
The logo features a stylized 'K' shape. The top-left vertical bar is gold with 'WKU' written vertically. The top-right vertical bar is black. The two diagonal bars are gold. Below the 'K' is a large black chevron pointing upwards.

SOUTH AFRICA

AMATEUR

RULEBOOK

The official Amateur and Pro-Am rules and regulations for WKU K1 South Africa

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Amateur and Pro-Am Rules and Regulations



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Note: This rulebook is based on the international WKU K1 rules and regulations. However, a few adjustments have been made and approved by WKU for the South African circuit. Therefore, our rules and regulations are slightly different than the international WKU rules.

If you will be attending an international WKU event, please read through the international rules to familiarize yourself with their regulations.

The international WKU rules (<https://www.wkuworld.com/organisation/rules/>)



1. Fighter Classifications

Each competitor's progress in the ring is tracked by WKU K1 SA. This allows us to provide them with a growth and development path that guides them towards bigger opportunities and a possible transition to becoming a professional K1 fighter.

A competitor's license is determined by their total number of fights.

Note: K1 Light and K1 Controlled fights are not taken into consideration.

D-Class

Novice License – 0 to 3 Fights *(Subject to performance)*

C-Class

Beginner License – 4 to 6 Fights *(Subject to performance)*

B-Class

Intermediate License – 7 to 10 Fights *(Subject to Performance)*

A-Class

Advanced License – 10+ Fights *(Pro-Am rules apply for Seniors)*

Becoming an A-Class fighter means that:

- You enter the WKU K1 SA rankings for title contention.
- You can potentially qualify to attend international K1 events.

If a competitor shows a high level of skill in a lower class, WKU K1 SA may upgrade his/her license to a higher class to ensure safety and line them up with the appropriate opportunities.

Conversely, if a competitor does not show sufficient skill to progress to a higher class, they can still be matched in a lower class until they've won enough fights.



2. Amateur Status

An amateur fighter is defined as a competitor that has not signed a professional contract and that does not get paid to compete (Pro-Am rules fall under Amateur Status).

A competitor will lose their “Amateur Status” if they meet any of the following conditions:

- The competitor has competed in a professional bout in any striking combat sport.
- The competitor has signed a professional contract in any striking combat sport.
- The competitor is listed on the professional rankings of any striking combat sport.

If a former professional competitor wishes to reinstate their amateur status, a written request must be sent to WKU K1 SA, who will then discuss it with the EXCO and make a final decision.

If a professional competitor does not get enough professional fights, he/she may compete against A-Class amateurs under Pro-Am rules to remain active. However, special approval must be obtained from the EXCO. A Pro-Am match will only be considered if there are no possible professional matches that can be made, professional matches must be prioritized.

Amateur competitors may not be offered prize money to compete. However, they may receive honorariums in the form of travel and accommodation coverage. Proof and justification for the amounts must be made available upon request.

If it is discovered that a professional competitor has competed in an amateur event without the approval of WKU K1 SA, one or more of the following consequences might be considered:

- Disqualification of the non-amateur.
- A fine or participation ban to be determined by WKU K1 SA.
- Revocation of their winning title; a revocation of a World Title requires the WKUWORLD Executive Board’s approval.

3. Doping

It is prohibited to use any substances to boost one’s performance, especially if the substance is banned by the World Anti-Doping Agency (WADA) or any other anti-doping agency.

For the list of banned substances, please read through the latest [prohibited list](#).



