

# WKA

W<sub>orld</sub> K<sub>ickboxing</sub> A<sub>ssociation</sub>

W<sub>orld</sub> K<sub>arate</sub> A<sub>ssociation</sub>



WKA  
Official Rulebook  
2011

## CONTENT

	<b>Introduction</b>	<b>5</b>
<b>I.</b>	<b>General</b>	<b>6</b>
1.	<b>WKA</b>	<b>7</b>
2.	<b>Amateur Status</b>	<b>7</b>
3.	<b>Doping</b>	<b>7</b>
4.	<b>Registration</b>	<b>7</b>
5.	<b>Age Categories</b>	<b>8</b>
6.	<b>Weight Classes &amp; Weigh In</b>	<b>9</b>
7.	<b>Competition Management</b>	<b>12</b>
8.	<b>Referees</b>	<b>13</b>
<b>II.</b>	<b>Point Fighting (Semi Contact) Rules</b>	<b>16</b>
1.	<b>Clothing and Outfit</b>	<b>17</b>
2.	<b>Matches, Weight and Age Divisions, Match Time</b>	<b>18</b>
3.	<b>The Referee's Power</b>	<b>19</b>
4.	<b>Beginning, Interruption, and End of Fights</b>	<b>20</b>
5.	<b>Rules of Competition</b>	<b>20</b>
6.	<b>Points and Scoring</b>	<b>21</b>
7.	<b>Warnings and Penalty-Points</b>	<b>23</b>
8.	<b>Competition Safety Rules</b>	<b>23</b>
9.	<b>Protests and Alteration of Decisions</b>	<b>24</b>
<b>III.</b>	<b>Forms Rules</b>	<b>25</b>
	<b>Introduction</b>	<b>26</b>
1.	<b>Hard Style</b>	<b>27</b>
2.	<b>Korean Style</b>	<b>27</b>
3.	<b>Karate Kata (Japanese/Okinawan Style)</b>	<b>27</b>
4.	<b>Soft Style (Chinese Style)</b>	<b>27</b>
5.	<b>Free Style</b>	<b>27</b>
6.	<b>Weapons with Music</b>	<b>27</b>
7.	<b>Weapons No Music</b>	<b>28</b>
8.	<b>Traditional Karate Weapons</b>	<b>28</b>
9.	<b>Veterans Traditional</b>	<b>28</b>
10.	<b>Veterans with Music</b>	<b>28</b>
11.	<b>Hard Style and Traditional Team Forms</b>	<b>28</b>
12.	<b>Free Style Team Forms</b>	<b>28</b>
<b>IV.</b>	<b>Karate Kumite Rules</b>	<b>29</b>
1.	<b>Kumite Shobu Ippon</b>	<b>30</b>
2.	<b>Kumite Shobu Nihon: WKA Kids &amp; Juniors Rules</b>	<b>31</b>
3.	<b>The Terminology</b>	<b>31</b>

<b>V.</b>	<b>Light Contact Rules</b>	<b>33</b>
1.	WKA Amateur Weight Classes	34
2.	The Attendance of a Physician	34
3.	Divisions, Rounds	34
4.	Rules of Conduct Inside and Outside of the Ring	35
5.	Coaches	36
6.	Scores and Points in Light Contact	36
7.	Protests and Alteration of Decisions in European and World Championships	38
<b>VI.</b>	<b>Full Contact, Thai Boxing, &amp; Original WKA Kickboxing (K-1 Style) Rules</b>	<b>39</b>
1.	WKA Amateur Weight Classes	40
2.	The Attendance of a Physician	40
3.	Divisions, Rounds	41
4.	Rules of Conduct Inside and Outside of the Ring	41
5.	Coaches and A, B, C, & D Licenses in Galas	42
6.	Matches in Full Contact, Thai Boxing, and Original WKA Kickboxing (K-1 Style)	42
7.	WKA Amateur Division Scoring Rules	44
8.	Scoring and Points in Full Contact, Thai Boxing, and Original WKA Kickboxing	44
9.	Protests and Alteration of Decisions	45
<b>VII.</b>	<b>Mixed Martial Arts (MMA) Rules</b>	<b>47</b>
1.	Weight Classes	48
2.	World Level Competitions	48
3.	The Attendance of a Physician	48
4.	Fighting Area	48
5.	Round Number and Length	48
6.	Attire	49
7.	Rules of Conduct Inside and Outside the Ring	49
8.	The Competitor	49
9.	The Competitor's Equipment	49
10.	Seconds	50
11.	Amateur Division Scoring Rules	50
12.	Legal Techniques	53
13.	Illegal Techniques	53
14.	Warnings and Minus Points	54
15.	Protests and Alteration of Decisions	54
<b>VIII.</b>	<b>Submission Grappling Rules</b>	<b>56</b>
1.	Tournament Admission	57
2.	Fighting Area	57
3.	Age Classes	57
4.	Additional Regulations of Class and Division	57
5.	Experience Levels and Belt Levels	57

<b>6.</b>	<b>Weight Classes</b>	<b>57</b>
<b>7.</b>	<b>Weigh-In</b>	<b>58</b>
<b>8.</b>	<b>The Competitor's Apparel</b>	<b>58</b>
<b>9.</b>	<b>Match Lengths</b>	<b>59</b>
<b>10.</b>	<b>The Grappling Area, the Table, Timekeepers, and Scorekeepers</b>	<b>59</b>
<b>11.</b>	<b>The Referee</b>	<b>59</b>
<b>12.</b>	<b>Penalties</b>	<b>60</b>
<b>13.</b>	<b>Legal Techniques</b>	<b>61</b>
<b>14.</b>	<b>Illegal Techniques</b>	<b>61</b>
<b>15.</b>	<b>Match Conclusions</b>	<b>62</b>
<b>16.</b>	<b>Points</b>	<b>62</b>
<b>17.</b>	<b>Advantages</b>	<b>64</b>
<b>18.</b>	<b>Protests and Alteration of Decisions</b>	<b>64</b>

## **INTRODUCTION**

**This rulebook replaces all previously issued rules.**

**These current rules are valid for members from all states, whereas consideration can be given to local law, in case the law requires such adjustments.**

**English is the official language of the WKA. This rulebook can be translated into other languages by the WKA headquarters (hereinafter referred to as the "WKA HQ"). In case of any discrepancies, the official English version shall prevail.**

**Without a written consent from WKA HQ this rulebook shall not be used (copied, published, distributed, etc...) for commercial or business purpose in any way, even electronically.**

**It is WKA members' responsibility to be aware of and to know the WKA official rulebook, including its changes and amendments. Ignorance of the updated version of the WKA rulebook, which is available on the WKA official website, will not be taken into consideration at any WKA event.**

<b>I.</b>	<b>General</b>	<b>6</b>
1.	WKA	7
2.	Amateur Status	7
3.	Doping	7
4.	Registration	7
5.	Age Categories	8
6.	Weight Classes & Weigh In	9
7.	Competition Management	12
8.	Referees	13

## 1. WKA

### WKA

WKA stands for the World Kickboxing and Karate Association, which has its seat in Italy. The affiliated National Federations are members of WKA.

### WKA HQ

WKA HQ stands for WKA headquarters, which has seat in Italy.

### WKA Executive Board

WKA Executive Board consists of all WKA vice presidents.

## 2. Amateur Status

The term "Amateur" is used to refer to the Full Contact, Original WKA Kickboxing (K-1 style), Thai Boxing, Mixed Martial Arts, and Submission Grappling competitors. However, in this rulebook it is used to describe all non-professional competitors.

A professional is a competitor who is under a professional contract and simultaneously earns more than 100,000 Euro per year by professional fights.

A professional competitor cannot participate in amateur events; especially the amateur WKA World Championships. If the WKA HQ should discover non-amateur participation in such events, one or more of the following consequences might be considered:

- a) Disqualification of the non-amateur; and/or
- b) Participation ban , time to be determined by the WKA HQ;
- c) Fine of 250 Euro; and/or
- d) Revocation of the won title; a revocation of the World title requires the WKA Executive Board approval.

## 3. Doping

It is prohibited to use any substance to boost one's performance, if such substance is banned by one of the appropriate organizations as a doping substance (IOC, Anti-Doping Agency, National Olympic Committee, etc.).

The WKA supervisor, tournament promoters, and the official doctor can and may perform tests. Other qualified and authorized organizations or persons may also perform such tests in case the local law dictates that.

Competitors who intentionally avoid or evade such controls or try to obstruct or manipulate the testers in any way can be disqualified and banned for a period of time to be determined by the WKA HQ.

Privacy, especially for children and female competitors, shall be respected. Doping tests must be made by a qualified person of the same gender. Whenever this is not available, a WKA supervisor of the same gender shall supervise the collection of the test samples.

## 4. Registration

### Conditions:

Competitors who wish to be admitted to any competition, tournament, or gala should fulfill the following conditions:

- a) Possess a WKA issued or accepted sport book (sport pass); and
- b) Have a valid stamped license for the current year applied in the sport book; and
- c) Have proof of an appropriate entry in the sport book, or show a medical test not older than 12 months, proving that they are "fit to fight"; and
- d) Have no medical or any other reason preventing them from participating in the event; and
- e) Show a medical proof of EEG examination in case of having experienced three head knockouts within a period of less than 12 months, with the EEG made after the banned period; and
- f) Female participants must not be pregnant; and
- g) Fighters in Ring Sports divisions must undergo an AIDS test with the cost of 2 € if the test is available and to provide it according to local law where possible

### Entries into the WKA sport book:

Promoters of the tournaments, competitions or galas are responsible to make the following entries into the WKA sport book:

- a) Place, date and name of the event;
- b) Fact that the competitor took part in the event;

- c) Discipline and place (1st, 2nd, 3rd) of the competitor; and
- d) The fact of any head knockout.

In addition to the promoter, the head referee, a WKA supervisor, or, in the case of a head knockout, the physician can also make the entries.

Banning periods after a head knockout:

- a) 1 month after the first head knockout within 12 months;
- b) 3 months after the second head knockout within 12 months; and
- c) 12 months after the third head knockout within 12 months (EEG required).

After being banned for 12 months due to three head knockouts within 12 months, the competitor must submit medical documentation with a negative EEG examination result before he/she can participate in any competition again.

Identification of the competitors:

In international tournaments, competitions or galas, competitors must prove their identity and nationality by showing a government-issued ID.

Competitors who show an ID card issued by WKA HQ displaying their 5-digit MAP number, and who have already had their passport or ID scanned need not to show further identification.

**At international competitions, competitors must be in possession of their WKA-issued ID card in order to gain access to the venue and to the competition area. At tournaments, this ID shall serve to prove to the referee the identity of the competitor as well as the division(s) for which the competitor has registered.**

Exceptions from nationality requirements:

A competitor can prove his/her special relation to a country other than the one of his/her nationality (the "chosen" country) by submitting to WKA HQ one of the following documents:

- a) Birth certificate of the country of choice;
- b) Marriage certificate with a citizenship of the country of choice; or
- c) Proof of a permanent residence of the country of choice.

Competitors must submit a written application to start "the country of choice" process through the national federation, which then forwards the application to WKA HQ.

Competitors who have selected a "country of choice" can only change the country after obtaining a new citizenship or after moving to another country for permanent residency.

The WKA Executive Board has the right to decide upon such applications, which must be submitted at least one month prior to the competition in which the competitor intends to participate. Exceptions may be made only where approved only by the WKA HQ .

## 5. Age Categories

The cut off date for an age category is always the 30th of June of the calendar year in which the competition is held.

Kids:

A kid who is 12 years old or under on the cut off day can compete in this age category. The promoter of tournament must inform all country representatives in the official invitation about the age limit within which kids can compete in the tournament.

Juniors:

A junior who is between the age of 13 and 17 (inclusive) years old on the cut off day can compete in this age category.

**Juniors – Ring Sports:**

**A junior who is between the age of 15 and 17 (inclusive) years old on the cut off day can compete in this age category.**

Adults:

An Adult who is 18 years or older on the cut off day can compete in this age category.

Veterans:

A Veteran who is 35 years or older on the cut off day can compete in this age category. There is no Veteran category in Full Contact, Thai Boxing, Original WKA Kickboxing (K-1 style), and MMA (Mixed Martial Arts). Veterans may compete down one age category.

Executives:

An Executive who is 45 years or older on the cut off day can compete in this age category. There is no Executive category in Full Contact, Thai Boxing, Original WKA Kickboxing (K-1 style), and MMA (Mixed Martial Arts). Executives may compete down one age category.

## 6. Weight Classes / Weigh-In Overview:

	Boys		Girls		Men		Women	
	Kids -12 Years	Juniors 13-17 Years	Kids -12 Years	Juniors 13-17 Years	Men	Veterans +35 Years / Executives +45 Years	Women	Veterans +35 Years / Executives +45 Years
Point Fighting	- 25 kg	- 40 kg	- 25 kg	- 40 kg	-60 kg	- 75 kg Veterans	- 50 kg	- 60 kg Veterans
	- 30 kg	- 45 kg	- 30 kg	- 45 kg	- 65 kg	- 85 kg Veterans	- 55 kg	+ 60 kg Veterans
	- 35 kg	- 50 kg	- 35 kg	- 50 kg	- 70 kg	+ 85 kg Veterans	- 60 kg	
	- 40 kg	- 55 kg	- 40 kg	- 55 kg	- 75 kg		- 65 kg	-65 kg Executives
	- 45 kg	- 60 kg	- 45 kg	- 60 kg	- 80 kg	-80 kg Executives	+ 65 kg	+65 kg Executives
	- 50 kg	- 65 kg	- 50 kg	+ 60 kg	- 85 kg	+80 kg Executives		
	+ 50 kg	- 70 kg	+ 50 kg		- 90 kg			
		+ 70 kg			+ 90 kg			
	Teamfight	Teamfight	Teamfight	Teamfight	Teamfight		Teamfight	
Light Contact	- 25 kg	-40 kg	- 25 kg	- 40 kg	- 60 kg	- 75 kg Veterans	- 50 kg	- 60 kg Veterans
	- 30 kg	- 45 kg	- 30 kg	- 45 kg	- 65 kg	- 85 kg Veterans	- 55 kg	+ 60 kg Veterans
	- 35 kg	- 50 kg	- 35 kg	- 50 kg	- 70 kg	+ 85 kg Veterans	- 60 kg	
	- 40 kg	- 55 kg	- 40 kg	- 55 kg	- 75 kg		- 65 kg	
	- 45 kg	- 60 kg	- 45 kg	- 60 kg	- 80 kg	-80 kg Executives	+ 65 kg	-65 kg Executives
	- 50 kg	- 65 kg	- 50 kg	+ 60 kg	- 85 kg	+80 kg Executives		+65 kg Executives
	+ 50 kg	- 70 kg	+ 50 kg		- 90 kg			
		+ 70 kg			+ 90 kg			
	Teamfight	Teamfight	Teamfight	Teamfight	Teamfight		Teamfight	
Traditional Karate Kumite	- 25 kg	-40 kg	- 25 kg	- 40 kg	- 60 kg	- 75 kg Veterans	- 50 kg	- 60 kg Veterans
	- 30 kg	- 45 kg	- 30 kg	- 45 kg	- 65 kg	- 85 kg Veterans	- 55 kg	+ 60 kg Veterans
	- 35 kg	- 50 kg	- 35 kg	- 50 kg	- 70 kg	+ 85 kg Veterans	- 60 kg	
	- 40 kg	- 55 kg	- 40 kg	- 55 kg	- 75 kg		- 65 kg	-65 kg Executives
	- 45 kg	- 60 kg	- 45 kg	- 60 kg	- 80 kg	-80 kg Executives	+ 65 kg	+65 kg Executives
	- 50 kg	- 65 kg	- 50 kg	+ 60 kg	- 85 kg	+80 kg Executives		
	+ 50 kg	- 70 kg	+ 50 kg		- 90 kg			
		+ 70 kg			+ 90 kg			

					Kadets 15-17 years			
					Men	Women	Boys	Girls
Full Contact/ Thai Kickboxing for Men and Full Contact and Original WKA Kickboxing for Women & Kadets					- 60 kg	- 50 kg	- 50 kg	- 50 kg
					- 65 kg	- 55 kg	- 55 kg	- 55 kg
					- 70 kg	- 60 kg	- 60 kg	- 60 kg
					- 75 kg	- 65 kg	- 65 kg	
					- 80 kg	+ 65 kg	- 70 kg	
					- 85 kg		- 75 kg	
					- 90 kg		- 80 kg	
					+ 90 kg		- 85 kg	
MMA (Mixed Martial Arts)					- 60 kg			
					- 65 kg			
					- 70 kg			
					- 75 kg			
					- 80 kg			
					- 85 kg			
					- 90 kg			
					+ 90 kg			
Submission Grappling					- 60 kg	- 50 kg		
					- 65 kg	- 55 kg		
					- 70 kg	- 60 kg		
					- 75 kg	- 65 kg		
					- 80 kg	+ 65 kg		
					- 85 kg			
					- 90 kg			
					+ 90 kg			

	Boys		Girls		Men		Women	
	Kids -12 Years	Juniors 13-17 Years	Kids -12 Years	Juniors 13-17 Years	Adults	Veterans +35 Years / Executives +45 Years	Adults	Veterans +35 Years / Executives +45 Years
Forms	Hard Style	Hard Style	Hard Style	Hard Style	Hard Style	Traditional Forms (Korean, Japanese, soft)	Hard Style	Traditional Forms (Korean, Japanese, soft)
	Korean Style	Korean Style	Korean Style	Korean Style	Korean Style	Weapons no music	Korean Style	Weapons no music
	Traditional Karate	Traditional Karate	Traditional Karate	Traditional Karate	Traditional Karate	Traditional karate	Traditional Karate	Traditional karate
	Forms Soft-Style	Forms Soft-Style	Forms Soft-Style	Forms Soft-Style	Forms Soft-Style	Traditional weapons	Forms Soft-Style	Traditional weapons
	Free Style Open with music	Free Style Open with music	Free Style Open with music	Free Style Open with music	Free Style Open with music		Free Style Open with music	
	Weapons with music	Weapons with music	Weapons with music	Weapons with music	Weapons with music	Only Veterans +35	Weapons with music	Only Veterans +35
	Weapon no Music	Weapon no Music	Weapon no Music	Weapon no Music	Weapon no Music	Free Style Open with music	Weapon no Music	Free Style Open with music
	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Traditional Weapons	Weapons with music	Traditional Weapons	Weapons with music
	Free Style Team Forms and Hard style - Traditional Team Forms				Hard style and Traditional Team Forms	Hard style and Traditional Team Forms	Hard style and Traditional Team Forms	Hard style and Traditional Team Forms
					Free Style Team Forms		Free Style Team Forms	Free Style Team Forms

## **Weigh-In**

### **Time:**

The weigh-in must be completed at least two hours prior to the first bout.

