials or opponent. At anytime.
- Must not be under any influence of Alcohol or Drugs (while your fighters are fighting).
- Respect to everyone attending promotions.

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Weigh In.

- WKBF representative must be present.
- Managers/Trainers to be present.
- All contestants fighting on event must be at weigh in (unless arranged changes of time with Promoter.)
- Contestants who fight each other can only weigh no more than 2.5kilograms over their weight.
- 24 hr weigh in applies to all WKBF promotions.
- When contestant fights for titles and does not make agreed weight they have 3 hours to lose weight or contest can still continue on as a non title or a compromise can be agreed upon.
- All Contestants must have medical book and current blood results HEP B. HEP C. HIV. WKBF medical form, from the Doctor saying you are fit to fight on the night. Other sanctioning body medical forms and blood results will be accepted by WKBF Rep as long as they are current and within the 6 months.

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Weight Divisions.

- **10 oz Gloves to be used.**

Super heavy	95kg and above
Heavyweight	91.9 ~ 95.0 kgs
Super cruiser	88.3 ~ 91.8 kgs
Cruiserweight	84.5 ~ 88.2 kgs
Light Cruiser	81.5 ~ 84.4 kgs
Light Heavy	78.2 ~ 81.4 kgs
Super Middle	75.1 ~ 78.1 kgs
Middleweight	72.4 ~ 75.0 kgs
Light Middle	69.6 ~ 72.3 kgs
Super welter	66.9 ~ 69.5 kgs

- **8oz Gloves to be used.**

Welterweight	64.6 ~ 66.8 kgs
Light Welter	62.4 ~ 64.5 kgs
Super Light	60.1 ~ 62.3 kgs
Lightweight	58.3 ~ 60.0 kgs
Featherweight	56.5 ~ 58.2 kgs
Bantamweight	54.6 ~ 56.4 kgs
Flyweight	52.0 ~ 54.5 kgs
Atom weight	49.0 ~ 51.9 kgs
Light Atom	46.0 ~ 48.9 kgs
Straw weight	43.0 ~ 45.9 kgs
Light straw	40.1 ~ 42.9 kgs
Paperweight	38.0 ~ 40.0 kgs

Number of Fights for Titles Amateurs & Professionals.

- 6 to 8 fights 6 wins out of 8 fights for a State Title / East Coast
- 9 to 11 fights 8 wins out of 11 fights for a Australian Title
- 12 to 14 fights 10 wins out of 14 fights for a South Pacific Title
- 15 to 17 fights 14 wins out of 17 fights for a Commonwealth Title
- 18 to 21 fights 16 wins out of 21 fights for a Intercontinental Title
- 21 to 25 fights 20 wins out of 25 fights for a World Title

(Number of Fights are subject to change for titles on merit of fighter and availability of fighters in weight division)

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W.K.B.F.

Promoter.

- Promoter must be of good character.
- Must have a good credit rating.
- Insurance cover liability for event.(optional)
- Pay Officials/ Sanctioning body on the night. (before main event).
- Pay Fighters purse (if professional/Work cover optional) (immediately after their fight).
Or if made other arrangements with manager/Trainer.
- Make sure all expenses are paid on the night. (Unless made other arrangements.)
- Have knowledge and support of the Martial Arts industry. (Kickboxing, Muay Thai, K1.Mixed Martial Arts. (MMA).
- Must have excellent backstage workers.
- Gloves recognized by WKBF representative on the night.3sets 10 oz 1set 8oz. lace up.
- Fightcard of minimum 8 fights - maximum 16 fights.
- All contestants weighed in 24hrs before event.
- All contestants to have medicals/Blood test sighted by WKBF Representative.
- Make sure fights are evenly matched by the Promoter or recommended Matchmaker.
- Make sure there is a registered Doctor on the night.
- M.C. on the night.
- Video cameramen.
- Contracts for event etc. Fighters. Venue.(optional)
- Must have sufficient SECURITY on the night for the safety of the people.e.g. Metal detectors, Extra Security guards. (6 minimum). Police presence (optional - depending on where the event is, and number of attendance)
- Be registered with WKBF/ Amateur or Combat Sports Authority/ Professional
- Supply Trophies.
- Pay for any Airfares/Food/Accommodation / Petrol if travelling within 60klm radius.

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W.K.B.F. RING.