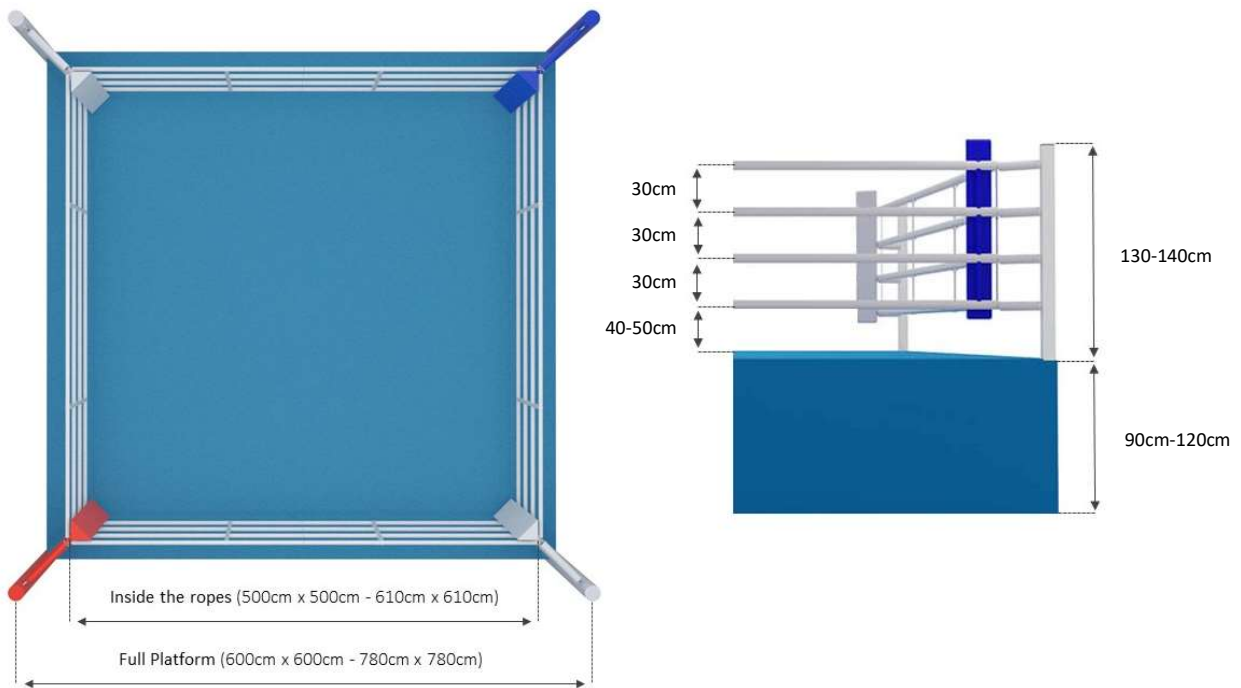
Tests may be performed to ensure clean participation and fair play. Competitors who intentionally avoid or evade testing or obstruct or manipulate the testers in any way can be disqualified and banned for a period to be determined by the WKU K1 SA.

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 supervisor of the same gender shall supervise the collection of the test samples.

4. Fighting Area

- All bouts must take place inside a square boxing ring. Requests to use a different fighting area must be approved by WKU K1 SA.
- The minimum size of the inside of the ropes must be 500cm x 500cm and maximum size 610cm x 610cm.
- The platform and apron must extend at least 50cm outside the line of the ropes on each side, including additional canvas necessary to tighten and secure it.
- The platform must be safely constructed, levelled, and without any obstructions close to it. The minimum size of the whole platform must be 600cm x 600cm and maximum size 780cm x 780cm.
- To ensure safety, an engineering certificate for the ring is required and a copy must be in the event organizer's safety file.
- The ring cannot be less than 90cm or more than 120cm above the ground.
- The inside corners of the ring must be fitted with padded cushions that prevent injury.
- The Kickboxer in the Red Corner must always be announced first.
- The floor must be covered with a suitable material that creates a safe padded floor over the wooden planks. It should be between 1.5cm - 2.5cm thick.
- A non-slippery canvas or similar material must be stretched over the padded floor, covering the entire platform and secured in place.
- Four separate ropes are required on each side of the ring. Each rope must be 4cm thick, without considering the cover. Thicker ropes must be approved by WKU K1 SA.
- The ropes must be covered with vinyl or polyester rope covers and must be tight enough to safely absorb impact while preventing the competitors from falling out of the ring.

- The heights of the four ropes are calculated from the canvas.
 - First rope 40-50cm from the canvas.
 - Second rope 70-80cm from the canvas.
 - Third rope 100-110cm from the canvas.
 - Fourth rope 130-140cm from the canvas.
- Material (close to the texture of the canvas or rope covers) must be used to cover the turnbuckles where the ropes connect to the corner post.