### **International Tournaments, Competitions or Galas:**

Whenever possible, a selection of volunteer referees, preferably from different countries, shall supervise the weigh-in on the day before the competition.

### **Tolerance:**

Generally, there is no tolerance. Only kids will be allowed a half kilo discrepancy of weight.

Only three participants from each country are permitted per weight division. No overbooking is allowed except with written consent from WKA HQ, which may be given in electronic form (e-mail). The WKA Representative shall apply for the forementioned WKA HQ consent a minimum of one month prior the competition in written or electronic (e-mail) form.

Overbooking in the case of the forementioned exception of a weight division in any age must be handled in such a way that the number of participants of the same country in one particular weight division is reduced to three.

The corresponding national coach or country representative can influence the placement of his/her competitors for the "fight-off" during the pool drawing.

### **Medical Examination**

All competitors must present medical check no older than 12 months, undersigned by a physician. Otherwise the competitor must undergo a medical check by the present physician, who shall be designated by the promoter of the tournament. Whenever there are male and female participants, the medical examinations must be held in separate rooms or, depending on availability, in one room at different times.

If a competitor is not in possession of his or her sport book with the annual WKA license stamp at the time of the physical examination and the weigh-in, he or she shall not be permitted to fight.

## **7. Competition Management**

### **Fighting Areas:**

Fighting Areas for Point Fighting, Forms, Light Contact, and Karate Kumite:

- a) The fighting area must be square. Each side must be 8 metres in length (8 m X 8 m) maximum or 6 metres (6 m X 6 m) minimum.
- b) Around the fighting area, a safety zone strip of two meters shall be kept clear. Only referee tables are allowed to be placed within this safety zone. No spectators are allowed to be within that zone. The safety strip zone can be marked.
- c) The timekeeper and scorekeeper are located at the referee table facing the head referee.
- d) In the case that there is only one fighting area, sufficient space for the medics and/or emergency personnel shall be provided at the referee table.
- e) The referee table must be equipped with the following items:

Pool lists

Score displays

Table stop watch. A hand stop watch is not acceptable.

Acoustic signal (Bell, whistle, or horn for ringsports; voice is sufficient for other disciplines)

"Bean-Bag" is allowed

Spare paper and pencils

PC and printer are allowed

### **Box Rings:**

- a) Full contact competitions shall be held inside a box ring.
- b) The box ring's components, including but not limited to, all side protection and ropes, must be inspected for suitability and safety prior to the first competition.
- c) The length of each side of the box ring shall be at minimum 4.5 meters and at maximum 6.00 meters (side length of the rope). It shall consist of 4 ropes.
- d) The minimum diameter of the 4 ropes is 2.5 centimetres (1 inch).
- e) The lowest rope must be placed 33centimetres (13 inches) above the platform, while the top rope shall be placed no more than 1.30 metres above the platform.
- f) All ropes must be covered with soft, tightly fitted materials.
- g) The four corners must be made of metal. The diagonal distance between opposite corners must not exceed 10.6 metres (outside measurement).
- h) The height of the corners must not be more than 1.30 metres (52 inches) above the platform of the ring.
- i) All corners must be covered with commonly used cushions in order to avoid possible injuries.
- j) The platform itself may not be placed higher than 1.20 metres above ground level. It must be covered with a shock absorbent (Mat Puzzles or similar) material below the ring floor layer.

- k) Stairs shall be placed in the red and the blue corners as well as in one white corner.
- l) Sufficient chairs must be provided for coaches.
- m) The referee table must be equipped with the following items:
  - Pool lists
  - Score cards
  - 6 clickers
  - Table stop watch and hand stop watch as a reserve
  - Acoustic signal (Bell, whistle or horn)
  - PC and printer are allowed
  - Spare paper and pencils
- n) Judges tables and chairs shall be located along the other three sides of the ring box.
- o) If there is only one ring in use, sufficient space for the medics and/or emergency personnel shall be provided at the referee table.
- p) To avoid possible injuries, media are not allowed on the platform during the rounds.

## 8. Referees

All provisions in this article set the basic duties of referees. Referees must fulfill other conditions, requirements and duties set in other WKA official documents related to referees, which are published on the WKA web page.

### Referee Categories:

#### International referee categories:

Referees of the categories “master referee“, “international referee“ and “international judge“ are identified by a different colour ID card marked with “REFEREE.”

A Master Referee is required to take part at the WKA World Championships as an international referee for 3 years (3 times) and pass the Master Referee test. A Master Referee must also have sufficient knowledge of English.

An International Referee is required to take part at the WKA World Championships as an International Judge for 3 years (3 times) and pass the international referee test. An International Referee must also have sufficient knowledge of English.

An International Judge is required to have 3 years of practice in refereeing as a first class national referee and pass the International Judge test. An International Judge must also have sufficient knowledge of English.

WKA HQ organizes referee super seminars one time per year before the World Championships for training and licensing “Master Referees“, “International Referees“ and “International Judges“. Attendance of this seminar and successful passing of the appropriate test as well as sufficient knowledge of English (the official language of the WKA) are the conditions to become a “Master Referee“, “International Referee“ or “International Judge“.

Each country is responsible for its own graded referees' training and licensing of national class referees. However, the WKA may also offer such seminars.

#### The power of the “Master Referee“, “International Referee“ and “International Judge“:

“Master Referee“: Entitled to be head referee and ring inspector at the WKA World Championships or to act as a supervisor in international titled competitions. A WKA Master Referee cannot have a leading position in other world kickboxing associations.

“International Referee“: Entitled to be a referee in the WKA World Championships finals and/or to act as a referee or judge in international titled competitions. An International Referee is entitled to be a ring inspector at the WKA World Championships as well in the case that there is no master referee on the fighting area in this position.

“International Judge“: Entitled to be a referee in the elimination competitions in the WKA World Championships or to act as a judge in national titled competitions.

### Conflict of Interest:

#### Nationality:

In continental and world championships competitions, the referee team has two composition options:

- a) One referee from the nationality of the red corner competitor, one referee from the nationality of the blue corner competitor, and one or more referees neither from the nationality of red nor blue corner competitors.
- b) All referees have different nationalities than both the red and blue corner competitors.

Note:

If a referee has several nationalities, or if he/she, based on the exception of the nationality principle, has chosen a country, he/she must step down whenever the competitor is either from one of the referee's nationalities or from his/her country of choice.

Note: This rule concerning the nationality of referees can be broken only by the decision of the supervisor and only in the case that there are not enough referees of different nationalities at the tournament.

It is the referee's responsibility to report any possible conflict of interest. In case of an omission, the WKA HQ, after consulting with the Head Referee may impose one or more of the following measures:

- a) Warning;
- b) Exclusion of further participation as a referee in the event;
- c) Reduction of the referee's compensation; and/or
- d) Withdrawal of the referee's license for a period of time to be determined by the WKA HQ.

**Head Referee:**

A Head Referee must be designated for every competition.

In a competition with several competition areas or rings, the Head Referee appoints a ring inspector, who supervises application of WKA rules at one fighting area or ring.

The Head Referee can replace referees who have been obviously not neutral or who violate the official WKA competition rules, just as in such cases the Head Referee can overrule their decisions.

**Ring Inspector:**

On each fighting area, the head of the officials is the ring inspector. He/she is responsible for all WKA rules being correctly applied on his/her fighting area. It is the responsibility of ring inspector to place officials at his/her competition area or ring according to their nationalities or affiliations with school, club or particular competitor.

He/she reports the results according to the instructions of the Head Referee.

At events with only one competition area or ring, the Supervisor acts as a ring inspector.

**Supervisor:**

The supervisor is responsible for managing all referees and supervising the work at all competition areas and/or rings. He/she shall take care that the time schedule will work and the safety of the fighter is provided for (by the compulsory attendance of the physician and first aid team).

The supervisor is the part of the WKA Event Organization Team (of the WKA World Championships). At international events or galas, the supervisor is appointed by WKA HQ and, after the championship or gala, must send a report about the event to WKA HQ.

**Protests:**

Decisions of the official doctor can be subject to protests if a second doctor is present at the event. The second doctor will make the decision about the protest.

Protests are only possible in the following situations, and shall be considered after a fee of 100 Euro in cash has been paid to the ring inspector or the Head Referee:

- a) A proven agreement between the referees /judges;
- b) The mathematical addition of the scores is wrong;
- c) An obvious confusion between the red and blue corners occurs; and/or
- d) The official WKA Rules were violated.

Note: Video recordings cannot be used to justify a protest.

A protest does not hold back the competition. However, the Head Referee can interrupt the continuation of the fights for a short period of time if the result of the protest has a significant influence on the proceeding of the competition.

After hearing the protest from both coaches and the referee's comments, the Head Referee shall then make the final decision.

The protest fees shall go into the general account of the WKA HQ fund for future referee training and development.

If a protest is submitted after the competition, the WKA HQ shall then make the decision after hearing the protest from both coaches and the referee's comments. The national federation has a limit of 30 days to make a statement about a protest.

If the decision of a protest leads to a loss of a European or World title, the final decision can be only made by the Executive Board of the WKA.

**Clothing:**

All referees shall wear black trousers, black socks, and black Polo shirts with the WKA logo on the shirt.

WKA Rules Committee members shall wear a white shirt and black trousers.

To minimize injuries, it is forbidden for referees to wear any jewelery, watches, pens, etc. Judges are excepted from this rule since no bodily contact with competitors is possible.

The use of medical gloves is recommended.

**Registration of referees per country for the WKA World Championships:**

For every country, the following number of referees must be present:

<b>0-4 competitors</b>	<b>0 Referees</b>
<b>5-25 competitors</b>	<b>1 Referees (Master or International referee)</b>
<b>26-50 competitors</b>	<b>2 Referees (both Master or International referee)</b>
<b>51-75 competitors</b>	<b>3 Referees (at minimum one Master and one International referee)</b>
<b>76-100 competitors</b>	<b>4 Referees (at minimum one Master and one International referee)</b>
<b>101-125 competitors</b>	<b>5 Referees (at minimum one Master and two International referees)</b>
<b>126+ competitors</b>	<b>6 Referees (at minimum one Master and three International referees)</b>

**Each country that does not fulfill the number of referees requirement will be fined 250 Euro per each missing referee. The money shall go into the WKA HQ general account.**

**Countries which pre-register their referees for championships and receive confirmation from the WKA will receive priority.**

<b>II.</b>	<b>Point Fighting (Semi Contact) Rules</b>	<b>16</b>
1.	Clothing and Outfit	17
2.	Matches, Weight and Age Divisions, Match Time	18
3.	The Referee's Power	19
4.	Beginning, Interruption, and End of Fights	20
5.	Rules of Competition	20
6.	Points and Scoring	21
7.	Warnings and Penalty-Points	23
8.	Competition Safety Rules	23
9.	Protests and Alteration of Decisions	24

## 1. Clothing, Outfit, and Responsibilities

### Competitors:

The competitor must be dressed in a clean and appropriate uniform.

The competitors should be wearing a clean T-shirt with long Kickboxing trousers. At least the top half of the upper arm must be covered and sleeves may reach the elbow.

The trousers must reach the feet and be open on the bottom. There should be no zip fasteners, pockets or buttons.

A traditional Karate Gi or Tae Kwon Do uniform is permitted. Every competitor must wear a belt to denote the waistline. The competitor may fight without a belt if the waistline is clearly visible due to clearly distinguishable colours (for example, a white shirt and black trousers). If the uniform top is worn on the outside of the pants, then a belt must be worn.

Competitors cannot wear any metal objects that may cause injuries to the opponent. Piercing, chains, watches, earrings, and other jewelry are not allowed. Eyeglasses are forbidden; soft contact-lenses are permissible but at the competitor's own risk.

Athletes may wear badges of their respective clubs, associations or sponsors. Names and slogans are permitted as long as they do not offend public decency.

Headbands, hairnets and scarves are not allowed, as they may slip. Long hair must be tied back with an elastic band. Hair grips are not allowed.

**Fingernails and toenails must be trimmed to avoid cuts.**

### All competitors must wear:

Helmet – must cover the top and back of the head. **Preferred: Kwon Shocklite or Top Ten Avantgarde. Foam-dipped headgear will be allowed in the 2011 World Championships; from 2012 forward, each competitor must supply one red and one blue headguard of either of the above preferred types.**

Gum shield (mouth guard) – not a football gum shield; mouth guard straps are not allowed;

Open hands gloves (in USA called foam gloves) must have the fingers and thumbs enclosed;

Groin protector (men and women), worn under the clothes;

Shin guards, which must be worn under the clothes (**no instep guards are permitted**); and

Breast protector for female juniors, adults and veterans.

Safety Kicks – must cover the sides, heel, and top of the foot, including the toes

### Competitors may also optionally wear:

Elbow, forearm, and knee protectors

Hand-bandages, maximum length 3.5 metres; though no tape is allowed on the fist or knuckles

Breast protector for female Kids is highly recommended

Kwon or Ringstar shoes designed for Point Fighting only

Face Guards are allowed in Kids and Juniors divisions only.

Only sport eyeglasses may be worn under the Face Guard in Kids and Juniors divisions

**All safety equipment must be in good working order, free of rips, tears, and of loose or excessive tape.**

### Coaches:

**The coach must wear their appropriate country track suit and sport shoes, which must be clean. A coach will be given two minutes to acquire a tracksuit if he or she is not properly attired for his/her competitor's bout.**

The coaches must remain seated at all times during the match and must behave in a disciplined manner. If the coach does not follow the referees' instructions, his/her athlete may be penalised by a warning and, if necessary, even disqualified.

**Only one coach is allowed in the Eliminations. Two coaches are allowed in the Finals and Team Competition.**

A coach may throw in the towel if he/she wishes to retire from the competition.

### Competitor Responsibilities:

It is the responsibility of a competitor to know the rules and be ready for competition when called.

**If a competitor or coach feels that a referee should be removed before the match for good reason, he/she must request this in a proper manner before the match begins. The competitor shall present this request to the Head Referee or to the Vice President of Point Fighting in a sportsmanlike manner.**

## 2. Matches, Weight and Age Divisions, Match Time

Individual Matches:

Applied weight divisions are as follows:

	Adults		Juniors (13 -17 Years)		Kids (under 13)	
	Men: All Disciplines	Women: All Disciplines	Boys	Girls	Boys	Girls
Feather weight	- 60 kg		- 40 kg		- 25 kg	- 25 kg
Light weight	- 65 kg	- 50 kg	- 45 kg	- 40 kg	- 30 kg	- 30 kg
Light welter weight			- 50 kg		- 35 kg	- 35 kg
Welter weight	- 70 kg	- 55 kg	- 55 kg	- 45 kg	- 40 kg	- 40 kg
Light middle weight	- 75 kg		- 60 kg	- 50 kg	- 45 kg	- 45 kg
Middle weight	- 80 kg	- 60 kg	- 65 kg	- 55 kg	- 50 kg	- 50 kg
Light heavy weight	- 85 kg	- 65 kg	- 70 kg	- 60 kg		
Cruiser weight	- 90 kg					
Heavy weight	+ 90 kg	+ 65 kg	+ 70 kg	+ 60 kg	+ 50 kg	+ 50 kg

Veterans (35 years and older) – men: -75 kg -85 kg and +85 kg

Veterans (35 years and older) – women: -60 kg and +60 kg

Executives (45 years and older) – men: -80 kg and +80 kg

Executives (45 years and older) – women: -65 kg and +65 kg

For all world level competitions whenever rankings are available heats must be seeded.

Team Competition:

A team consists of five competitors (for male kids, juniors & adults) or three competitors (for female kids, juniors & adults). One competitor in reserve is permitted, in case a member of the team is injured during competition.

**Weight-classes for kids only:**

**Male:** 1X -25 Kg or -30 Kg / 1X -35 Kg or -40 Kg / 2X -45 Kg, -50 Kg and +50 Kg

**Female:** 1X -25 Kg to -35 Kg / 1X -40 Kg or -45 Kg / 1X -50 Kg or +50 Kg

The Team Coach has the option to pick from two separate weight divisions to fill a spot. (For example, a girls' Team Coach can pick either a -25 kg or a -35 kg competitor.)