- Must be approved by WKBF Representative.
- Used for Kickboxing, Muay Thai, Full Thai, K1. Rules. Boxing.
- Must not be less than 4 ropes or 5 ropes, if having MMA fights, if any rings available with 5 ropes.
- All national fights will be held in a 5 x 5m (minimum) ring or 6x6m for international or national events.
- MMA events for the ring as above or specified CAGE.
- The ring ropes and corners must be well padded.
- The ring floor must have 2cm of padding material so as to protect the fighters from any major injuries in the event.
- Ring to be checked by referee to ensure its safety. Before event starts.
- Stretcher in case fighter is too injured to leave ring. Bell or Horn/Whistle./ Timers.

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W.K.B.F. **KICKBOXING RULES.**

Permitted Fighting Techniques.

- All western style boxing techniques.
- All western and eastern techniques with the use of foot and shins.
- Kicking inside outside leg kicks.
- Kicking to head & body.

Forbidden Fighting Techniques.

- Hammer Punch.
- Hitting with the inside of gloves.
- Punching opponent's kidneys or neck.
- Punching or kicking to opponent's groin.
- Kneeing or elbow techniques.
- Clinching the opponent.
- Throwing the opponent.
- Holding the opponents leg after he has kicked.
- Holding the opponents arm.
- Strikes to the spine or joints.
- Kicking or punching to opponents back.
- Kicking and punching after the referee has instructed the contestant to stop.
- Kicking and punching while on floor.
- Speaking during fight.
- Headbutting
- Biting.

Contest Being Stopped Due To an Injury.

In the case that a contest has to be stopped due to an injury, the referee will decide whether the injury was due to a foul technique or legitimate technique.

The referee has to consult with the 3 Judges as to the above matter before a final decision is made. If it is the decision that the technique was a foul the injured party will be the loser. In the case the person has committed the offence will be disqualified. The referee can stop a contest at any time if he feels that the contestant is in danger and in his opinion safeguarding the contestant from fatal danger. The contestant will be scored as RSC. (Referee stopped contest.)

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Suspension.

In the case of the contestant has been knocked out while competing; he or she will be suspended for 4 to 6 weeks pending on doctor's decision. The incident will be noted by the WKBF Representative. It is the duty of the WKBF Representative to ensure the suspension is upheld. A knockout occurring in an international bout must be reported to the WKBF Headquarters.

Amateur Kickboxing Rounds.

- Can be fought over 3x1 1/2mins with 1min rest.(first timers 0-4 fights)
- Can be fought over 3x2mins rds 1min rest, 4 x 2mins NSW/EastCoast Titles
- Can be fought over 5x 2mins 1 min rest Australian Title, South Pacific, Commonwealth Title.
- Intercontinental 6 x2mins 1 minute rest
- World Amateur 7 x 2mins 1 minute rest.

Professional Kickboxing Rounds.

4 x 2mins 1min rest.

6 x 2mins 1min rest.

8x 2mins 1min rest

10 x 2mins 1min rest

12 x 2mins 1 minute rest.

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K.1. RULES

Permitted Techniques allowed.

- All western style boxing techniques.
- Spinning backfist.
- All eastern and western kickboxing techniques with use of foot and knee.
- Kicking inside outside leg kicks.
- Grabbing neck with one hand grapple and throwing knee to body or head but must release when attempting knee to body or head. Cannot grapple and hold.
- When fighter attempts to throw body kick, opponent can counter with grabbing leg release on impact when coming through with punch to head or body.
- Flying knees to the head and body.

Forbidden Fighting Techniques Disallowed.

- Clinching opponent with 2 hands
- Hammer punch.
- Hitting with inside of glove
- Punching & striking to opponent's groin.
- Punching to opponent's kidneys and neck.
- Elbows to head and body.
- Kicking punching to opponents back.
- Kicking and punching while on floor.
- Speaking during fight. Biting/Holding opponents arm.
- Headbutting./ Throwing the opponent.
- Strikes to joints or spine.
- Kicking and punching after referee has instructed the contestant to stop.

W.K.B.F. Amateur K1. Rounds.

3 x 2mins 1 min rest

4 x 2mins 1 min rest.

5 x 2mins 1min rest

6 x 2min rounds 1 min rest World Amateur Title

W.K.B.F. Professional K.1 Rounds.

3 x 3mins 1min rest if draw go into extra rounds.

Can only go to 2 extra rounds then winner must be decided.