5. Medical Requirements

- Each athlete must submit an annual medical form that's completed by a qualified doctor declaring that they are medically fit to compete in WKU K1 SA events.
- The medical form is valid for 12-months from the date of completion. An athlete will not be allowed to participate if a valid medical form has not been submitted.
- All athletes that are 12 years and older must complete blood tests (HIV, Hepatitis B Surface Antigen, and Hepatitis C Antibodies). These tests will be valid for 6-months from the date of completion.



- The medical form and blood tests must be submitted directly to WKU K1 SA, who will then register the competitor as being medically fit to participate.
- Medical forms and blood tests form part of the fight card approval process, so these documents must be submitted beforehand and not be handed in at the weigh-ins.

6. Medical Suspensions

If a competitor has been knocked out due to head trauma, the following suspensions apply:

- 1-month suspension after the first incident.
- 3-month suspension if a second knockout occurs within 12-months.
- 12-month suspension if a third knockout occurs within 12 months of the first knockout. In this case, an EEG is required to lift the suspension.

The same suspension periods apply if a knockout and/or concussion occurs during training or anywhere else. The coach will be responsible to report this event to WKU K1 SA.

The suspension periods are intended to be the minimum period and cannot be overruled even though a head scan or other tests show no visible injuries. A doctor can also extend the suspensions if they feel it is appropriate to do so.

After each bout, it is mandatory that all competitors must go to the medical team with their coach for another medical examination. The medical team will then note any injuries and possible suspension periods on the WKU K1 SA database.

7. Medical Examinations

- As part of the weigh-in procedure, the medical team must complete all the required medical checks (*as described on the Medical Checklist*) on each competitor to ensure they are still fit and healthy to compete.
- No competitor will be allowed to compete with open wounds, skin conditions, or signs of illness. It is not allowed to compete with plasters or bandages covering a wound.
- If a competitor has dental braces, they must wear a suitable mouth guard that covers the braces, and their orthodontist must complete the Dental Brace Form (*found on the WKU K1 SA website*). If the competitor has braces on the top and bottom jaw, the mouth guard must cover both the upper and lower teeth.
- A doctor must supervise each bout. He/she has the final authority regarding the safety of the competitors. Complying with their instructions and directions is a must.
- No bout can start if the attending doctor is not in place, and the medical team may not leave their place before the decision is made at the end of the bout.



- An ambulance must be on the premises before a bout may take place. If there is only one ambulance and it leaves the premises, all bouts must be stopped until it returns. It is recommended that two ambulances be available when livestreaming or broadcasting.
- The doctor has the right to interrupt or stop a bout by approaching the Chief Official if he/she thinks a competitor's safety is compromised.
- The attending doctor shall be ready to assist if a serious emergency arises and to administer first aid in the event of less serious injuries.
- The doctor is responsible for deciding whether an injured competitor is medically fit to continue the bout. The referee will call the doctor if an examination is required.
- No one, including coaches, may attempt to aid an injured competitor during a round before the attending doctor has had the opportunity to examine the injury.
- The doctor will have 1-minute to examine the injury, any kind of treatment during this time is strictly forbidden. Should the 1-minute not be enough, or if the injury needs treatment, the referee shall stop the bout and declare the opponent the winner if the injury was caused by a legal technique (*see 21. Fouls and Prohibited Techniques*).
- The doctor is the only one allowed to enter the ring and examine the presumed injury to decide if the bout can continue or not.
- The doctor's decisions are final and may not be overruled by the referee.
- If a knockout occurs, the referee may not intervene (e.g. remove the competitor's mouth guard or turn him/her on their side) the doctor will carry out all interventions.

8. Registration and Weigh-Ins

- All clubs and competitors must be registered as an active member for the calendar year to be able to participate in WKU K1 SA events.
- As part of the sanctioning process, all fight cards must be approved by WKU K1 SA before it's released to the public. During this process, each competitor's details will be verified, and all regulatory checks will be completed.
- Nail and beard length must be checked at the weigh-in (*see 15. Equipment*)
- If the weigh-ins are on the same day as the tournament, the weigh-in must be completed at least 2 hours before the first bout takes place.
- If a competitor fails to make the agreed weight, they will have 1 hour to cut down to the agreed weight limit. However, they may not cut more than 2% of their current weight.