The Team Coach who is the winner of the coin toss has the option of deciding whether he/she wants to send out his/her first competitor or whether he/she wants to have the opposing team send out its first competitor. After the first match, the Team Coaches must take turns sending out the next competitor.

Team Coaches do not have to follow a specific order when they decide on which weight classes they want to send out. However, once a Team Coach sends out his/her competitor, the opposing Coach must match his/her competitor according to weight.

**Weight-classes for juniors and adults:**

There are no weight divisions in team competition for juniors and adults.

The team captains choose their competitors alternately, matching the weight divisions from both teams.

**Match time:**

Elimination rounds in all age categories are as follows: 1 round of two minutes; finals: 2 rounds two minutes each with a one-minute rest between rounds.

Extra time rule in case of a draw for both eliminations and finals:

There is no break;

1 minute extra time will be given;

If there is still no decision, this is followed by sudden death using the Golden Point rule, which awards the competitor who gets the first point.

#### Team Scoring and Time:

The team score is based on wins.

**The length of each team competition is two minutes.**

All warnings apply only to the individual match and are not carried over to the next match.

In the event of a draw, all match points are added up and the team with the highest total number of points is declared the winner.

If there is still a tie in the number of points after all match points have been totaled, the extra time rule applies to the last two competitors.

### 3. The Referee's Power

The referee, supervisor and doctor are the only persons who can stop the bout. The main referee should have the doctor examine a competitor's injuries even if they are minor and try to monitor them throughout the match. The referee cannot decide how seriously a competitor is injured—only the doctor can make this decision.

For instances other than injuries, only the main referee and Supervisor have the ability to stop the match.

Every competition must have a Center (main) Referee and two side referees at opposing corners. All three referees must be constantly moving throughout the competition in order to maintain a good position to see contact from both competitors. The side referees must stay outside of the competition area to allow space for the center referee and competitors.

The center referee should be the most experienced referee in the ring and must be thoroughly versed in the rules and regulations as well as the order of competition. He/she must promote the safety of the competitors, enforce the rules, and ensure fair play.

The center referee starts and stops the match, awards points, makes warning decisions, administrates the voting of the side referees, communicates clearly with the scorekeeper and timekeeper, and announces the winner of each match.

#### Additional Powers of the Referee:

- 1) The match starts and ends only with his/her command (not with the command of the timekeeper).
- 2) Has the final decision on any disputes in score
- 3) Has the power to issue warnings and award penalty points without a majority decision to the competitor or coach
- 4) Can overrule a majority call only to issue a warning
- 5) Automatically has the power to disqualify a competitor who receives four warnings
- 6) Has the power to issue time-outs. A competitor may ask for a time-out to fix safety gear or for a possible injury, but the center referee must grant this permission.

The disqualification of a competitor, where disqualification is not automatic, is determined only by a majority vote of the three referees.

The referee shall award the opponent with a point for a competitor's dissension after he/she has been warned.

The referee shall award the opponent with a point for dissension from a competitor's coach after he/she has been warned.

The referee shall award the opponent with a point for a competitor's or a competitor's coach's serious unsportsmanlike behaviour.

The referee shall disqualify a competitor if he/she does not turn up after having been repeatedly called for the fight .

The four-minute rule shall be applied in following way:

After the first minute, the competitor will receive a warning; after the second minute, the opponent shall receive 1 point; after the third minute, the opponent shall receive a second point; and after the fourth minute, the competitor shall be disqualified.

The referee shall disqualify a competitor who turns up with improper safety equipment and can not replace it in four minutes, with the four minute rule being applied as described above.

#### A Referee has not the following powers:

The referee cannot disqualify a competitor for any reason other than those stated in the section above or mentioned herein.

The referee cannot at any time impose, change or alter any of the rules.

The referee cannot overrule any score by a judge unless that score is a minority one. (However, if a rule has been broken that the judge is unaware of, then the judge may be overruled).

## 4. Beginning, Interruption and End of Fights

A contest is refereed by a main referee and two side-judges, who are always standing opposite to the referee. Thus, the side-judges must move during the fight and can not stand on the same point.

### Equipment Check:

First, the side-judges shall check the competitors' safety equipment. Each judge is responsible for the competitor at his/her end. The equipment shall be checked from the head to the toes. For women the breast protector and her groin protector are checked by asking. If in the case of an injury, the competitor was found not to have the correct protective equipment he/she will be disqualified immediately.

The judge is also responsible for the following rules: that the competitor has no jewelery or metal fixings and that the nails on toes are short. No glasses (spectacles) are allowed to be worn during a competition. There are no exceptions to this rule. This includes specially made unbreakable sports spectacles. No face shields on helmets are permitted. Soft contact-lenses are permissible but at the competitor's own risk.

Groin protectors, shin guards (and breast protectors for female juniors, adults and veterans) must be worn under the clothes; breast protector for female kids is recommended.

**Competitors who do not allow the referees to check any equipment or other apparel such as braces will be automatically disqualified.**

In the case of an injury, if a competitor is found to have improper safety gear, the competitor will be disqualified.

### Start:

The main referee will take his/her place in the middle of the competitors, facing the officials' table. He/she must check that the side-judges are ready to start, that the timekeeper and scorekeeper are ready to begin, and that the match doctor is by the referee table or close by in the hall. When all of this has been assured and the competitors have been approved by the side referees for their safety equipment, the match is ready to begin. Finally, the referee should keep an eye on the visual score cards to ensure that they are not showing points or warnings, except in a team competition. He/she should also check to see that coaches are seated.

The main referee will ask that the competitors touch gloves and back up to their respective starting line. He or she will then command the timekeeper to start the time and then immediately issue the command to the competitors to fight.

### Interruption:

If the main referee acknowledges a point scored by one of the competitors he/she must raise up his/her hand IMMEDIATELY and then stop the fight by saying "stop", at which time both competitors will return to their starting position. The match time is still running during this procedure.

The main referee will then quickly return to his/her starting position and show points with the hand in the direction of the competitor who has scored. The referee must look to the side-judges, and in case of a majority decision give the points appropriately and announce the score.

After giving the points, the referee shall start the competition again with the command "fight". The main referee should always keep an eye on the referee table to ensure that the visual scoreboard shows the correct points and warnings.

Important note: when the side-judges do not show the points by raising their hands before the main referee stopped the fight the only possible decision is no score. To raise up the hand or to show a point after the command "stop" is too late and illegal.

Apart from the referee, only the doctor / medic and supervisor can stop a competition.

The coach may throw in the towel for his competitor when he wants to retire from the fight.

The referee must stop the time if the competitor is outside of the fighting area, for giving warnings, penalty points and additional 10 seconds penalty time, or when the equipment must be adjusted. Unless the referee declares that the time must be stopped, the time must continue to run.

### End of the Match:

The time of the fight is over when the timekeeper shouts "stop" and concurrently throws the bean bag on the fighting area.

The fight is over in any case when the main referee stops the fight finally with the command "stop" and not earlier.

The difference of 10 points in elimination fights ends a fight by TKO (i.e., 10 / 0 and 12 / 2 on international tournaments).

**The main referee can still award points or warnings after the time has expired, but only when there has been an exchange seconds before the time has expired.**

If there is a score in the time between the "end of time" and "end of fight" that score is valid.

The main referee shall turn to the referee table, take one hand of each competitor and show the winner, announcing the final score.

## 5. Rules of Competition

### Scoring Area:

Entire head and face

Front and side of the body above the waist

Sweeps below the ankle

Every action must be controlled and well-timed with light to moderate contact.

Punch to a downed opponent must be completed within 3 seconds in order to score. If there is no exchange within three seconds, the main referee will order a stop and have the opponent stand up to continue the match.

The referee will count until 3 in his mind before calling stop in the event of a competitor falling to the mat.

**Prohibited Actions**

Sweeps and kicks to the knee and thigh (low kick)

Sweeps executed in contradiction to the definition set in this section

Kicks and punches to the groin

Kick and punches to the back of the body

Scratching, biting, spitting, and verbal attacks to the referees or the opponent

Attacking after stop is called

Uncontrolled actions

Disappearing from the competition or opponent, leaving the fighting area, or falling down to waste time

It is not usual to stop the time to give points, but the referee will stop time to give a warning or minus-point.

In Point Fighting competitions only one coach is allowed and he/she is to stay seated. If the coach feels there has been an infringement of the rules, he may indicate to the centre referee using the sign "T" - for time. At no time may the coach enter the fighting area. The referee may give a penalty point in such a case.

On each fighting area, the head of the referees is the ring inspector. He/she is responsible for ensuring that on his/her fighting area, all WKA rules will be correctly applied. The ring inspector is also responsible for ensuring that neutral referees are on duty to guarantee a fair assignment of referees to competitors based on their nationalities.

**Point Fighting Techniques:**

Permitted Techniques

Jab and Reverse Punch

Back Fist

Ridge Hand

Front Kick

Side Kick

Spinning Back Kick

Roundhouse Kick

Hook Kick

Crescent Kick

Axe Kick

Sweep

Spinning Sweep

Illegal Techniques

Palm Hand

Spinning Back Fist

Knife Hand

Elbow Strike

Throws

Pushing With Arms

Low Kick

Knee Butts

Head Butts

Using Thighs

Punches below the waist

Punches to the back of the body

## 6. Points and Scoring

**Points:**

The correct definition of a score is when: a legal technique hits a legal target area with reasonable power, good balance, and controlled technique, with the competitor making eye contact with the target area.

Also, the competitor scoring must remain on his/her feet. E.g. - the technique must be completed to score, unless the competitor is thrown or pushed to the floor. In addition, the competitor completing the technique must be in bounds.

Every clean and well controlled technique to a permitted target area and executed with light contact shall score according to the degree of difficulty as follows:

All punches                      1 point

Foot sweeps\*                    1 point

\*A sweep is only acceptable as a legal technique if the fighter utilizes his/her front or rear leg to sweep his opponents leg and the target area of the sweep is the below the opponent's ankle. The sweep must also be executed with the inside of the foot or be a spinning sweep, heel to heel.

Spinning sweeps must be executed in standing position.

The opponent is swept if his/her balance is broken and at least three parts of his/her body touch the ground.

A sweep is illegal if it is done above the ankle of the opponent's foot or in any way in contradiction to the above requirements.

Kicks to the body 1 point  
 Kicks to the head 2 points  
 Jump kicks to the body 2 points  
 Jump kicks to the head 3 points

**Scoring:**

The main referee will refer to all fighters as Red or Blue when awarding points or warnings or when declaring the winner of a match.

The referees upon scoring will count opinions rather than flags.

The scoring shall be done by the main referee following a majority system only.

Majority Vote: Points are awarded by a majority vote of all referees. However, the majority of referees do not have to agree on the same technique being scored, only that a point(s) was scored to the same fighter. In this case the center referee will award points according to the lesser of the points scored.

Example A: If the Blue competitor receives (2) two points from one referee and (1) one point from another referee then the competitor will receive (1) one point.

Example B: If the Blue competitor receives (3) three points from one referee and (1) one point from another referee then the competitor will receive (1) one point.

Example C: If the Blue competitor receives (3) three points from one referee and (2) two points from another referee then the competitor will receive (2) two points.

Example D: If the Blue competitor receives (3) three points from one referee and (2) two points from the second referee and (1) one point from the third referee then the competitor will receive (1) one point.

The main referee will call stop when he/she or one of the side referees sees a point and raises a hand. The clock stays running. All three referees must respond to a hand signal quickly when the main referee calls stop.

When the referee or judges see a score they must indicate this IMMEDIATELY. After each acknowledged technique the fight must be stopped and the score announced. Points are awarded only by unanimous or majority decision of the referee and the judges.

If there is no majority decision the only possible score is no score.

The main referee must in any case show his/her own opinion; he/she cannot give a score without raising up his/her own hand to show the point before stopping the competition if there is no majority.

For instance: If just one judge gives a point, the second judge shows "saw nothing" or "no score" and the main referee did not raise up his hand BEFORE he stopped the fight, the only possible decision is no score.

In case of a clash, where both competitors have scored, the referee gives one point to each competitor.

**A competitor may receive a point for a proper technique simultaneously with a point from a warning issued to the opponent.**

**Referees may show points on one hand and a warning on the other hand.**

To raise up the hand or to show a point after the command "stop" is too late and illegal.

Exit rule: exit means the whole foot must be outside the competition area.

In case of an Exit: The attacking competitor can score if the defender exits the area as long as he/she scores prior to the referee stopping the fight due to exit.

If the main referee is not sure about the judges' decision, he/she must stop time and ask the judges again, commanding "score", and that score shall be final. This situation should occur very infrequently.

Referees' and judges' possible opinions, which must be shown with clear hand signs:

**Opinion:**

**Sign:**

Yes, I saw the points

Raise up the hand and show the score

No, I saw nothing

Both hands are crossed in front of the face

Yes, I saw the movement but there was no score

Both hands are crossed in front of the legs

Competitor stepped out of the area

Point to the area line and moves the arm

Both competitors scored (clash)

Raise up both hands and show all points

Illegal techniques

Raise up the arm and circle the hand

Additional possible hand signs for the main referee to use:

To give a warning or a penalty point (minus point) to a competitor he must inform the competitor why he/she was penalised. This must be done clearly and in an authoritative way. During this time, the referee shall instruct the timekeeper to stop the time.

The referee shall first name the foul and show the sign, whipping one finger with a loud and clear: "NO".

<b>Opinion:</b>	<b>Sign:</b>
Contact too strong	Punch the fist in his own hand
Legal technique to a forbidden area	Show the forbidden area
Blind score	Turn the body and strike a punch
Holding or grappling	Hold his own arm and pull
Turning the body or running away	Similar
Speaking during the fight	Fingers and thumb open and close

In Point Fighting is no count.

Possible situations:

In the event of a strike that dazes an opponent the referee first of all must stop the time, after which the referee shall ask the judges "What did you see? Was there a foul or not?" If the majority decide for "foul" the referee will penalise the offender. If they decide on "accident" there is no penalty.

If one of the competitors is injured, it is only the doctor's decision that can stop the fight. Otherwise, only the competitor the competitor's coach may choose to end the fight if they wish to retire from the fight.

The referee cannot decide how seriously a competitor is injured; he or she must call the doctor.

If one of the competitors is injured and the fight is over because of a foul, the innocent competitor is declared the winner. In case of an accident, the competitor with the highest number of points is declared winner. If a draw, the uninjured competitor is the winner.

If an athlete is out of condition, the referee will declare RSC (Referee Stops Contest), after discussion with the judges.

## 7. Warning and Penalty-Points

All infringements of the rules, depending on how serious they are, may result in warning, penalty (minus) point(s), or even disqualification. Warnings will be carried throughout the match. Only team fights start again without warning from the rounds before. All Warnings for all offences (including illegal techniques, exits, etc.) are cumulative.

It is at the referee's discretion to give a point to the opponent instead of a warning to a competitor, when in his/her opinion the violation was severe enough (for example, continuously falling down or wasting time).

If a competitor voluntarily steps out of a fighting area or is refusing to fight the referee has the option to add 10 seconds to the fight time. This is separate from other violations.

It is not usual to stop the time to give points.

The warnings and penalty points are given for using all illegal techniques or doing prohibited actions, as well as any illegal action from coaches.

**A competitor cannot receive a point and a warning on the same call; the warning overrides the point(s).**

The procedure for warnings is usually as follow in Point Fighting:

First warning

Second warning means first point is given to opponent (yellow card)

Third warning means second point is given to opponent (yellow card)

Fourth warning means disqualification, ending the fight (red card)

## 8. Competition Safety Rules

The attendance of one physician is compulsory in national and international tournaments and two doctors in World Championships. A first-aid team and ambulance is compulsory as well.

A medical examination in Point Fighting is compulsory.

Competitors may only participate if they are completely healthy. Upon suspicion of illness a competitor must be examined by the doctor, who will decide whether that competitor may participate or not.

Eyeglasses are forbidden; soft contact lenses are permissible but at the competitor's own risk.

No local anesthetics may be administrated immediately before or during a contest.

During any competition the doctor must remain at the fighting area near the timekeeper. Should the doctor not be present, the fight must be discontinued until he/she returns.

The doctor/first-aid team may not leave the venue of a competition until the last contest has finished and after he is certain that no further medical attention is required.

The doctor's/first-aid team's decisions are in any case final decisions, but they can be protested if a second doctor is present at the event. The second doctor will make the decision about the protest.

## **9. Protests and alteration of decisions in European and World Championships**

**Only a coach may make an official protest.**

The scoring of the referee and judges is final.

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's verdict, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and WKA supervisor deem that one of the following circumstances has occurred:

a) A conspiracy has taken place or an illegal agreement has been entered into to affect the result of the match.

b) A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (video will not be accepted). The protest must be accompanied by a processing fee of € 100. This fee will be returned if the protest is found to be valid.

The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees, etc.

The Head Referee will decide on the protest after hearing evidence from the protesting side as well as the referees concerned. Video will not be accepted. The Head Referee's decision is final.

Decisions of the official doctor can be subject to protests if a second doctor is present at the event. The second doctor will make the decision about the protest.