5 x 3mins 1min rest cannot do extra rounds.Open.

5 x 3mins World Professional Title fight 1min rest.

International World Kickboxing Federation

W.K.B.F. MUAY THAI RULES.

Permitted Techniques.

- 3- 6 second Grapple with both hands behind neck.
- Knee to head & Body/ Flying knee to head & body
- Throwing from the waist to ground.
- Front kicks / High kicks to head./ Body kicks to waist.
- Inside/ outside leg kicks.
- Kick to thighs/calf.
- Sweep kick front leg.
- Grabbing leg when kicked to body and sweeping back leg to ground.
- Spinning back fist allowed.

W.K.B.F. FULL THAI RULES.

Permitted Techniques all of the above plus.

Elbows to Body & Head.

Techniques Not allowed.

- Kick to knee joints/Spine or any parts of the back of body.
- Bite/ Spit at opponent.
- Swear or Talk to opponent.
- Disrespect to opponent.
- Headlock opponent
- Hold ropes while punching or kicking.
- Throw opponent out of ring.
- Choke opponent.

Weight divisions refer to WKBF weight divisions.

W.K.B.F Amateur Muay Thai Rounds.(refer to K1 Amateur rounds.)

WKBF Professional Muay Thai/ Full Thai Rounds.

3 x 3min Rounds 1min rest Muay Thai

5 x 3mins Rounds 1min rest Muay Thai

5 x 3mins Rounds 2min rest or 1 min rest optional .Full Thai Rules. Title bout will be 2 min rest unless agreed by sanctioning body Representative and trainers. 24 hours prior to the fight.

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W.K. B. F. **MIXED MARTIAL ARTS (MMA).**

Fouls:

- Butting with head.
- Eye gouging.
- Biting.
- Hair pulling.
- Fish hooking.
- Groin attack of any kind.
- Poking finger into orifice or into any cut or laceration on a opponent.
- Small joint manipulation.
- Striking to spine or back.
- Striking down ward using the point of elbow.
- Throat strikes of any kind, including, without limitation, grabbing the crutch.
- Clawing pinching or twisting the flesh.
- Grabbing the clavicle.
- Kicking or kneeing the head of a grounded opponent.
- Stomping a grounded opponent.
- Kicking to the kidney with the heel.
- Spiking an opponent to the canvas on his head or neck.
- Throwing opponent out of ring or Cage.
- Holding shorts or gloves of opponent.
- Spitting at opponent.
- Engaging in an un-sportsman like conduct that causes injury to opponent.
- Holding ropes or Cage.
- Using abusive language in the ring or Cage area.
- Attacking opponent on or during break.
- Attacking a opponent under the care of the referee.
- Attacking an opponent after the bell has sounded the end of the period of unarmed combat.
- Disregarding the instructions of the referee.
- Timidity, including without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouth piece or faking injury.
- Interference by the corner./Throwing in towel during competition.

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MIXED MARTIAL ARTS (MMA).

Weight Divisions.

Bantamweight	Under 62kg
Featherweight	over 62 ~ 65kgs
Light Welter	over 65 ~ 70kgs
Welterweight	over 70 ~ 77kgs
Middleweight	over 77 ~ 84kgs
Light Heavy	over 84 ~ 93kgs
Heavyweight	over 93 ~ 120kgs
Super Heavy Weight	over 120kgs

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Permitted Technique Mixed Martial Arts

- Western style boxing.
- Kickboxing.
- Grappling
- Knee to head & body whilst standing.
- Throwing opponent to ground.
- Ground to Pound.
- Ji Jitsu techniques
- Judo Throws.
- Arm Bar.
- Guillotine Choke.
- Body Slam.
- Rear Choke
- Mounting opponent strike to face.
- Clinching/standing submissions are legal

Bout Duration:

All non- championship Amateur bouts shall be 2 x3mins or 3x3mins
Amateur titles 2x5mins ~ 1min rest

Professional Championship Bouts

2 x 5min rounds ~ 1 min or 2 min rest
3 x 5min rounds ~ 1min or 2 min rest
5 x 5min rounds ~ 1min or 2 min rest

Ways to win.

Submission by physical tap out or Verbal Tap out.
Technical Knockout by the referee stopping the contest.
Decision via the score cards.
Scoring by using the 10 must system with 3 judges.

For further information concerning WKBF Rules & Regulation

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