- If they fail to make the agreed weight within the 1-hour time limit, or if the amount of weight they need to cut exceeds 2% of their current weight, the bout will be cancelled unless a catchweight can be arranged.
- For catchweight bouts, the heavier competitor must weigh in within 105% of the lighter competitor's official weight. For example, if the lighter competitor weighs 75kg, their opponent cannot weigh more than 78.75kg (*calculated by $75\text{kg} \times 105\% = 78.75\text{kg}$*).
- If the bout is cancelled due to not making weight, or a competitor withdrew without a valid doctor's letter, the competitor can be fined or suspended by WKU K1 SA.
- Due to the hormonal cycle's effects on water retention, female competitors can apply for a 300g grace if evidence is provided that the cycle falls on the weigh-in date. If approved, the grace will apply to both competitors. However, the request for grace must be submitted a minimum of 7 days prior to the weigh-in.

Note: Female competitors are encouraged to attend WKU K1 SA's courses that focus on tracking hormonal cycles and other relevant information.

9. Age Categories

A competitor's age is determined by their date of birth. In other words, a competitor must compete in the age division that matches their age on the day of the event.

- Kids Division (10-12 years old)
- Teens Division (12-14 years old)
- Junior Division (15-17 years old)
- Senior Division (18-45 years old)
- Veteran Division (45-55 years old)

Competitors over the age of 40 must complete a stress ECG test with their annual medical examination and reach a heartrate higher than 90% of their theoretical maximum.

- All competitors must enter as their gender at birth.
- Kids and Veteran divisions can only compete in K1 Light.
- Teens divisions can do both K1 Light and K1 Controlled.
- Juniors and Seniors can do K1 Light, K1 Controlled, and K1 Full Contact.
- In the Kids division, any bleeding is treated immediately within 1 minute (max 2 times).
- 12-year-olds may compete in both the Kids and Teens divisions.

10. Amateur Weight Classes

Kids Female	Kids Male	Teens Female	Teens Male
10 - 12 Years	10 - 12 Years	12 - 14 Years	12 - 14 Years
-28	-28	-35	-35
-32	-32	-40	-40
-36	-36	-45	-45
-40	-40	-50	-50
-44	-44	-55	-55
-48	-48	-60	-60
-52	-52	60+	-65
52+	52+		65+

Junior Female	Junior Male	S / V Female	S / V Male
15 - 17 Years	15 - 17 Years	18 - 55 Years	18 - 55 Years
Bantamweight (-45)	Bantamweight (-55)	Bantamweight (-50)	Bantamweight (-60)
Featherweight (45-50)	Featherweight (55-60)	Featherweight (50-55)	Featherweight (60-65)
Lightweight (50-55)	Lightweight (60-65)	Lightweight (55-60)	Lightweight (65-70)
Welterweight (55-60)	Welterweight (65-70)	Welterweight (60-65)	Welterweight (70-75)
Middleweight (60-65)	Middleweight (70-75)	Middleweight (65-70)	Middleweight (75-80)
Light Heavyweight (65-70)	Light Heavyweight (75-80)	Light Heavyweight (70-75)	Light Heavyweight (80-85)
Heavyweight (70+)	Cruiserweight (80-85)	Heavyweight (75+)	Cruiserweight (85-90)
	Heavyweight (85-90)		Heavyweight (90-95)
	Super Heavyweight (90+)		Super Heavyweight (95+)

11. Round Durations

- Kids divisions will be 2 x 1.5-minute rounds with 1 minute rest.
- Teens and Veteran divisions will be 3 x 1.5-minute rounds with 1 minute rest.
- Junior and Senior divisions will be 3 x 2-minute rounds with 1 minute rest.