<b>III.</b>	<b>Forms Rules</b>	<b>25</b>
	Introduction	26
1.	Hard Style	27
2.	Korean Style	27
3.	Karate Kata (Japanese/Okinawan Style)	27
4.	Soft Style (Chinese Style)	27
5.	Free Style	27
6.	Weapons with Music	27
7.	Weapons No Music	28
8.	Traditional Karate Weapons	28
9.	Veterans Traditional	28
10.	Veterans with Music	28
11.	Hard Style and Traditional Team Forms	28
12.	Free Style Team Forms	28

## Introduction

### Scoring

Five judges will be used. The highest and lowest scores of the five judges will be dropped and the remaining three scores will be added together.

A scoring range of 9.85 to 9.99 will be used in the eliminations; a range of 9.96 to 9.99 will be used in the finals.

For scoring, judges take into account: basic techniques, stances, punches, blocks and kicks executed with balance, strength and focus.

In all divisions four competitors will qualify for the finals. Current world-ranked competitors will be seeded. The first world-ranked competitor will go last. In the finals the competitors will be seeded according to their score in the eliminations.

In case of a draw/tie in Hard Style, Korean, Soft Style, and Traditional Karate, the competitor will be asked to do a second form which MUST be different from the previous one. At the international level all competitors in the listed divisions should be able to perform at least two different forms. Only in Weapons divisions may the competitor perform the same form. In the case of a tie, the judges will point to the competitor they deemed the winner. Three out of five judges will determine the winner.

In all divisions, four competitors will advance to the finals.

Current World Champion ranked medalists will be seeded accordingly.

The current ranked World gold medalist will go last in the eliminations.

In the finals, competitors will be seeded according to their score in the eliminations. The highest score will go last in the finals.

If a forms competitor advances to the finals, he or she will have the option to compete with the same or a different form in that particular discipline.

If a weapons competitor advances to the finals, he or she will have the option to compete with the same or a different weapon in that particular discipline.

### Weapons

In the Weapons category, if a competitor drops his/her weapon (this is deemed lack of control), no score will be awarded. **If a competitor drops his/her weapon in the eliminations, he/she may not advance to the finals, even in the case that there are fewer than four competitors. In such case, the competitor will automatically receive the lowest score and a bronze medal (a silver medal in the case of two competitors). In addition, if a competitor recklessly or carelessly misuses his or her weapon, he or she may be disqualified or penalized.** The Center Judge has the right to inspect weapons **and to disqualify or require a replacement if he or she finds the weapon unfit for competition use.** If a competitor's weapon breaks or comes apart, he or she will automatically be disqualified.

Presentation: dress/clean and proper uniform; announcing name, form and country (in the case of an international event); good etiquette at all times; application of Kata or Form.

### Competitors' and Coaches' Responsibilities and Appearance

The competitor must know the rules and be ready for competition when called.

Competitors must be dressed in a clean and proper uniform. Competitors may not wear loose jewelry in forms and weapons divisions.

**The coach must wear a track suit and sport shoes, which must be clean. A coach will be given two minutes to acquire a tracksuit if he or she is not properly attired for his/her competitor's bout.**

### Music

Censorship varies from country to country; thus **NO LYRICS (WORDS)** are allowed due to the possibility of racial comments and profanity. **If a competitor's music contains lyrics, he/she will receive an automatic 0.50 deduction from his/her final score. If the lyrics contain profanity or racial comments, the competitor will be disqualified.**

All music must be on CD. Competitors must have only the song used for competition burned to a CD and set for play. One CD with one song is permitted per division. Each competitor is responsible, if using different music for the intro, form, and ending, for editing and mixing the music. The person in charge of playing music for the competitors will not be allowed to change CDs once a competitor's music has started. All CDs must be labeled with a permanent marker with the competitors name, country and division.

#### Time limit

There is a 3:00 minute time limit to announce and complete the performance in all forms divisions. The time starts when the competitor(s) bows onto the mat. The time stops at the last move of the form.

All judging will start when a competitor(s) steps onto the mat and the time starts. This includes any flips, gymnastics or aerial moves and the spinning of weapons. If a weapon has been dropped at any point that a competitor(s) is on the clock, the competitor will be disqualified.

The center referee will inspect all weapons before a divisions starts so that this inspection does not take away from a competitor's 3:00 minute time limit.

If a competitor exceeds the 3:00 minutes the competitor will be disqualified.

#### Starting a Form Over

If a competitor in the eliminations has a memory lapse or forgets his/her form, the competitor may ask to start again; however, he/she will receive the lowest score (9.85) from all judges and cannot advance to the finals. If a competitor in the finals has a memory lapse or forgets his/her form, he or she may not begin again and shall receive the lowest score (9.96) from all judges. If two or more competitors forget their forms in the finals, they must perform the form again but will have the two lowest scores in the finals.

If the music system malfunctions or anyone mistakenly steps across the competition area, the competitor(s) may begin the form again with no penalties or deductions.

#### Call to Ringside

Competitors will receive three calls for competition at ringside. If the competitor is not present at the ring ready to compete when competition begins, he/she will not be able to compete. If a competitor leaves the ring after the competition begins and is not present when his/her name is called, the competitor will be called three times, after which time the competitor will be disqualified if he or she has still failed to show for competition.

#### Replacing a Judge

If a competitor feels that a judge should be removed from a forms or weapons division for good reason, the competitor must ask the Center Referee or the Vice President of Forms in a proper and sportsmanlike manner.

## 1. Hard Style

Hard Style forms must use traditional moves only. Any altered or added moves are acceptable if added moves are traditional. For instance, a Korean or Japanese/Okinawan form with high kicks is acceptable, while a free style form is not acceptable (no machine-gun kicking, etc.) A traditional gi or doe boke must be worn. No weapons or music are permitted.

## 2. Korean Style

Korean Style forms must use traditional moves only (for example, WTF and ITF Forms. A traditional form Poomse/Hyung.) Tang Soo Do competitors must compete in the Hard Style division. Kicks must be no higher than the top of the head. A free style form is not allowed. Each competitor is allowed only 3 kihap in their form. A traditional doe boke or gi must be worn. No weapons or music are permitted.

(Note: Kicks above the head are determined by the height of a competitor standing up (example, if a competitor is 152 centimetres or 60 inches, he or she must not kick above this height.)

## 3. Karate Kata (Japanese/Okinawan Style)

Traditional Karate forms must use traditional moves only. These must be **traditional, unaltered forms from the Japanese/Okinawan systems, such as Shotokan, Shito Ryu, Wado Ryu, Isshinryu, Goju, Shorin Ryu, Shorei Ryu, etc.** No more than 4 kiais are allowed. Kicks must be no higher than the top of the competitor's head. The form/kata cannot be altered; however, timing and execution of various traditional skills may slightly differ depending on the style of Karate. A traditional white gi must be worn. No music or weapons are permitted.

## 4. Soft Style (Chinese Style)

Chinese Style is for Kung fu and Wushu forms only. Gymnastic type moves are permissible, provided that they are within the style. Added or altered forms are acceptable if moves are traditional to soft styles. A Chinese uniform must be worn. No use of music or weapons is allowed.

## 5. Free Style

Music must be used. The choreography of the form to the music is of high importance. No lyrics (words) are permitted in the music. No weapons are permitted. No dance moves or theatrical costumes are allowed.

The use of stage props such as lasers, smoke, fire or dry ice is not allowed. All martial arts, tumbling, and tricking skills are acceptable **but limited to five (5) skills only**. For scoring, judges take into account: synchronization to the music, showmanship, speed of the techniques, degree of difficulty, basic techniques, balance, strength, and focus.

## 6. Weapons with Music

Music must be used. The choreography of the form to the music is of high importance. No lyrics (words) are allowed in the music. The use of the weapon is compulsory. The use of stage props such as lasers, smoke, fire or dry ice is not allowed. No dance moves or theatrical costumes are allowed. All martial arts, tumbling, and tricking skills as well as any release move are acceptable **but limited to five (5) skills only**. All weapons must be safe and clean and recognized within the martial arts. The judges have the right to inspect weapons prior to the division's start.

## **7. Weapons No Music**

The use of a weapon is compulsory. No music is allowed. Super light weapons are acceptable. The weapons form can be a traditional or free style form. The competitor may perform wrist rolls and palm rolls; the weapon may go around the body and neck. The competitor may not throw the weapon in the air and catch it. There is no tumbling in this division. A gi or doe boke must be worn. No dance moves or theatrical costumes are allowed.

All weapons must be safe and clean and recognized within the martial arts. The judges have the right to inspect weapons prior to the division's start.

## **8. Traditional Karate Weapons**

Traditional Karate Weapons forms must come from the Japanese/Okinawan styles. Forms/Kata must use traditional moves only. Free style skills are not allowed. The form/kata cannot be altered; however, timing and the execution of various traditional skills may slightly differ depending on the style of Karate. A white traditional gi must be worn. No music is allowed.

## **9. Veterans/Executives Traditional**

Veteran's Traditional form must utilize traditional moves based on Korean, Japanese, Okinawan, or Chinese styles. A free style form is not permitted. High kicks are acceptable and forms may be altered as long as they resemble the styles listed. No tumbling, tricks, weapons, music, or free style skills are allowed. A traditional (Korean, Japanese, Chinese) uniform must be worn.

## **10. Veterans with Music**

See Free Style and Weapons with Music.

## **11. Hard Style and Traditional Team Forms**

Hard Style and Traditional Team forms must utilize traditional moves based on Korean, Japanese, Okinawan, or Chinese (Wushu should enter Free Style) styles only. A free style form is not acceptable. No free style skills or tumbling are allowed. High kicks are acceptable. No music or weapons are allowed.

## **12. Free Style Team Forms**

The Free Style Team Forms includes the Open with Music and Weapons divisions. Music must be used and the choreography of the form to the music is of high importance. This is a synchronized free style division. Synchronization is important. The use of stage props is not allowed (lasers, smoke, fire, dry ice, costumes, and the like.) Tumbling is allowed. Dance moves are not permitted.

<b>IV.</b>	<b>Karate Kumite Rules</b>	<b>29</b>
1.	Kumite Shobu Ippon	30
2.	Kumite Shobu Nihon: WKA Kids & Juniors Rules	31
3.	The Terminology	31

# 1. Kumite Shobu Ippon

## Types of Match

The types of match shall be as follows:

### Individual Match:

The individual match is decided by Shobu Ippon.

Shobu Ippon is a one point match in which the participants try to score one point before their opponent within the time limit.

## Starting, suspending and ending of matches

### Duration of a match

Adults (male): 2 minutes (effective time)

Adults (female): 2 minutes (effective time)

Kids/Juniors (male/female): 2 minutes (effective time)

Before the tournament, the WKA Executive Board can modify the duration of the matches.

### Victory or defeat

Victory or defeat shall be awarded on the basis of Ippon, victory by decision, defeat due to a foul, disqualification, or retirement.

### Scoring Areas

The scoring areas shall be limited to the following: head, face, neck, abdomen, chest, side, back (excluding shoulders).

### Equipment

**Mitts:** Mitts must be covered with white cloth or smooth leather.

**Gumshields:** Gumshields must be white or clear.

**Shin-Protectors:** Shin-protectors must be made of a soft material inside and covered with white cloth. Hard plastic is forbidden. Maximum thickness is 2 centimetres. Shin-protectors must cover only the shin and not the knee or ankle.

**Groin-Protectors:** Groin-protectors must be made of plastic or leather. Metallic material is not allowed.

**Breast-Protectors:** Breast protectors are compulsory for juniors, adults and veterans female categories. For the kids female category, it is recommended. Chest-protectors are not allowed.

**Mask for Kids and Teens: optional**

**The coach must wear a track suit and sport shoes, which must be clean. A coach will be given two minutes to acquire a tracksuit if he or she is not properly attired for his/her competitor's bout.**

### Criteria for deciding Ippon and Waza-ari

An Ippon is awarded on the basis of the following requirements: When an exact and powerful technique, which is recognised as decisive, is delivered to the recognised scoring areas under the following conditions: good form, good attitude, strong vigour, zanshin, proper timing, correct distancing.

Effective techniques delivered under the following conditions shall be considered Ippon:

- a) When an attack is delivered with perfect timing and the opponent started to move toward the attacker.
- b) When an attack is delivered immediately and the opponent was unbalanced by the attacker.

A Waza-ari is awarded for a technique almost comparable to that needed to score Ippon. The refereeing panel must look for Ippon in the first instance and only award a Waza-ari in the second instance.

### Criteria for decision (Hantei)

In the absence of Ippon, or defeat due to disqualification (Hansoku) or retirement (Kiken), during the prescribed time of match, a decision (Hantei) is taken on the basis of the following considerations:

Whether there have been Waza-ari.

Whether there have been warnings.

The number of escapes outside the match area.

The comparative excellence in the fighting attitude.

The ability and skill.

The degree of the vigour and fighting spirit.

The number of attacking moves.

The comparative excellence in the strategy used.

Fair play.

#### Prohibited acts and techniques

The following acts and techniques are prohibited:

##### Uncontrolled attacks

Techniques which make excessive contact, having regard to the scoring area attacked.

Attacks to the upper and lower limbs.

Open hand techniques to the face, Empi Uchi, Hiza Geri and Atama Uchi.

Attacks to the groin.

Attacks to the hip joint, to the knee joints, the insteps and the shins.

Grabbing (unless immediately followed by a technique), clinching or bodily contact against the opponent unnecessarily.

Dangerous throws.

Time wasting.

Any unsportsmanlike behaviour such as verbal abuse, provocation or needless utterances.

Any behaviour likely to bring Karate into disrepute (this includes the behaviour of coaches, managers and anybody connected with the competitor).

Lack of regard for the competitor's own safety (Mubobi).

Any disrespectful and unnecessary actions are strictly forbidden.

Exaggerated actions and reactions (i.e., faking injury) are forbidden and will be penalised.

##### Penalties and disqualification

When a contestant is about to, or has already committed a prohibited act, the Referee shall issue warning or announce a penalty. Warnings and penalties are the following:

- a) Private warning: Atenai (without a penalty).
- b) Official warning: Chui.
- c) Disqualification: Hansoku.

## 2. Kumite Shobu Nihon - WKA Kids & Juniors Rules

In addition to the equipment listed above, Kids and Juniors must also have: helmet; protector of thorax.

The following criteria shall be used to determine a victory for a Kids or Juniors match: Kumite Shobu Nihon – two ippons or four wazaris

Forbidden Acts: in addition to the illegal techniques in Section 1, the following are also prohibited:

Excessive contact to the face

Excessive contact (impact) to the thorax

Catching or pushing, as well as dangerous projections

For dangerous behaviour and illegal techniques, the penalty system described in Section 1 shall apply.

For exits of Tatami (Jogai) the following penalties shall apply:

1. Jogai (first exit without warning)
2. Jogai Atenai (second exit with warning)
3. Jogai Chui (third exit with penalty)
4. Jogai Hansoku (fourth exit with disqualification)

## 3. The Terminology *\*each term needs to have a definition and hand signal*

Term meaning method of signalling

Shobu Ippon – The referee stands on the official line and calls Shobu Ippon!

Hajime – Start the match. The referee stands on the official line, steps back, and brings both hands together.

Shobu Baraku – 30 seconds before the match ends an audible signal is to be given by the timekeeper to indicate 30 seconds are left to the end of the match.

Yame – Temporary halt of match. The referee chops downwards with one hand. The timekeeper stops the clock.

**Torimasen – Not acceptable as scoring as Hikiwake. The referee stands on the line with both hands crossing and going outside.**

**Atenai – Private warning. The referee raises one hand in a fist covered by the other hand at chest level and displays it to the offender.**

**Chui – Official warning. The referee points with the index finger to the feet of the offender at an angle of 45 degrees.**

**Hansoku – Foul/Disqualification. The referee points with the index finger to the face of the offender and announces a victory for the opponent.**

**Jogai – Exit from fighting area. The referee points the index finger at a 45 degree angle.**

**Mubobi – Warning for lack of regard for the referee. The referee points one index finger in the air at a 60 degree angle.**

**Shikkaku – Disqualification from the tournament. The referee points first with the index finger to the offenders face, then obliquely above and to the rear, outside the area.**

<b>V.</b>	<b>Light Contact Rules</b>	<b>33</b>
1.	WKA Amateur Weight Classes	34
2.	The Attendance of a Physician	34
3.	Divisions, Rounds	34
4.	Rules of Conduct Inside and Outside of the Ring	35
5.	Coaches	36
6.	Scores and Points in Light Contact	36
7.	Protests and Alteration of Decisions in European and World Championships	38

## 1. WKA Amateur Weight Classes

Applied weight divisions for Light Contact are as follows:

	Adults		Juniors		Kids	
	Men	Women	Boys	Girls	Boys	Girls
Feather weight	- 60 kg		-40 kg		- 25 kg	- 25 kg
Light weight	- 65 kg	- 50 kg	-45 kg	- 40 kg	- 30 kg	- 30 kg
Light welter weight			-50 kg		- 35 kg	- 35 kg
Welter weight	-70 kg	-55 kg	-55 kg	- 45 kg	- 40 kg	- 40 kg
Light middle weight	-75 kg		-60 kg	- 50 kg	- 45 kg	- 45 kg
Middle weight	-80 kg	-60 kg	-65 kg	- 55 kg	- 50 kg	- 50 kg
Light heavy weight	-85 kg	-65 kg	-70 kg	- 60 kg		
Cruiser weight	-90 kg					
Heavy weight	+90 kg	+65 kg	+70 kg	+ 60 kg	+50 kg	+50 kg

Veterans (35 years and older) - men: - 75 kg - 85 kg and + 85 kg

Veterans (35 years and older) - women: - 60 kg and + 60 kg

Executives (45 years and older) – men: -80 kg and +80 kg

Executives (45 years and older) – women: -65 kg and +65 kg

Note: in all world level competitions wherever rankings are available heats must be seeded.

Each competitor's name, country and MAP-number must be listed. A minimum of three competitors in each weight class is obligatory. Fewer than three competitors in one division will move the competitors in that division up to the next weight category. In that case each country must receive a minimum of one copy of all drawing lists and the name list of competitors for free. The representative should receive this at least a few hours before the start of the tournament. There is no way to protest after the drawing.

## 2. Attendance of physician

The attendance of a doctor (physician) in Light Contact is obligatory; a first aid team only is not sufficient.

The official physician, who mandatorily attends every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

Every match must be supervised by an approved doctor (physician). Any and all directions and/or orders from the attending physician must be immediately complied with. The attending physician must be qualified as a general practitioner. The attendance of one doctor is compulsory for national and international tournaments; two doctors are required at World Championships. A first aid team is compulsory as well.

The attending physician must follow the rules and regulations of the appropriate national health board as well as be approved by the authorities where such rules apply. No match may start or proceed before the attending physician is in place, and the physician may not leave his/her place prior to the decision in the last match.

The attending physician shall be ready to assist if a serious emergency arises and to administer first aid in the event of less serious injuries.

The doctor has the right to interrupt or stop a contest by ringing the bell or calling "stop" to the referee, if he/she thinks a competitor is in danger and the referee has not stopped the fight. He/she is also responsible for making the decision when a referee calls him/her to examine an injured competitor.

No person, even coaches, may attempt to aid a competitor during a round before the attending physician has had the opportunity to see the injured competitor. If the doctor enters the ring to examine the presumed injury, he or she must decide if the fight can continue or not. According to the doctor's and consecutively the referees's decision the fight will continue or else end in "won by TKO" or "Disqualification" by unanimous or majority decision. Doctors' decisions are in any case final decisions, but they can be protested if the second doctor is present at the event. The second doctor will make the decision about the protest.

## 3. Divisions, Rounds

Light-Contact WKA Amateur Divisions (quick look up)

Light-Contact    kicks above the waist        long trousers with T-shirt

## **Rounds**

**Eliminations - Kids & Juniors: one two-minute round**

**Finals - Kids & Juniors: two two-minute rounds**

**Adults two two-minute rounds (eliminations and finals)**

The referee shall disqualify a competitor if he/she does not turn up after having been repeatedly called for the fight .

The four-minute rule shall be applied in following way:

After the first minute, the competitor will receive a warning; after the second minute, the opponent shall receive 1 point; after the third minute, the opponent shall receive a second point; and after the fourth minute, the competitor shall be disqualified.

The referee shall disqualify a competitor who turns up with improper safety equipment and can not replace it in four minutes, with the four minute rule being applied as described above.

## **4. Rules of Conduct Inside and Outside Of the Ring**

It is the duty of every competitor to show fair play in the ring. Should a competitor not be ready to continue the match because his/her safety equipment is not working properly or for other reasons, he/she shall retreat one step and raise one arm.

Should a competitor 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 competitor 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 competitors shall approach the referee, standing in the centre of the ring, and there, one on each side of the referee, await the speaker's announcement of the verdict. The referee shall then raise the arm of the winner.

After the fight the competitors shall salute each other and their opponent's coaches, after which both competitors shall bow to the referee in recognition of his/her efforts.

Violation of WKA rules and regulations or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

### **The Competitor**

No competitor may participate in any match without an up-to-date sport book with official annual WKA license stamp.

The competitors must be in good physical shape and have a good sportsmanlike attitude.

The competitors must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. All competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more) must follow the rules concerning long hair (see below).

All competitors shall be clean and proper. It is the sole prerogative of the WKA referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match.

Excessive use of grease or similar substances is prohibited.

The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net, and that Vaseline, grease or any other similar substances be removed before the fight can start or proceed.

### **The Competitor's Equipment**

All competitors must be equipped in all divisions with approved safety equipment in the form of padded protectors:

Individually fitted breast-protector for junior, adult and veteran females is compulsory and for female kids is recommended.

Individually fitted groin-protector for all age male and female categories in all weight divisions

Foot protectors

Shin protectors

Individually fitted head-protector (helmet) which must also protect the top of the head and be blue or red, as is appropriate for the competitor's corner

Individually fitted tooth-protector (gum shield)

Gloves - 10 ounces in all categories

Hand-bandages - maximum 3.5 meters (optional)

The competitors have the responsibility of bringing their own personal equipment and that of their coaches to all WKA matches and tournaments.

Over the equipment, the competitor may use one layer of soft surgeon's tape to hold the equipment in place. Taping must be approved by the referee or by the tournament director.

All competitors with long hair may wear approved hair bands or holders without any metal and must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.

## 5. Coaches

**The coach must wear a track suit and sport shoes, which must be clean. A coach will be given two minutes to acquire a tracksuit if he or she is not properly attired for his/her competitor's bout.**

The coach may give up on behalf of his/her competitor if he/she deems it irresponsible to let the fight continue. This is indicated by the coach throwing a white towel into the ring.

Prior to every tournament the head referee shall call a meeting with all the judges, referees and coaches to clear up any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

Coaches shall support and advise their competitors during the intermission between rounds. Each competitor may have two coaches and only one of these may enter the ring at any time.

During the rounds neither of the coaches may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight. Coaches shall comply with any and all directions by the referee. Prior to each round the coaches must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spilt water. The coaches shall have at their disposal a towel, a sponge, water and grease for the competitor.

During the rounds the coaches may give advice (only in a proper manner), help or in any proper way encourage the competitor. Should a coach violate this rule the referee can issue a warning, expel the coach, or disqualify the competitor.

A coach who has been expelled may not function as coach in the remaining part of the tournament.

A match starts when the referee gives the command "fight" to begin the first round, and it finishes when the referee stops the fight in the last round. Only the competitors and the referee may be present in the ring during the match. If any other person enters the ring, the referee can decide that the fight is immediately over and cannot continue again.

## 6. Scores and Points in Light Contact.

In Light Contact deliberate knock-outs are not allowed.

Decisions shall be made according to the following guidelines:

### Victory on points (P)

When neither competitor dominates the other and a round is even: 10:10 points. Following this points are added to or subtracted from each competitor's score according to the number of points they have been noted for by the referee.

The winning competitor of a round gets 10 points, his/her opponent 9 points.

If an official warning was given because of a foul, the judges shall immediately award this competitor with "first warning". If a competitor has got a "second warning" because of a foul no point is to be deducted but the judges shall immediately award this competitor with "second warning". The judges shall always mark their warnings with the letter W (for warning) under "fouls" on the scorecard to indicate that the competitor has received a warning.

If an official minus point was given because of a foul for a clear and brutal strike, and this is not merely a warning, or this is given simultaneously with the third warning, each judge must deduct 1 point from the scorecard of the involved competitor, immediately when the round is over (i.e. 10:9). The judges shall always mark these points with the letter M (for minus point) under "fouls" on the scorecard to indicate that the competitor has received a minus point.

If a second official minus point was given, then the fighter is disqualified.

In case of bad physical condition a standing count is allowed to give the competitor time to recover, but each judge must deduct 1 point from the score, immediately when the round is over (i.e. 10:9). The judges shall always mark this counting with the letter C (for counting) under "KD" in the scorecard to indicate that the competitor has received a standing count.

If a competitor gets counted because of a foul (i.e. strong hit), no point is to be deducted. However, in this case, the referee must call time, and the opponent must be penalised with a minus point. In the event of a strike that dazes an opponent, the referee first of all shall stop the time, then ask the judges "Was there a foul or not?". If the majority of judges decide for "foul", the referee will penalise the offender. If they decide on "accident" there is no penalisation and no count.

A score with fewer than 8 points can only happen, if the judges give a 10:8 score for the round and points were deducted as well. At the conclusion of the match all rounds are added up to the final score (i.e. 30:27) and the competitor with more points on the scorecards shall be declared the winner.

Should a judge observe a violation that has apparently escaped the notice of the referee, and if he/she subsequently imposes a reasonable sanction upon the competitor committing the violation, he/she shall indicate that he has done so by marking the points of the violating competitor with the letter J (for judges minus) and shall in writing state his/her reasons for the sanction.

The decisions by DOD, SUR, RSC, NC and WO in Light Contact are similar to other disciplines.

In Light Contact the referee should always watch for controlled attacking.

All techniques must be executed with good control, light contact is obligatory.

Minus points or disqualifications are given according to the following guidelines:

- a) For all illegal techniques (fouls) or for any legal strike executed without proper control and restraint, the referee shall give warnings and minus points.
- b) If a competitor executes a technique which sends the opponent down for the count the referee shall give a minus point or disqualify the competitor.
- c) If a competitor shows excessive aggression or bad conduct in the ring, the referee shall give a minus point or disqualify the competitor.

This fighting system allows the competitors to compete in the discipline Light Contact with no risk of serious injury under the safety rules, which take into consideration fighters of all categories of both sexes.

All matches shall be fought on a fighting area or in a boxing ring which complies with the international WKA specifications.

**Legal techniques:**

All forms of boxing combined with kicks to the body and the head with controlled contact

All types of foot sweeps performed according to the definition set in the rules of Point Fighting on page 31

Rear or reverse kicks to the body with controlled contact

**Note:** Only soft punches to the head or face in Kids divisions are allowed.

**Illegal techniques (fouls):**

Any kind of too strong (excessive) contact

Any strike, blow, punch or kick which is executed without restraint and control

All kicks to the knees

All strikes, blows, punches and kicks to the back and to the back of the neck

All types and forms of throwing (excluding foot sweeps)

All types of clinching (holding the opponent)

Any form of butting with the head

Any type of strikes and blows with the elbows

Foot sweeps with the contact point being above the ankle knuckle

Any type of attack against the joints

Any type of kicks to the groin

Any form or type of kicks with the heel or the shin against the head

Any form or type of kicks with the shins against the thighs

Pushing with the gloves and all forms of biting

All strikes, blows and punches executed with the palm side of the gloves

Any type of aggressive behaviour

Any kind of throws

Any kind of uppercut or hook in Kids divisions

When the fight is conducted on a matted area, warning can only be given for exits when the competitor intentionally steps out.

**Warnings and minus points:**

In case of a serious violation of the following points the referee shall stop the fight with the command "Stop" and issue a warning. The warning shall be issued clearly and in such a manner that the competitor in question understands the reason for the warning. The referee shall point his/her hand clearly to indicate which competitor has received the warning. Following a warning the referee shall let the match proceed by commanding "Fight".

Should a competitor receive 3 warnings in one match, he/she gets immediately penalised, simultaneously with the first minus point (penalty point).

It is up to the referee to give a minus-point instead of a warning, when in his/her opinion the violation was too excessive. The time is stopped to give warnings or minus-points.

If a second official minus point is given, then the fighter is disqualified.

The warnings and penalty (minus) points are given for using all illegal techniques or doing prohibited actions by either the competitor or by the coach.

## 7. Protests and Alteration of Decisions in European and World Championships

**Only a coach may make an official protest.**

The decisions and scoring of the referee and judges is final.

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's verdict, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and WKA supervisor deem that one of the following circumstances has occurred:

- a) A conspiracy has taken place or an illegal agreement has been entered into to affect the result of the match.
- b) The addition of the scorecards is faulty; one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.
- c) A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (video will not be accepted). The protest must be accompanied by a processing fee of € 100. The fee will be returned if the protest is found to be valid.

The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees.

The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. (Video will not be accepted.) His/her decision is final.

Decisions of the official doctor can be subject to protests if a second doctor is present at the event. The second doctor will make the decision about the protest.

<b>VI.</b>	<b>Full Contact, Thai Boxing, &amp; Original WKA Kickboxing (K-1 Style) Rules</b>	<b>39</b>
1.	WKA Amateur Weight Classes	40
2.	The Attendance of a Physician	40
3.	Divisions, Rounds	41
4.	Rules of Conduct Inside and Outside of the Ring	41
5.	Coaches and A, B, C, & D Licenses in Galas	42
6.	Matches in Full Contact, Thai Boxing, and Original WKA Kickboxing (K-1 Style)	42
7.	WKA Amateur Division Scoring Rules	44
8.	Scoring and Points in Full Contact, Thai Boxing, and Original WKA Kickboxing	44
9.	Protests and Alteration of Decisions	45

## 1. WKA Amateur Weight Classes in:

- a) FC Full-Contact
- b) TB Thai-Boxing
- c) K-1 Original WKA Kickboxing (K-1 style):

Applied weight divisions for Full contact, Thai Boxing and Original WKA Kickboxing (K-1 style) are as follows:

Adults		Boys	Girls
Men	Women	Kadets	Cadets
- 60 kg	- 50 kg	- 50 kg	- 50 kg
- 65 kg	- 55 kg	- 55 kg	- 55 kg
- 70 kg	- 60 kg	- 60 kg	- 60 kg
- 75 kg	- 65 kg	- 65 kg	
- 80 kg	+ 65 kg	- 70 kg	
- 85 kg		- 75 kg	
- 90 kg		- 80 kg	
+ 90 kg		- 85 kg	
		+ 85 kg	

Note: in all world level competitions wherever rankings are available heats must be seeded.

Each competitor's name, country and MAP-number must be listed. A minimum of three competitors in each weight class is obligatory. Fewer than three competitors in one division will move the competitors in that division up to the next weight category. In that case each country must receive a minimum of one copy of all drawing lists and the name list of competitors for free. The representative should receive this at least a few hours before the start of the tournament. There is no way to protest after the drawing.

## 2. Attendance of physician

The attendance of a doctor (physician) in Full Contact, Thai Boxing and Original WKA Kickboxing (K-1 style) is obligatory; a first aid team only is not sufficient.

The official physician, who mandatorily attends every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

Every match must be supervised by an approved doctor (physician). Any and all directions and/or orders from the attending physician must be immediately complied with. The attending physician must be qualified as a general practitioner. The attendance of one doctor is compulsory in national and international tournaments; two doctors are required for World Championship. A first aid team is compulsory as well.

The attending physician must follow the rules and regulations of the appropriate national health board as well as be approved by the authorities where such rules apply. No match may start or proceed before the attending physician is in place, and the physician may not leave his/her place prior to the decision in the last match.

The attending physician shall be ready to assist if a serious emergency arises and to administer first aid in the event of less serious injuries.

The doctor has the right to interrupt or stop a contest by ringing the bell or calling "stop" to the referee, if he/she thinks a competitor is in danger and the referee has not stopped the fight. He/she is also responsible for making the decision when a referee calls him/her to examine an injured competitor.

No person, even coaches, may attempt to aid a competitor during a round before the attending physician has had the opportunity to see the injured competitor. If the doctor enters the ring or he/she must examine the presumed injury and decide if the fight can continue or not. This examination must take place in the ring and have duration of not more than one minute; any kind of treatment of the competitor is explicitly forbidden. Should this time not be sufficient, the referee shall stop the match and declare the opponent the winner. Doctors' decisions are in any case final decisions, but they can be protested if a second doctor is present at the event. The second doctor will make the decision about the protest.

### 3. Divisions, Rounds

WKA Amateur Divisions: (quick look up)

Full Contact, Thai Boxing and Original WKA Kickboxing (K-1 style):

Full-Contact	kicks above the waist	long trousers with bare upper body
Thai-Boxing	knees and elbows	shorts and bare upper body
Original WKA	with low kicks and knee strikes	shorts and bare upper body

#### Rounds

All preliminary matches at any kind of championships (men and women) may not be conducted over 3 rounds of 2 minutes. There is a break of 1 minute duration between rounds.

All final matches in any kind of championships (men and women) may not be conducted over 3 rounds of 2 minutes. There is a break of 1 minute duration between rounds.

In galas no match featuring male and female amateur competitors may proceed for more than 5 rounds of 2 minutes or 3 rounds of 3 minutes.

The referee shall disqualify a competitor if he/she does not turn up after having been repeatedly called for the fight .

The four-minute rule shall be applied in following way:

After the first minute, the competitor will receive a warning; after the second minute, the opponent shall receive 1 point; after the third minute, the opponent shall receive a second point; and after the fourth minute, the competitor shall be disqualified.

The referee shall disqualify a competitor who turns up with improper safety equipment and can not replace it in four minutes, with the four minute rule being applied as described above.

### 4. Rules of Conduct Inside and Outside Of the Ring

It is the duty of every competitor to show fair play in the ring. Should a competitor not be ready to continue the match, because his/her safety equipment is not working properly or for other reasons, he/she shall retreat one step and raise one arm.

Should a competitor 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 competitor 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 competitors shall approach the referee, standing in the centre of the ring, and there, one on each side of the referee, await the speaker's announcement of the verdict. The referee shall then raise the arm of the winner.

After the fight the competitors salute each other and the opponent's coaches, after which both competitors bow to the referee in recognition of his/her efforts.

Violation of WKA rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

#### The Competitor

No competitor may participate in any match without an up-to-date sport book with official annual WKA license stamp.

The competitors must be in good physical shape and have a good sportsmanlike attitude.

The competitors must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more) must follow the rules concerning long hair (see below).