12. Competitor's Responsibilities

- All competitors must be registered with WKU K1 SA to be able to compete.
- A competitor cannot enter an event without the approval of their head instructor.
- It is the responsibility of each competitor to always protect themselves during the bout and to obey the commands of the referee.
- Each competitor must be in good physical condition and demonstrate a high level of sportsmanship during each event.
- No amateur athlete may sign a contract that imposes any restrictions. However, they may sign the *Amateur Bout Agreement* that's been approved by WKU K1 SA.
- The competitor must be neat and presentable, portray a professional image, and wear an appropriate uniform when attending WKU K1 SA events.
- All administration must be completed on time, and each competitor must ensure that they have all the correct equipment (*see. 15. Equipment*)
- A competitor must not behave in a way that brings the image of the sport into disrepute.
- The competitor is responsible to make the agreed weight and to be on time.
- If the competitor's safety equipment needs to be readjusted, he/she shall retreat one step and raise one arm to gain the referee's attention. However, if the referee feels that the competitor is using this to rest or buy time, the referee will penalize the competitor.
- When a competitor receives a warning from the referee, they must acknowledge the referee to indicate that they have understood the warning and the reason behind it.
- After the bout, the competitors must thank the referee for their efforts to regulate the bout and thank their opponent and his/her coaches for the opportunity to compete.
- Violation of the rules and regulations or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning, disqualification, or suspension from participation, depending on the seriousness of the violation or infringement.

13. Coaches Responsibilities

- The main coach in a competitor's corner must be registered with WKU K1 SA and have a valid coaching license (*obtained by completing the Coaches Course*)
- All coaches must be appropriately dressed and maintain a professional image. Shorts, tank tops, caps, and open toe footwear are not allowed.



- Appropriate attire includes long pants, closed footwear, and a top representing the competitor's team. A coach that's not properly dressed will not be allowed to coach and will be given 2-minutes to change their attire or to be replaced with another coach.
- A competitor can have two coaches while only one of them is allowed to enter the ring. The main coach is responsible for all the activities in a competitor's corner.
- When the order "seconds out" is given, the coaches will have 10 seconds to leave the ring, remove all towels, buckets and stools from the platform, wipe up water if necessary, and take their seats.
- While the bout is active, the coaches must remain seated. Slamming the ring's platform or placing their arms on the side of the ring is not allowed.
- During the round, the coaches may not enter the ring or act inappropriately. If they behave in a way that disturbs the proper proceeding of the bout, they must be warned.
- No swearing, foul, derogatory or disrespectful language or behaviour is permitted by the competitor or anyone in their corner.
- During the rounds, coaches may give advice and encourage the competitor in a proper and professional manner. Should a coach violate this rule or show unsportsmanlike conduct, the referee can issue a warning, expel the coach, or disqualify the competitor.
- In between rounds, the main coach may get the referee's attention to address concerns. However, shouting, rude remarks, and unprofessional behaviour will result in a warning.
- A maximum of two warnings can be given to a coach who violates the rules. After two warnings, the coach can be expelled with the permission of the Chief Official. A coach who has been expelled will no longer be able to coach at the event.
- Coaches must have a towel, water, ice, and petroleum jelly at their disposal. The competitor's water bottle may only contain water, no glass bottles are allowed.
- No inhalers, oxygen, smelling salts or other drugs may be used during the bout. If the competitor has asthma, he/she should take their medication before the bout.
- When treating an injury in between rounds, the coaches may wipe off blood, and only use water, ice, pressure, and a moderate amount of petroleum jelly on cuts.

14. Competitor's Uniform

- Male competitors must wear shorts with a bare upper body.
- Female competitors must wear shorts with a shirt, vest, or sports top.
- No jewellery and facial cosmetics are allowed.
- Tops must be tucked into the shorts and sit tight enough so that kicks cannot get stuck.

- The shorts must not be longer than three quarters of the thigh. The competitor's knees must be clearly visible, and no pockets, zips, or hard materials are allowed.
- Female Muslim competitors are allowed to wear a special uniform underneath their clothing that covers their body apart from the face. If the competitor chooses to dress according to their religion, they must do so completely and not partially.

15. Equipment

- All equipment must be in good condition, tattered or damaged equipment is not allowed.
- To ensure each judge can clearly see the designated corner of each competitor, an assigned official must tape the competitor's gloves with either red or blue tape (around the wrist).
- If the event organizer supplies a full set of equipment that matches the colour of each corner, wearing red and blue equipment will be mandatory.
- If the shin guards are the smallest size available, but it's still too large for the competitor, two strips of adhesive tape may be placed over its straps to secure it.