All competitors shall be clean and proper. It is the sole prerogative of the WKA referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match.

Excessive use of grease or similar substances is prohibited.

The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net, and that Vaseline, grease or any other similar substances be removed before the fight can start or proceed.

#### The Competitor's Equipment

All competitors must be equipped in all divisions with approved safety equipment in the form of padded protectors:

- Individually fitted breast-protector for females only, in all disciplines and all age categories
- Individually fitted groin-protector for all age categories in all disciplines by males and females
- Foot protectors in Full-Contact and Original WKA Kickboxing (K-1 style)
- Shin protectors in Full-Contact

- e) Shin guards are voluntary in Kickboxing Original WKA Kickboxing (K-1 style)
- f) Individually fitted head-protector (helmet), which must protect the top of the head also and be red or blue, as is appropriate for the competitor's corner
- g) Individually fitted tooth-protector (gum shield)
- h) Hand-bandages: maximum length of 3.5 metres
- i) Gloves: 10 ounces in all categories

The competitors have the responsibility of bringing their own personal equipment and that of their coaches to all WKA matches and tournaments.

Over the equipment, the competitor may use one layer of soft surgeon's tape to hold the equipment in place. Taping must be approved by the referee or by the tournament director.

All competitors with long hair may wear approved hair bands or holders without any metal and must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.

## 5. Coaches and A,B,C,D licence by galas

### Coaches

The coach must wear a track suit and sport shoes, which must be clean. A coach will be given two minutes to acquire a tracksuit if he or she is not properly attired for his/her competitor's bout.

The coach may give up on behalf of his/her competitor if he/she deems it irresponsible to let the fight continue. This is indicated by the coach throwing a white towel into the ring.

Prior to every tournament the head referee shall call a meeting with all the judges, referees and coaches to clear up any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

Coaches shall support and advise their competitors during the intermission between rounds. Each competitor may have two coaches and only one of these may enter the ring at any time.

During the rounds neither of the coaches may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight. Coaches shall comply with any and all directions by the referee. Prior to each round the coaches must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spill water. The coaches shall have at their disposal a towel, a sponge, water and grease for the competitor.

During the rounds the coaches may give advice (only in a proper manner), help, or in any proper way encourage the competitor. Should a coach violate this rule the referee can issue a warning, expel the coach, or disqualify the competitor.

A coach who has been expelled may not function as coach in the remaining part of the tournament.

A match starts when the referee gives the command "fight" to begin the first round, and it finishes when the referee stops the fight in the last round. Only the competitors and the referee may be present in the ring during the match. If any other person enters the ring, the referee can decide that the fight is immediately over and cannot continue again.

### Galas

Officials shall verify that competitors compete in their proper weight classes. The count of victories is made by adding the number of victories the individual competitor has had (not the number of matches, which is irrelevant) and then classifying the competitor accordingly.

D - Licensed competitors (Novice license); after 2 victories promoted to class C

C - Licensed competitors (Intermediary class); after 8 victories promoted to class B

B - Licensed competitors are licensed to fight in national and international championships, European and World Championships, and are ranked as amateur competitors.

A - Licensed competitors are professionals; therefore they may not compete in amateur events.

## 6. Matches in Full-Contact, Thai Boxing and Original WKA Kickboxing (K-1 Style)

Legal techniques are as follow:

### Full-Contact:

All forms of boxing in combination with kicks above the waist to the body and the head

Rear (reverse) kicks to the body or the head

Spinning back kicks to the body and to the head with full contact to knock out the opponent

All types of foot sweeps performed according to the definition set in the rules of Point Fighting on page 31

### Thai Boxing:

All forms of boxing in combination with kicks above the waist to the body and the head

Rear (reverse) kicks to the body or the head

Spinning back kicks to the body and to the head with full contact to knock out the opponent  
All types of foot sweeps performed according to the definition set in the rules of Point Fighting on page 31  
Low kicks to the thighs, inside and outside  
Knee attacks to the body and to the head  
Kicks with the shin to the thighs, body and the head.  
Clinching (holding) for 5 seconds and attacking at the same time with knees and elbows or any strikes  
Elbow strikes to the body  
Frontal rolling kicks with the heel against the head  
Flat throws below the waist line in clinching situations only

**Original WKA Kickboxing (K-1 style):**

All forms of boxing in combination with kicks above the waist to the body and the head  
Rear (reverse) kicks to the body or the head  
Spinning back kicks to the body and to the head with full contact to knock out the opponent  
All types of foot sweeps performed according to the definition set in the rules of Point Fighting on page 31  
Low kicks to the thighs, inside and outside  
Knee attacks to the legs, body and to the head  
Kicks with the shin and foot to the thighs, body and the head  
Holding a leg with only one counter technique, after which the leg must be released  
Clinching (holding) with only one knee strike, after which the competitor must disengage from the clinch  
Frontal rolling kicks with the heel against the head  
Flat throws below the waist line in clinching situations only

**Illegal techniques (fouls) are as follow:**

**In Original WKA Kickboxing (K-1 Style), Thai Boxing, and Full contact**

All forms of biting or spitting  
Unsportsmanlike conduct and disrespect to the referee  
All strikes, blows and punches executed with the palm side of the gloves  
All kicks to the back and the back of the neck and back of the head  
Any form of butting with the head  
All attacks (strikes, punches, kicks) against the joints  
Attacks to the groin  
Attacking a downed opponent or an opponent who touches the floor with his /her gloves  
Attacking on the break or during a referee break  
Spitting out one's tooth protector (gum-shield)  
Any kind of throwing above the waistline  
Holding the opponent's leg while executing multiple striking or punching techniques  
Holding the ropes and attacking an opponent, including in clinching situations  
Fleeing the ring to avoid contact

**Additionally in Original WKA Kickboxing (K-1 Style)**

The use of spinning back fist  
Elbow strikes  
Multiple attacks while holding or clinching

**Additionally in Thai Boxing**

Elbow strikes to the head  
The use of spinning back fist

**Additionally in Full Contact**

The use of spinning back fist  
Any form of throwing (excluding foot sweeps)  
Any form of clinching or holding the opponent  
All types of strikes with the elbows  
Any form of kicking with the knees

All kicks against the thighs or under the waistline, excluding foot sweeps

#### Warnings and minus-points

In case of a serious violation of the rules and regulations, the referee shall stop the fight with the command "Stop" and issue a warning. The warning shall be issued clearly and in such a manner that the competitor in question understands the reason for the warning. The referee shall clearly indicate which competitor has received the warning by pointing his or her hand. If a competitor has received a warning because of a foul no point is to be deducted but the judges shall immediately award this competitor with "first warning", although the referee has the opportunity to award this competitor immediately with minus point for a clear and brutal foul. If a competitor has received a second warning because of a second foul no point is to be deducted but the judges shall immediately award this competitor with "second warning". Following a warning the referee shall let the match proceed by commanding "Fight". Should a competitor receive 3 warnings in one match, immediately he/she shall be penalised simultaneously with the first minus point (penalty point) and one point must be deducted by the judges. After two minus points in a match, the competitor shall immediately be disqualified simultaneously with the second minus point being issued.

The warnings and penalty (minus) points are given for using any illegal technique or prohibited actions by the competitor as well as violations by coach.

## 7. WKA Amateur Division Scoring Rules

The judges shall base their evaluation of the fight on the following guidelines:

- Number of knock downs
- Number of minus points
- Number of points scored
- Fighting spirit and initiative
- Effective parries and counterattacks.

To score points all effective legal kicks or punches must hit directly without being blocked or parried on any legal area. For punches the technique must be delivered with the striking zone of the closed glove.

## 8. Scoring and Points in Full-Contact Kickboxing, Thai-Boxing and Original WKA kickboxing rules (K-1)

Decisions shall be made after the following guidelines:

#### Victory on points (P)

When neither competitor dominates the other and a round is even: 10:10 points. Following this points are added to or subtracted from each competitor's score according to the number of points they have been noted for by the referee.

The winning competitor of a round receives 10 points, while his/her opponent receives 9 points.

If an official warning was given because of a "foul", the judges shall immediately award this competitor with "first warning". The judges shall always mark these warnings with the letter W (for warning) under "fouls" on the scorecard to indicate that the competitor has received a warning.

If a competitor has received a "second warning" because of a foul no point is to be deducted but the judges shall immediately award this competitor with "second warning".

If an official minus point was given because of a "foul" by clear and brutal strike and this is not merely a warning, or this warning is issued simultaneously with the third warning, each judge must deduct 1 point from the scorecard of the involved competitor immediately when the round is over. (i.e. 10:9) The judges shall always mark these points with the letter M (for minus point) under "fouls" on the scorecard to indicate that the competitor has received a minus point.

If a second official minus point was given, then the fighter is immediately disqualified.

If a competitor is knocked down, each judge must deduct 1 point from the scorecard immediately when the round is over (i.e. 10:9). The judges shall always mark this knockdown with the letter K (for knockdown) under "KD" on the scorecard to indicate that the competitor has received a knockdown.

A score with fewer than 8 points can only happen if the judge gives a 10:8 score for the round and points were deducted as well.

At the conclusion of the match all rounds are added up to the final score (i.e. 30:27) and the competitor with more points on the scorecards shall be declared the winner.

Should a judge observe a violation that has apparently escaped the notice of the referee, and if he/she subsequently imposes a reasonable sanction upon the competitor committing the violation, he/she shall indicate that he/she has done so by marking the points of the violating competitor with the letter J (for judge's minus) and in writing state his/her reasons for the sanction.

#### Victory by attending physician stopping contest or injury (DOD)

The attending physician is the supreme authority in questions relating to the safety of the competitors, and may demand that the match be stopped.

If one of the competitors is injured, it requires only the doctor's decision to stop the fight. The competitor him/herself or his/her coach may also choose to retire from the fight.

The attending physician may stop any match regardless of it being a World or European Championship or any other prestigious match. Should the attending physician wish to stop a match to examine a competitor, he/she must first inform the referee.

The referee then stops the match until the physician has examined the competitor for the sole purpose of determining whether the fight can continue or not. This examination must take place in the ring and have duration of not more than one minute and any kind of treatment of the competitor is explicitly forbidden. Should this time not be sufficient, the referee shall stop the match and declare the opponent the winner.

If one of the competitors is injured and the fight is over because of a foul the innocent competitor is declared the winner. In case of an accident the judges must finish their scorecards and the competitor with the highest number of points is declared the winner. If both competitors are injured or knocked out simultaneously, and neither is able to continue the match, fight is over by draw.

Should this situation occur in the first round the match shall be declared "no contest" and no winner is declared.

#### Giving up (SUR)

In cases where a competitor voluntarily gives up because of injuries or for any other reason, or if he or she does not resume fighting immediately after the intermission between rounds, the opponent shall be declared the winner. In these cases the coach shall throw a white towel into the ring to signal that his/her competitor gives up.

#### Victory by referee stopping contest (RSC)

The referee may stop a match if a competitor is clearly outmatched or if he/she is a hazard to his/her own safety according to the following guidelines:

- a) If a competitor in the judgement of the referee is clearly overmatched and will face unnecessary punishment in the ring the match should not be allowed to go on.
- b) If a competitor in the judgement of the referee is unable to continue the match due to injuries or for any other physical reasons, the referee must stop the match and call the official doctor to the ring.
- c) If a third KD to one competitor occurs in one round, or if the fourth KD to one competitor occurs in one match, then the result will be the end of the fight by RSC.

No referee can decide how seriously a competitor is injured; he/she must call the doctor.

#### No contest (NC)

A match may be stopped immediately by the referee before the prescribed time due to circumstances beyond the control of the competitors or the referee:

- The safety equipment of the ring has been damaged.
- The ring is unsafe for use.
- The lighting over the ring is failing.
- Weather conditions force the referee to stop the match.

Under such circumstances the match shall be stopped and a "no contest" with no winner is declared.

#### Victory by walk-over (WO)

If one competitor is present in the ring and ready to fight and his/her opponent fails to show after his/her name has been called over the loudspeaker, the referee shall signal the referee's table to start with the running of 2 minutes. If the opponent has not entered the ring within a time limit of 2 minute, the timekeeper shall strike the gong to signal that the match has been stopped. The referee shall then announce the competitor who was first in the ring and declare him/her the winner by "walk-over".

The judges shall note this on their scorecards, which are then collected. The judges shall then summon the competitor who has won on walk-over to the centre of the ring, and thereafter the announcement of the decision, raise his/her hand and declare him/her the winner.

## 9. Protests and Alteration of Decisions in European and World Championships

**Only a coach may make an official protest.**

The scoring of the referee and judges is final.

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's verdict, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and WKA supervisor deem that one of the following circumstances has occurred:

- a) A conspiracy has taken place or an illegal agreement has been entered into to affect the result of the match.
- b) The addition of the scorecards is faulty; one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.
- c) A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (Video will not be

accepted). The protest must be accompanied by a processing fee of € 100. Fee will be returned if the protest is found to be valid.

The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees etc.

The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. (Video will not be accepted). His/her decision is final.

Decisions of the official doctor can be subject to protests if the second doctor is present at the event. The second doctor will make decision about the protest.

<b>VII.</b>	<b>Mixed Martial Arts (MMA) Rules</b>	<b>47</b>
1.	Weight Classes	48
2.	World Level Competitions	48
3.	The Attendance of a Physician	48
4.	Fighting Area	48
5.	Round Number and Length	48
6.	Attire	49
7.	Rules of Conduct Inside and Outside the Ring	49
8.	The Competitor	49
9.	The Competitor's Equipment	49
10.	Seconds	50
11.	Amateur Division Scoring Rules	50
12.	Legal Techniques	53
13.	Illegal Techniques	53
14.	Warnings and Minus Points	54
15.	Protests and Alteration of Decisions	54

## 1. Weight Classes

Weight classes for men adults division are as follows:

- 60 kg, - 65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90 kg

## 2. World Level Competitions

Note: in all world level competitions wherever rankings are available heats must be seeded.

Each competitor's name, country and MAP-number must be listed. A minimum of three competitors in each weight class is obligatory. Fewer than three competitors in one division will move the competitors in that division up to the next weight category. In that case each country must receive a minimum of one copy of all drawing lists and the name list of competitors for free. The representative should receive this at least a few hours before the start of the tournament. There is no way to protest after the drawing.

## 3. The Attendance of A Physician

Every match must have a licensed physician in attendance at ringside. Any and all directions and/or orders from the attending physician must be immediately obeyed. A first-aid team is compulsory as well.

The official physician, who must attend every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

The attending physician must follow the rules and regulations of the appropriate national health board as well as those approved by the authorities where such rules apply.

No match may start or proceed before the attending physician is in place, and the physician may not leave his or her place prior to the decision in the last match.

The attending physician shall be ready to assist if a serious emergency arises, and to administer first aid in the event of less serious injuries.

The physician has the right to interrupt or stop a contest by ringing the bell or calling "stop" to the referee, if he or she thinks a competitor is in danger and the referee has not stopped the fight. He or she is also responsible for making the decision when a referee calls him or her in case of an injury to a competitor.

No one, even a competitor's second, may attempt to aid a competitor during a round before the attending physician has had the opportunity to see the injured competitor. If the doctor enters the ring, he or she must examine the presumed injury and then decide whether or not the fight should continue. The doctor's examination must take place inside the ring and must have duration of not more than one minute. Any kind of treatment of the competitor is forbidden. Should one minute be insufficient, the referee shall stop the match and declare the injured competitor's opponent the winner. Doctors' decisions are final, although they can be protested if a second doctor is present at the event. The second doctor will make the decision about the protest.

## 4. Fighting Area

MMA contests may take place in either a cage or a ring that has been approved by the WKA. The cage or ring should meet the requirements set forth by the WKA and should be inspected prior to each event by WKA supervisor or head referee.

A ring stool of a type approved by the WKA shall be available for each contestant.

An appropriate number of stools or chairs, of a type approved by the WKA, shall be available for each contestant's seconds. Such stools or chairs shall be located near each contestant's corner.

All stools and chairs used must be thoroughly cleaned or replaced after the conclusion of each bout.

## 5. Round Number and Length

Matches shall consist of three (3) three (3) minute rounds with a one (1) minute rest period between rounds.

## **6. Attire**

Each contestant shall wear mixed martial arts shorts, biking shorts, or kickboxing shorts. At the WKA's discretion, competitors wearing loose-fitting shorts may be required to wear spandex or bike shorts underneath fight shorts.

Gis or shirts are prohibited during competition.

Female competitors must wear a sports or athletic bra and may wear a form-fitting rashguard.

Shoes are prohibited during competition.

## **7. Rules of Conduct Inside and Outside the Ring**

It is the duty of every competitor to show fair play in the ring. Should a competitor not be ready to continue the match because his or her safety equipment is not working properly or for other reasons, he or she shall retreat one step and raise one arm.

A competitor shall immediately retreat to the nearest neutral corner if so directed by the referee and wait for the referee to signal that the match can proceed again.

When a competitor receives a warning or a reprimand from the referee, he or she must put his or her gloves up in guard position and bow toward the referee to indicate that he or she has understood the reason for the warning or reprimand.

At the conclusion of the fight the competitors shall approach the referee, standing in the center of the ring, and there, with one competitor on each side of the referee, await the speaker's announcement of the decision. The referee shall then raise the arm of the winner.

After the fight the competitors shall salute each other and each other's seconds, after which both competitors shall bow to the referee in recognition of his or her efforts.

Violation of WKA rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

## **8. The Competitor**

The competitors must be in good physical shape and have a good sportsmanlike attitude.

The competitors must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Male Competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more) must follow the rules concerning long hair (see below). All competitors shall be clean and proper. It is the sole prerogative of the WKA referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match. The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net. Long hair must be tied back with soft closures only so as to present no hindrance to the match or the observation thereof.

Excessive use of grease or similar substances is prohibited.

Competitors are prohibited from wearing any type of jewelry or piercing accessories during competition.

## **9. The Competitor's Equipment**

Individually fitted tooth-protector (mouth guard) required for all competitors.

Bandaging of each competitor's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide, placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within 3/4 inch of the knuckles when the hand is clenched to make a fist. Soft

surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used. Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles Cloth hand-bandages, maximum length of 3.5 meters, may be used.

An individually fitted breast-protector for females is compulsory.

An individually fitted groin-protector for both males and females is compulsory.

The gloves shall be new for all main events and in good condition or they must be replaced.

All contestants shall wear gloves weighing no fewer than six ounces, supplied by the promoter and approved by the WKA. No contestant shall supply his or her own gloves for participation.

Competitors may be required to wear shin and instep protection if required by a State Athletic Commission in the jurisdiction of the bout.

The following substances are approved for treating competitors' cuts between rounds: Adrenaline 1:1000, Avitene, and Thrombin.

Petroleum jelly may be used lightly around a competitor's eyes and on a competitor's face. Petroleum jelly, lotion, or any other type of lubricant on any other part of a competitor's body is prohibited.

A second may administer only water to a competitor between rounds in a bout. Any other beverage is prohibited.

## 10. Seconds

**The coach must wear a track suit and sport shoes, which must be clean. A coach will be given two minutes to acquire a tracksuit if he or she is not properly attired for his/her competitor's bout.**

The second may give up on behalf of his or her competitor if he or she deems it irresponsible to let the fight continue. This is indicated by the second throwing a white towel into the ring.

Prior to every tournament the Head Referee shall call a meeting with all judges, referees and seconds to clarify any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

Seconds shall support and advise their competitors during the intermission between rounds. Each competitor may have two seconds, only one of whom may enter the ring under conditions set in this rulebook.

During the rounds neither of the seconds may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight. Seconds shall comply with any and all directions given by the referee. Prior to each round the seconds must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spilt water. The seconds shall have at their disposal a towel, a sponge, water and grease for the competitor.

During the rounds the seconds may give advice (only in a proper manner), help, or encourage the competitor. Should a second violate this rule the referee can issue a warning, expel the second, or disqualify the competitor. A second who has been expelled may not function as second in the remaining part of the tournament.

A match starts when the referee gives the command "fight" to begin the first round, and it finishes when the referee stops the fight in the last round. Only the competitors and the referee may be present in the ring during the match except intermission between rounds when one of the seconds is allowed to enter the ring. If any other person enters the ring, the referee can decide that the fight is immediately over and cannot continue again.

## 11. Amateur Division Scoring Rules and Bout Results

All bouts will be evaluated and scored by three judges.

The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and nine points or fewer must be awarded to the loser, except for a rare even round, which is scored (10-10).

Judges shall evaluate mixed martial arts techniques, such as effective striking, effective grappling, control of the fighting area, effective aggressiveness and defense.

Evaluations shall be made in the order in which the techniques appear in (03) above, giving the most weight in scoring to effective striking, effective grappling, control of the fighting area and effective aggressiveness and defense.

Effective striking is judged by determining the total number of legal heavy strikes landed by a contestant.

Effective grappling is judged by considering the amount of successful executions of legal takedowns and reversals. Examples of factors to consider are take downs from standing position to mount position, passing the guard to mount position, and bottom position fighters using an active, threatening guard.

Fighting area control is judged by determining which contestant is dictating the pace, location and position of the bout. Examples of factors to consider are countering a grappler's attempt at takedown by remaining standing and legally striking, taking down an opponent to force a ground fight, creating threatening submission attempts, passing the guard to achieve mount, and creating striking opportunities.

Effective aggressiveness means moving forward and landing a legal strike.

Effective defense means avoiding being struck, taken down or reversed while countering with offensive attacks.

The following objective scoring criteria shall be utilized by the judges when scoring a round.

(1) A 10 points to 10 points round is strongly discouraged, and judges should look through the judging criteria for more effective techniques, more effective pressing of the action, and more style-specific technique. An even round should only occur in the case of a loss of points by a contestant.

(2) A round is to be scored as a 10-9 Round when a contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers.

(3) A round is to be scored as a 10-8 Round when a contestant overwhelmingly dominates by striking or grappling in a round.

(4) A round is to be scored as a 10-7 Round when a contestant totally dominates by striking or grappling in a round.

Judges shall use a sliding scale and recognize the length of time the fighters are either standing or on the ground, as follows:

(1) If the mixed martial artists spent a majority of a round on the canvas, then:

- i. Effective grappling is weighed first; and
- ii. Effective striking is then weighed

(2) If the mixed martial artists spent a majority of a round standing, then:

- i. Effective striking is weighed first; and
- ii. Effective grappling is then weighed

(3) If a round ends with a relatively even amount of standing and canvas fighting, striking and grappling are weighed equally.

The following are the types of bout results:

(1) Submission by:

- i. Tap Out: When a contestant physically uses his or her hand to indicate that he or she no longer wishes to continue.

ii. Verbal tap out: When a contestant verbally announces to the referee that he or she does not wish to continue.

(2) Technical knockout by:

- i. Referee stops bout.
- ii. Ringside physician stops bout.
- iii. When an injury as a result of a legal maneuver is severe enough to terminate a bout.

(3) Knockout by failure to rise from the canvas.

(4) Decision via score cards:

- i. Unanimous: When all three judges score the bout for the same contestant.
- ii. Split Decision: When two judges score the bout for one contestant and one judge scores for the opponent.
- iii. Majority Decision: When two judges score the bout for the same contestant and one judge scores a draw.

(5) Draws:

- i. Unanimous: When all three judges score the bout a draw.
- ii. Split: When all three judges score differently and the score total results in a draw.

(6) Disqualification: When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest.

(7) Forfeit: When a contestant fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out.

(8) Technical Draw: When an injury sustained during competition as a result of an intentional foul causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of stoppage.

(9) Technical Decision: When the bout is prematurely stopped due to injury and a contestant is leading on the score cards.

(10). No Contest: When a contest is prematurely stopped due to accidental injury and a sufficient number of rounds have not been completed to render a decision via the score cards.

The following shall apply to injuries sustained during competition:

(1) If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured contestant loses by technical knockout.

(2) If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.

(3) If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the contestant who committed the foul.

(4) If an injury sustained during competition as a result of an intentional foul causes the injured contestant to be unable to continue at a subsequent point in the contest, the injured contestant shall win by technical decision, if he or she is ahead on the score cards. If the injured contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.

(5) If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.

(6) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before one round has been completed in a two round bout .

(7) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the contestant who is ahead on the score cards at the time the bout is stopped only when the bout is stopped after one round of a two round bout has been completed.

(8) There will be no scoring of an incomplete round. However, if the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score.

## **12. Legal Techniques**

All forms of boxing in combination with kicks above the waist to the body and the head

Rear (reverse) kicks to the body or the head, as well as spinning back kicks to the body and to the head

Foot sweeps

Low kicks to the thighs, inside and outside

Knee attacks to the body and the thighs, as well as kicks with the shin to the thighs, body and the head

Clinching (holding) and attacking at the same time with knees and elbows to the body or any other legal strikes

Elbow strikes to the body below the neck

Frontal rolling kicks with the heel

Holding an opponent's leg while attacking with legal strikes or attempting a takedown

The use of spinning back fists only with focus on the opponent

All throws, sweeps, and takedowns, provided that they do not aim to land an opponent on his or her head or neck

All submission holds, including but not limited to chokes, armbars, keylocks, kneebars, heelhooks, neck cranks. Small joint manipulation is not permitted.

## **13. Illegal Techniques**

The following are fouls and will result in penalties if committed:

Butting with the head

Eye gouging of any kind

Biting or spitting at an opponent

Hair pulling

Fish hooking

Groin attacks of any kind

Intentionally placing a finger in any of an opponent's orifices

Elbow strikes to the head, standing or grounded

Small joint manipulation

Strikes to the spine or back of the head

Heel kicks to the kidney

Throat strikes of any kind

Clawing, pinching, twisting the flesh or grabbing the clavicle

Kicking the head of a grounded fighter

Kneeing the head of an opponent, standing or grounded

Stomping of a grounded fighter

The use of abusive language in fighting area  
Any unsportsmanlike conduct that causes an injury to opponent  
Attacking an opponent on or during the break  
Attacking an opponent who is under the referee's care at the time  
Timidity (avoiding contact, consistent dropping of mouthpiece, or faking an injury)  
Interference from a mixed martial artists seconds  
Throwing an opponent out of the fighting area  
Flagrant disregard of the referee's instructions  
Spiking an opponent to the canvas on his or her head or neck

## 14. Warnings and Minus Points

The referee shall issue a single warning for the following infractions. After the initial warning, if the prohibited conduct persists, a penalty will be issued. The penalty may result in a deduction of points or disqualification.

Holding or grabbing the fence.  
Holding opponent's shorts or gloves.  
The presence of more than one second on the fighting area perimeter.

Disqualification occurs after any combination of three of the fouls listed in (01) above or after a referee determines that a foul was intentional and flagrant.

Penalty will result in a point being deducted by the official scorekeeper from the offending mixed martial artist's score.

Only a referee can assess a foul. If the referee does not call the foul, judges shall not make that assessment on their own and cannot factor such into their scoring calculations.

A fouled fighter has up to five minutes to recuperate.

If a foul is committed, the referee shall:

- (1) Call time.
- (2) Check the fouled mixed martial artist's condition and safety.
- (3) Assess the warning or penalty to the offending contestant, deduct points, and notify each corner's seconds, judges and the official scorekeeper.

If a bottom contestant commits a foul, unless the top contestant is injured, the fight shall continue, so as not to jeopardize the top contestant's superior positioning at the time.

- (1) The referee shall verbally notify the bottom contestant of the foul.
- (2) When the round is over, the referee shall assess the warning or penalty and notify both corners' seconds, the judges and the official scorekeeper.
- (3) The referee may terminate a bout based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.

## 15. Protests and Alterations of Decision

**Only a coach may make an official protest.**

The scoring of the referee and judges is final.

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's decision, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and WKA supervisor deem that one of the following circumstances has occurred:

- (1) A conspiracy has taken place or an illegal agreement has been entered into that affects the result of the match.

**(2) The addition of the scorecards is faulty or one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.**

**(3) A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.**

**Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (video will not be accepted). The protest must be accompanied by a processing fee of 100 EUR. The fee will be returned if the protest is found to be valid. The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees, etc.**

**The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. Video will not be accepted. The Head Referee's decision is final.**

**Decisions of the official doctor can be subject to protest if a second doctor is present at the event. The second doctor will make the decision about the protest.**

<b>VIII.</b>	<b>Submission Grappling Rules</b>	<b>56</b>
1.	Tournament Admission	57
2.	Fighting Area	57
3.	Age Classes	57
4.	Additional Regulations of Class and Division	57
5.	Experience Levels and Belt Levels	57
6.	Weight Classes	57
7.	Weigh-In	58
8.	The Competitor's Apparel	58
9.	Match Lengths	59
10.	The Grappling Area, the Table, Timekeepers, and Scorekeepers	59
11.	The Referee	59
12.	Penalties	60
13.	Legal Techniques	61
14.	Illegal Techniques	61
15.	Match Conclusions	62
16.	Points	62
17.	Advantages	64
18.	Protests and Alteration of Decisions	64

## 1. Tournament Admission

At the Association's discretion, Association may choose to waive license fee for a tournament registration fee.

Weight divisions may be combined if there are not enough competitors in one division to make a complete division at Association's discretion.

## 2. Fighting Area

Grappling competitions shall be conducted on grappling or wrestling mats divided into "rings". A ring is an area that is clearly marked by color, tape or similar means.

Each ring area shall measure no less than ten (10) feet by ten (10) feet. The center of each ring should be clearly marked. In addition, each ring should have a safety perimeter around it on all sides of a width no less than two (2) feet.

Only competitors ready to engage in a match and referees shall be on the competition mats. Coaches, teammates, and other spectators must remain off of the mat area. Approved camera crew may, at the Association's discretion, film on the mats between competition rings.

## 3. Age Classes

Competitors shall be divided into the following age classes:

Adults: 18 years and older

## 4. Additional Regulations of Class and Division

Men and women shall not compete against each other.

Any competitor who has reached the rank of Blue Belt must compete in Intermediate or Advanced divisions. Any competitor who has reached the rank of Purple Belt or higher must compete in Advanced divisions.

## 5. Experience Levels and Belt Levels

Gi divisions will be classified according to the traditional Brazilian Jiu Jitsu belt system, with the following ranks: White, Blue, Purple, Brown, and Black Belt.

No Gi divisions for Adults will be classified as Novice, Intermediate, or Advanced.

Guidelines for No Gi experience categories:

(1) Novice: less than one year of training in the grappling arts

(2) Intermediate: one to three years of training in the grappling arts

(3) Advanced: more than three years of training in the grappling arts

(4) Note: Grappling arts include, but are not limited to, Brazilian Jiu-Jitsu, Sombo, Judo, wrestling, and Shootfighting.

(5) Any competitor entering any No Gi division who has reached the rank of Blue Belt must compete in the Intermediate or Advanced division. Any competitor who has reached the rank of Purple Belt or higher must compete in the Advanced division.

## 6. Weight Classes

Note: All weights given in kilograms.

WOMEN: GI & NO GI
-50 kg

-55 kg
-60 kg
-65 kg
+65 kg

<b>MEN: GI &amp; NO GI</b>
-60 kg
-65 kg
-70 kg
-75 kg
-80 kg
-85 kg
-90 kg
+90 kg

Note: Adjacent weight divisions may be combined if any weight division has too few competitors. If there are three or fewer competitors in one division, the competitors will be moved up to the next weight division.

## 7. Weigh-In

Weigh-ins for tournaments may be conducted the morning of the tournament or the evening before the tournament.

Competitors shall not weigh in wearing a Gi or kimono.

## 8. The Competitor's Apparel

Competitors in all No Gi divisions shall wear appropriate grappling or MMA shorts with no zippers or metal components. In addition, competitors may wear a close-fitting T-shirt or rashguard. Female competitors must also wear a sports or athletic bra.

Competitors in all Gi (BJJ) divisions must wear an appropriate Gi or Kimono that includes long pants, a jacket, and a belt. Male competitors may not wear a shirt or rashguard under the jacket. Competitors must wear shorts underneath the Gi in case the Gi should tear during competition. The Gi must be in good condition (i.e., not torn, soiled, or malodorous). Each competitor shall have a second Gi with them in case of a tear or rip in his/her Gi during competition. The Gi must meet the following regulations:

- (1) Constructed of cotton or similar material, in good condition. The Gi may not be excessively thick or hard to the point that it obstructs an opponent.
- (2) The Gi may be black, blue, or white. The jacket and pants must be the same color.
- (3) The jacket must be of sufficient length to reach the thighs of the competitor, and the sleeves must reach the wrist when the arms are extended in front of the body. The pants must be long enough to reach the ankles of a standing competitor.
- (4) The belt width must be four to five centimeters and of a color correctly corresponding to the competitor's rank. It must be tied around the waist with a double knot tight enough to remain tied and keep the Gi closed.
- (5) Gis must not be decorated or painted, except with approved team patches.

A mouthpiece is recommended for all competitors.

Male participants are strongly advised to wear foul-proof groin protection.

No jewelry may be worn during competition. All piercings must be removed.

The use of oils, lotions, grease, or other lubricants (including hair products such as gel, mousse, and similar substances) are forbidden on any part of the body.

Fingernails and toenails must be trimmed short and clean for the safety and hygiene of competitors.

Competitors with long hair must have hair arranged in such a manner that it does not interfere with competition. Any hair ties must be free of metal components, and the use of any plastic or metal hair clips or clasps is prohibited.

Any kind of footwear, including wrestling shoes, is prohibited. Headgear may not be worn. Only braces made of elastic or neoprene, containing no abrasive elements (i.e., plastic, metal, and similar), may be worn.

**The coach must wear a track suit and sport shoes, which must be clean. A coach will be given two minutes to acquire a tracksuit if he or she is not properly attired for his/her competitor's bout.**

## Rule 9: Match Lengths

Adults No Gi Novice	4 minutes
Adults No Gi Intermediate	5 minutes
Adults No Gi Advanced	6 minutes

Adults White Belt	5 minutes
Adults Blue Belt	6 minutes
Adults Purple Belt	7 minutes
Adults Brown Belt	8 minutes
Adults Black Belt	10 minutes

## 10. The Grappling Area, The Table, Timekeepers, and Scorekeepers

Each "ring" shall be accompanied by a table at the edge of the mat which faces the mat. Each table shall be equipped with chairs for the scorekeeper and the timekeeper. Each table shall also be equipped with the following: a scoreboard with easily-changed numbers large enough to be visible to the referee, a stopwatch, pens/pencils and paper, referees' armbands in contrasting colors, competitors' anklebands in contrasting colors, and a beanbag (a belt with tape wrapped around it may also be used) for stopping time. Each table should also provide water for the referee, timekeeper, and scorekeeper.