The following list of equipment is mandatory at amateur events:

- Head Guard (*must be the right size and according to the rules*)
- Mouth Guard (*dental braces must be completely covered and a letter must be provided*)
- Hand Wraps (*gauze wraps with tape or cotton wraps with the Velcro strip are allowed*)
- 10oz Boxing Gloves (*must be taped by an official to indicate the competitor's corner*)
- Breast Protector (*mandatory for female competitors older than 12 years*)
- Groin Protector (*mandatory for all male and female competitors*)
- Knee Pads (*not required for K1 Full Contact competitors that are C-Class and above*)
- Instep Shin Guards (*sock-type shin guards are only allowed in Pro-Am rules*)

The approved equipment brands are listed on the WKU K1 SA website under the rules in the "Documents" section (*please note that the list is subject to change*).

- No dipped foam equipment or head coverings like scarves or hairnets are allowed.
- Long hair must be braided and secured with soft material so that it does not interfere with the bout.

-
- Nails must be short enough to not inflict injury and facial hair can be a maximum of 2cm in length. This must be checked at the weigh-in and rectified if necessary.
 - If a competitor's safety equipment is incorrect or not in the appropriate condition, the official must ask the corner to change their safety equipment. If this happens, the four-minute rule will apply.

16. The Four-Minute Rule

The four-minute rule is applied when a competitor does not report to the ring after being called or if they have the wrong equipment.

- After the first minute, the competitor will start the fight on their 1st warning.
- After the second minute, the competitor will start the fight on their 2nd warning.
- After the third minute, the competitor will start the fight with a minus point.
- After the fourth minute, the competitor shall be disqualified.

17. Hand Wrapping

- Wearing hand wraps is mandatory for all ages and modes.
- Hand wraps must purely be used to add protection and not to add force to a strike.
- Foot wraps are optional, but it must be covered with an elastic ankle support.

17.1 Velcro Hand Wraps

- Normal cotton hand wraps with the Velcro strip are allowed.
- The Velcro must be in good condition, tape may not be used to secure the wraps.
- The Velcro strip must be secured on the competitor's wrist.
- Only the wrapping may be used, no additional materials are allowed.
- The wraps must cover the competitor's knuckles.

17.2 Gauze Wrapping and Adhesive Tape

- The soft gauze must not exceed 12 metres in length and 6cm width per hand.
- The gauze must be equally distributed over the competitor's hand.

- The adhesive tape must not exceed 5 metres in length and 4cm width per hand.
- Strips of adhesive tape can be used between the fingers to hold the bandages.
- No adhesive tape is allowed on the knuckles (*must stop 2cm from the knuckles*).
- A knuckle pad with a maximum of 10 layers can be made of soft gauze.
- Additional material to make a knuckle pad is not allowed.
- Plaiting the gauze or adhesive tape is not allowed.

17.3 Medical Adhesive Tape / Kinesiology Tape

- Kinesiology tape to stabilize injured parts of the body can be used directly on the skin with a maximum of 3 layers.
- Adhesive tape to stabilize injured parts of the foot or toes can be used directly on the skin with a maximum of 3 layers.

17.4 Approving Hand and Foot Wrapping

- A competitor's hand and foot wraps must be approved by the designated official, and they may request to see a competitor's hand and foot wraps at any time.
- All wrapping and equipment must be checked before the competitor enters the ring.
- This can either be done at a designated equipment checking station, or ringside before the competitor gets into the ring. The event organizer can decide which option fits best with the flow of their event.
- Once a competitor's wraps have been checked and approved, they must put on their gloves and the official will tape their gloves to indicate the colour of their corner.
- If the gloves are not taped at the ring, the official must sign the tape on the inside of the wrist to indicate that they have checked and approved the hand wraps. Once the gloves have been taped, the gloves may not be removed until after the bout.

18. Application of Oils

- Applying a moderate amount of petroleum jelly to the competitor's face is allowed. However, no other oils or substances may be applied to the body (Thai liniment, deep heat, petroleum jelly on the body etc.)
 - The competitor's body must be dry when approaching the ring. If this is not the case, the officials must request that the competitor's coach wipes their body dry.
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19. Modes of Contact

19.1 K1 Light (*Development Mode*)

- The contact level can be compared to light sparring.
- The intention must be to score points, and not to cause injury.
- Aggressive engagements and powerful strikes will not be tolerated.
- All techniques must be controlled but contact must be firm.
- Excessive techniques and aggressive engagements will not be scored.
- Knee strikes to the head and spinning back fists are not allowed.