Whenever possible, there should be one scorekeeper and one timekeeper at each table, although in the event that there are not enough officials at a tournament, a scorekeeper may also keep time.

A timekeeper shall keep time with a hand stopwatch. A list of match lengths should be kept on each table for reference. A timekeeper should briefly check with the referee at the beginning of each bracket to make certain that both are aware of the appropriate length of the match. The referee shall call "Time!" and make a T-shape with his or her hands when he or she wishes the time to be stopped. At the end of the match, the timekeeper shall call "Time!" and throw the beanbag or belt into the ring in plain sight of the referee. A timekeeper shall also be responsible for stopping the clock when a match is stopped for a winning submission and for communicating the time of the match up to the submission to the scorekeeper.

A scorekeeper shall watch the referee closely at all times and keep track of points and advantages. All points shall be noted on the scoreboard. All advantages shall be recorded for each match on a piece of paper. The scorekeeper must take care to zero the scoreboard and erase all advantages at the end of each match. The scorekeeper is also responsible for recording on the bracket sheet the winner of each match as well as whether the match was won by points or by submission. In the event of a submission, the scorekeeper must record both the type of submission and the length of the match until the submission on the bracket sheet.

The time and scorekeeper must refrain from conversation, cell phone usage, and other distractions so as to remain focused and impartial.

## 11. The Referee

Every tournament-style event shall have one chief official who is responsible for overseeing all referees and other officials.

The referee is the highest authority on the mat and has the authority to penalize or disqualify competitors and to direct and control the action in his or her ring. No one may overturn a referee's decision except by means of the WKA's official protest process.

The referee shall allow no interference on the mat from coaches, other athletes, or spectators and shall direct the medical team to his or her ring when he/she deems necessary.

The referee shall ensure that everything in his/her ring is in good order; for example, he/she shall check the scoreboard for accuracy, check competitors' clothing and equipment for safety and hygiene, etc.

The referee shall wear a wristband on each wrist, each of a different color. Each competitor shall wear a corresponding band. In No Gi matches, this shall be worn around the competitor's ankle; in Gi matches, the band shall be fastened around the competitor's belt in the back. At the beginning and the end of the action, each competitor shall stand on the side of the referee with the wristband corresponding in color to his or her ankleband until such time as the referee begins the action with the command "Begin!"

To award points, the referee will hold up the hand with the wristband corresponding in color to the competitor's ankleband and clearly indicate with his or her fingers how many points should be noted on the scoreboard. In the event of two sets of points being given at the same time for two separate techniques (for example, a takedown followed by a mounted position), the referee shall first display the first number of points, then clearly say "And" and display the second number of points. The referee should check the scoreboard to ensure that the scorekeeper has understood his or her point count correctly.

To award advantages, the referee shall wave the hand with the appropriate wristband, palm down, in one sweeping motion, from inside to outside.

To stop time when necessary, the referee shall bring his or her hands into a "T" position and call "Time!" loudly enough for the timekeeper, scorekeeper, athletes, and coaches to hear.

To remove points given in error, the referee shall hold up the hand that awarded the points and wave it in a circular motion above his head.

To indicate that the competitor(s) are (is) stalling, the referee shall grab each of his/her own elbows with the opposite hands. When the referee notices that stalling is occurring, he/she shall request that twenty seconds be noted by the timekeeper and make this gesture while saying "Fight!" to the competitors. If after twenty seconds, the competitors have not increased their activity, the referee shall call "Stop!", bring the fighters to center, and award penalties as necessary for one or both competitors.

To indicate a penalty, the referee shall stop the match, bring both competitors facing the scoreboard and on the referee's correct (red or green) side, and then make a downward "X" with his/her arms, fists closed, and then give the offending competitor an official warning or award the non-offending competitor with an advantage or two points, as appropriate.

To disqualify a fighter, the referee shall stop the match, bring both competitors facing the scoreboard and on the referee's correct (red or green) side, then hold his/her arms above his or her head, crossed in an "X", fists closed, and then point to the disqualified competitor.

If the competitors move out of bounds, the referee shall call "Stop!" and the competitors must maintain their position with no movement. This shall also occur when two thirds of one competitor's body is out of bounds. In such cases, the referee shall attempt to move the athletes back to the center of the ring. If this is not possible, the referee shall direct the athletes to move to the center of the ring and regain their former position, making adjustments where necessary to replicate the position. A submission attempt or takedown shall never be replicated. In such a case, or if the referee cannot replicate the original position, the competitors will be restarted from a standing position.

## **12. Penalties**

Typically, for fouls, the referee shall issue penalties in the following order:

- (1) Unofficial warning
- (2) Official warning
- (3) One advantage given to fouled competitor
- (4) Two points given to fouled competitor
- (5) Disqualification of competitor who has committed the fouls

However, the referee is the highest authority on the mat and may penalize the offending competitor according to the referee's discretion based on the referee's assessment on the intent and severity of the foul.

The referee may dictate notes to the scorekeeper, who must take down the notes verbatim without alteration.

### **13. Legal Techniques**

The competitor shall work toward the victory in the following ways: positioning (take downs, positioning on the ground, maintaining and improving one's position in relation to one's opponent) and legal submissions and submission attempts. Competitors shall not use excessive force and shall abide by the rules of their respective divisions, refraining from any techniques deemed illegal for their particular division.

### **14. Illegal Techniques**

The following items are illegal in all Gi and No Gi matches, in any division, at any level:

Biting

Eye gouging (including chin-to-eye)

Head butting

Striking of any kind, whether with the fist, the shoulder, the forearm, or any other body part.

Small joint manipulation (fingers and toes)

Hair pulling

Ear pulling

Fish hooking or placing fingers into any orifice of the opponent

Clawing, pinching, twisting, or grabbing the flesh of the opponent

Grabbing the clavicle

Unsportsmanlike conduct, including, but not limited to, disobeying the referee's instructions, spitting, using foul language or personal insults, and using obscene or personally threatening gestures

Timidity, which includes, but is not limited to, attempting to flee the ring, spitting out the mouthpiece, and faking an injury

Attacking an opponent before the referee has signaled the match to begin, after the referee calls a stop to the match, or when the referee has called for a break in the match

No slamming is permitted. Takedowns and throws are not considered slams, provided that a competitor delivers his or her opponent safely to the mat. No competitor may slam an opponent in order to escape a submission or pass the guard, nor may any competitor stand up in the guard and slam his or her opponent.

No excessive force is permitted.

No stalling shall be allowed. Stalling includes lack of activity, backing out of the guard, interfering with the Gi in order to gain time by having the referee fix it, and fleeing the ring to avoid a submission or takedown. Stalling also includes holding the opponent in a position with no activity or standing up in order to disengage.

The following rules apply additionally for all No Gi matches:

No grabbing of any article of clothing, including shorts and rashguards, whether one's opponent's or one's own, is permitted.

Any competitor who has reached the rank of Blue Belt must compete in Intermediate or Advanced divisions. Any competitor who has reached the rank of Purple Belt or higher must compete in Advanced divisions.

The following rules apply additionally for all Gi matches:

No competitor may kneel or sit to the mat without first grabbing his or her opponent's Gi.

A competitor may not insert his or her fingers inside the sleeves or pant legs of his or her opponent's Gi. In addition, a competitor may not grab his or her opponent's belt with both hands.

A competitor must be able to change the pants or top of his or her Gi immediately if it becomes torn and the referee instructs him or her to change the Gi. This must be done in a timely manner as directed by the referee.

The following techniques are illegal for Adults in Brown and Black Belt divisions and in Advanced No Gi divisions:

Cervical locks without a choke

Scissors takedowns

Heel hooks

The following techniques additionally are illegal for Adults in Blue and Purple belt divisions for Gi and in Intermediate No Gi divisions:

The Mata Leo with the foot

Any twisting leg locks

Bicep locks

Calf locks

## 15. Match Conclusions

A match may end in the following ways:

### Submission

(1) A competitor may tap with his or her hand against the opponent, the mat, or his/her own body in a visible manner.

(2) If unable to tap with a hand, a competitor may tap with his or her foot or feet against the mat to signal that he/she wishes the match to end.

(3) A competitor may verbally submit because of a submission hold of if he/she feels unable to continue for any other reason.

(3a) If a competitor yells, shouts, screams, or makes a similar noise that could indicate pain, the referee will immediately stop the match, whether or not the referee sees a submission or injury, and this will be noted as a verbal submission.

### Technical Submission

(1) The referee may end the match if he or she sees that a legal maneuver or technique is about to cause the competitor serious physical damage or injury. In such a case, the victory shall be awarded to the competitor who applied the technique which would have caused damage or injury. In this case, the referee's decision is final and must be respected with good sportsmanship by the competitor and his or her coaches.

(2) The referee may also stop a match if a competitor is injured. If the physician or Emergency Medical Technician determines that the competitor cannot safely continue, then the match will not be restarted. Provided that the injury was not sustained by an illegal technique or maneuver, the victory shall be awarded to the competitor who is not injured. In this case, the referee's decision is final and must be respected with good sportsmanship by the competitor and his or her coaches.

(3) One person shall be designated as the coach for each competitor. This person only may request that the score/timekeeper throw in the belt to stop the match on behalf of his or her competitor if he or she feels that his/her competitor is in danger of injury.

**Points:** If a match reaches its full duration in time with no submission, referee stoppage, or disqualification, the competitor with more points shall be declared the winner of that match.

**Advantages:** If a match reaches its full duration in time with no submission, referee stoppage, or disqualification, and at the end of the time, the two competitors are tied on points, the competitor with more advantages shall be declared the winner of that match.

**Referee Decision:** In the case of a tie in points and advantages in both Gi and No Gi divisions, the winner shall be chosen by referee decision.

**Unconsciousness:** A competitor shall lose the match if he or she loses consciousness by a choke, pressuring, a take down, lack of athletic conditioning, or any accident that does not qualify as a foul on the part of the opponent.

**Disqualification:** The referee's decisions are final and may not be disputed except by the official WKA protest process. Competitors, their teammates, and coaches must show respect to the referee at all times. If a competitor is disqualified in one match for a technical rather than a disciplinary foul, it is at the discretion of the chief official whether that competitor may go on to compete in other matches in the same tournament.

**Draw:** There shall be no draws except in the case that both competitors are accidentally injured and cannot continue, and there are no points or advantages.

## 16. Points

Points will be awarded as follows:

Takedown	2 points
Takedown into side control (No Gi only)	3 points
Sweep	2 points
Passing the guard	3 points
Mounted position	4 points
Back Mount with hooks in	4 points
Back Mount, with knees on ground, opponent flat on stomach+	4 points
+Achieving both hooks from this position (Gi only)	4 points
Knee on belly (Gi only)	2 points

A competitor must demonstrate clear control of a position for three seconds before he or she may be awarded points for that position.

A competitor may not accrue additional points for a position for which he/she was previously awarded points. (For instance, a competitor cannot gain additional points by switching sides in knee-on-belly or side control.) A competitor can only gain points for the same position if he/she has regained it after the opponent has forced the competitor to lose this position.

An opponent can only gain points for intentionally changing from one dominant position to another if the new position is higher the level of ascension than the previous position. The level of ascension is as follows: side control, knee on belly, mount, back mount without hooks (with opponent flat on stomach), back mount with both hooks in.

No points shall be awarded to a competitor who attains a submission while in a submission—the submission must be completely defended and three seconds of control then maintained for the competitor to be awarded points for the position.

#### Take downs:

(1) The competitor attempting the takedown must take his/her opponent to the ground, not land in a disadvantageous position, and maintain control of the opponent for three seconds to gain points. However, if the competitor takes the opponent down directly onto the opponent's back, two points shall immediately be awarded to the attacking competitor.

(2) If a take down is completed outside the fighting area, it shall be valid if initiated with both of the attacking athlete's feet in the fighting area.

(3) If a competitor has one knee and one foot on the mat and is taken down, the competitor applying the take down will be awarded two points if the take down was initiated with both of the attacking athlete's feet on the ground. If a competitor has both knees on the ground and is taken down by, the attacking competitor must pass to side control and maintain the position for three seconds and shall then be awarded an advantage, provided that he/she initiated the take down with both of his/her feet on the mat.

(4) When a competitor attempts a double leg, wrestler's shot, or similar, and the opponent defends by sitting on the floor and executing a sweep, the competitor who executed the sweep will be awarded the points.

(5) When a competitor throws his/her opponent and ends in a bottom position, he/she shall receive two points and the opponent who lands on top shall gain an advantage.

(6) If a competitor executes a take down and lands in his/her opponent's guard and is swept immediately, both competitors will receive two points.

#### Passing the guard:

(1) Passing the guard shall be defined as an athlete changing position from being between his/her opponent's legs (whether the guard is open or closed) to establishing a position on the opponent's side, past the legs, in a perpendicular or longitudinal position over the opponent's trunk, even if the opponent is on his/her side or back (this position is called side control).

(2) If the opponent on the bottom avoids side control by getting to his/her knees or standing up, the athlete passing guard will gain an advantage rather than points.

(3) If a competitor is attempting to pass the guard and attempts a foot lock without success with the opponent sitting up, the competitor on top shall receive two points after he/she defends the attack and maintains top position for three seconds. In addition, if the competitor attempting the foot lock puts his/her opponent in significant danger, he/she shall receive an advantage.

Knee on belly: shall be defined as a competitor placing one knee across the stomach of the opponent, facing in the direction of the opponent's head. In Gi divisions only, points shall be awarded for this technique, provided that the competitor has control of the opponent's sleeve, collar, or belt with at least one hand.

#### **Mount:**

- (1) Mount shall be defined as a competitor sitting astride an opponent's torso with at least one knee on the ground, whether the opponent is on his/her back, side, or stomach.
- (2) If the opponent on bottom has one arm inside the competitor's legs, that competitor shall receive points for the mount. However, if opponent on bottom has both arms inside the competitor's legs, no points shall be awarded.
- (3) If the opponent on top has his/her feet or knees on his/her opponent's legs, no points shall be awarded for mount.
- (4) If a competitor applies a triangle from the guard and lands in mount still in the triangle position, that competitor shall receive points for the sweep but not for mount.

#### **Back Mount:**

- (1) Back mount shall be defined as a competitor grabbing the back of an opponent and wrapping his/her legs around the opponent, digging his/her heels into the opponents inner thighs to establish and maintain control.
- (2) Both hooks must be firmly established for three seconds for the competitor to attain points. Thus, no points shall be given for a body triangle or body lock with the legs.
- (3) If the competitor has one leg over the arm of the opponent, points shall be awarded. If the competitor has both legs over both arms of the opponent, no points shall be awarded.

#### **The Sweep:**

- (1) A sweep shall be defined thus: when a competitor has the guard (bottom) position (including half guard and butterfly guard) and inverts the position by using a technique that allows him/her to attain a top position.
- (2) When the competitor executing the sweep immediately comes to the back of his/her opponent, he/she shall gain two points.
- (3) If an athlete attempts a sweep and both competitors return to their feet and the competitor who initially attempted the sweep executes a takedown, remaining on top, he/she shall be awarded two points.

No points shall be awarded for reversals or escapes, as it is the duty of a competitor to escape from a disadvantageous position, such as mount, side mount, or rear mount.

## **17. Advantages**

An "advantage" shall be defined as an attempted, but not completed, technique that would have been advantageous in attaining a better position or victory: i.e., sweeps, take downs, submissions, and guard passes.

- (1) For a competitor to gain an advantage by near-take down or near-throw, the opponent must show a visible loss of balance, and the take down/throw must be nearly completed.
- (2) A submission attempt must pose a serious threat to a competitor's opponent in order to gain an advantage.
- (3) From the closed guard position, the competitor on top may gain an advantage by a near-pass. The competitor on top must pose a serious risk of losing the guard to the competitor on the bottom (i.e., the competitor on the bottom must be forced to exert energy to regain the guard position).
- (4) From the closed guard position, the competitor on the bottom may gain an advantage if he or she nearly sweeps the opponent. A loss of balance on the opponent's part must be visible, and the opponent must be forced to struggle to retain his or her balance. An advantage may only be earned if the competitor attempting the sweep opens his or her guard.

Advantages will only be considered in the case of a tie in points at the end of the match.

If at the end of the match, when time has been called, the scoreboard shows that the two competitors are tied on points, the referee may then choose to award an advantage to a competitor who has attempted more submissions, attempted more techniques with more aggressiveness, or otherwise dominated the fight in the eyes of the referee.

## **18. Protests and Alteration of Decisions**

**Only a coach may make an official protest.**

The scoring of the referee and judges is final.

Protests against the decisions of a referee can only be accepted in the event that the competition rules have not been correctly applied.

A referee's decision, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and WKA supervisor deem that one of the following circumstances has occurred:

- (1) A conspiracy has taken place or an illegal agreement has been entered into that affects the result of the match.
- (2) The addition scorecard incorrectly reflects the points given by the referee, causing the wrong competitor to be awarded the victory, or the referee or scorekeeper has mixed up the red and green sides, resulting in the victory being given to the wrong competitor.
- (3) A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (video will not be accepted). The protest must be accompanied by a processing fee of 100 USD. The fee will be returned if the protest is found to be valid. The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees, etc.

The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. Video will not be accepted. The Head Referee's decision is final.

Decisions of the official doctor can be subject to protest if a second doctor is present at the event. The second doctor will make the decision about the protest.