Contact will be deemed excessive if:

- The competitor puts their body weight behind their strikes.
- The competitor swings or strikes through their target.
- The competitor pulls their punches back.
- The competitor engages aggressively.
- The referee feels that a competitor is trying to cause injury.

If a competitor injures or knocks their opponent down, the officials must determine if any of the criteria for excessive contact were in play. If yes, the referee can either give a minus point or disqualify the competitor based on the severity of the situation.

19.2 K1 Controlled (*Development Mode*)

- The contact level can be compared to hard sparring.
- All techniques must be controlled but contact must be hard.
- The intention must be to score forceful points, and not to knock the opponent out.
- Knee strikes to the head are allowed for seniors, but spinning back fists are not allowed.
- Uncontrolled, overly aggressive engagements, and full power strikes will not be tolerated.

For example, it is not allowed to pin a competitor against the ropes and aggressively throw combinations with the intent to knock them down.



Contact will be deemed excessive if:

- The competitor throws all their weight into a strike.
- The competitor swings and executes uncontrolled strikes.
- The competitor is overly aggressive with their engagements.
- The competitor has a clear intention to cause injury and not to score points.

If a knockdown occurs, the officials must determine if any of the criteria for excessive contact were in play. If yes, the referee can either give a minus point or disqualify the competitor based on the severity of the situation. If not, the knockdown will be deemed legal.

19.3 K1 Full Contact

- Competitors use all their power and strength to try and knock their opponent out.
- Only techniques that are executed with full power and speed will be scored.
- Aggressive engagements are allowed, but the competitors must still display a high level of sportsmanship.
- Only K1 Full Contact victories count towards the competitor's license.
- D-Class competitors must wear knee pads (*no knee pads for C-Class and above*).
- Knee strikes to the head (*seniors only*) and spinning back fists are allowed.

20. Legal Techniques

- All boxing techniques, including back fists are allowed.
- The spinning back fist technique is only allowed in K1 Full Contact.
- Low kicks to the entire leg are allowed (*thrusting kicks are prohibited*).
- Front kicks, side kicks, back kicks, round kicks, hook kicks, crescent kicks, axe kicks, and jumping and spinning variations are allowed.
- Grabbing the opponent's leg is allowed. However, the competitor must immediately perform one counter technique within 1-second and then release the leg.
- Sweeps over the thigh in clinching situations are allowed, without the use of hips.
- All variations of knee strikes to the thighs, body, and head are allowed (*knee strikes to the front of the thighs are prohibited due to it causing accidental groin strikes*).



- Clinching (holding) with one or both hands is allowed, but only with the intention to immediately execute one lower body technique (knee or sweep). After executing the technique, the competitor must disengage from the clinch.
- It is allowed to turn the opponent before or after executing a knee strike, as long as the clinch duration does not exceed 1-second. However, sweeps will be seen as a technique and only 1 technique can be used per clinch (*either a knee or a sweep but not both*).
- It is allowed to push or push off the opponent, but the competitor must follow up with a strike. Shoving or pushing the opponent to prevent them from striking is not allowed.
- Knee strikes to the head are only allowed in the Senior Division (*not in K1 Light*).
- If the referee calls “BREAK”, both competitors must disengage from the clinch, take a full step back, and continue fighting.

21. Fouls and Prohibited Techniques

The following actions and techniques are illegal and will result in a penalty. In the case of severe intentional fouls, the warning process can be skipped, and an immediate minus point or disqualification can be awarded.

- Any strikes with the forearm or elbow.
- Any joint locks, head locks, and strangle or choke holds.
- Knee strikes to the front of the thigh (*due to accidental groin strikes*).
- Thrusting kicks (*front kick, side kick, back kick*) to any part of the leg.
- Reaping, elevated and tackling takedowns, and any throws above the waistline.
- Executing multiple strikes or techniques while clinching or holding the opponent’s leg.
- Hitting with the inside of the glove, side of the glove, or the wrist.
- Hitting the opponent’s back, back of the neck, back of the head, and kidneys.
- Any form of headbutting or leading with the head when engaging.
- Pulling the opponent’s head below chest height.
- Attacking a grounded opponent (*when a third point touches the ground*).
- Attacking after the “STOP” command or after the sound of the bell.
- To voluntarily spit out or drop the mouth guard.



- Holding the ropes while attacking an opponent, including in clinching situations.
- Clinching or grabbing the leg without having the intention to execute a technique.
- Not engaging and avoiding contact by running away.
- Falling due to no or little contact, or intentionally falling down to avoid a strike.
- Punching while clinching the opponent (*punching while holding the leg is permitted*).
- To turn the back, run away, and duck below the opponent's waist.
- Attacking an opponent who is caught between the ropes.
- Not disengaging when the "BREAK" or "STOP" commands are given.
- Trying to land a blow on the opponent immediately after the "BREAK" command without first taking a full step back.
- To stomp the head or body of a grounded opponent.
- Shoving or ploughing (*when grabbing the opponent's leg, only one step is allowed while delivering a legal technique*).
- Breaking a clinch by grabbing the lower back and bending the opponent backwards.
- Unsportsmanlike conduct and disrespect towards the officials.

22. Warnings and Minus Points

- Warnings and minus points are given for committing any of the fouls or illegal techniques mentioned above. In severe cases, the competitor can be immediately disqualified.
- All fouls are accumulative and carry throughout the whole fight.
- Minus points are deducted from the 10-point score and not from the clicker score.
- If a notable rule violation takes place, the referee shall stop the fight with the command "STOP" and follow the warning procedure mentioned below.
- The warning must be issued clearly and in a manner that the competitor understands.
- Should a judge observe a rule violation that has escaped the notice of the referee, the judge must raise a yellow card in between rounds to gain the referee's attention and share their concern. The referee must then ask the other judges if they also saw the rule violation, if the majority says yes, the referee will start the next round with a penalty.



22.1 The Warning Procedure

Caution – The referee briefly stops the fight, cautions the competitor, and restarts the fight immediately. A maximum of 2 cautions can be given.

When issuing any of the warnings below, the referee must stop the fight and the time, and clearly warn the competitor. Their opponent must be sent to the neutral corner before issuing the warning.

1st Warning – The judges must note an official warning.

2nd Warning – The judges must note a 2nd official warning.

3rd Warning – The judges must deduct a point from the round score.

4th Warning – The competitor must now be disqualified.

- If the referee noticed a violation of the rules at the same time the bell rang to indicate the end of a round, they must first warn or penalize the competitor before continuing.
- If the referee says “BREAK” and one of the competitors takes a full step back and then immediately attacks their opponent, who stood without any movement, and knocks their opponent down, the knockdown will be considered legal. However, if the attacking competitor did not take a full step back, it will be deemed as a foul.
- To clear up unseen or doubtful situations, the referee may ask the judges’ opinion on the incident and decide on a majority vote. If the referee asks for second opinions, his/her opinion will no longer count as part of the vote (*3 judges - 3 votes*).
- If a decision is not reached after consulting the judges, the referee must consult the Chief Official who will then make the final decision.

23. Scoring Rules

23.1 Awarding of Points

- To encourage technical development and clean, effective striking in amateurs, judges use clickers to score amateur bouts (*Pro-Am and Pro bouts use the Pro Scoring System. See “12. Scoring” in the Professional Rulebook*).
- Clicker scores are converted into the 10-point must system at the end of each round. The cumulative 10-point scores from all rounds will determine the winner.
- 1 clicker point will be awarded for all legal techniques that fit the 8 scoring criteria.
- Successfully sweeping an opponent will count as 1 clicker point if they fall down or if their gloves touch the ground. A point will also be awarded if they grab onto the ropes or onto their opponent to prevent themselves from falling.

- If the competitor executes a sweep, but they fall down with their opponent, no points will be awarded. The attacker must remain standing in order to score a point.
- If a competitor executes a technique that is contrary to the regulations (e.g. an illegal technique or excessive contact or aggression) no points will be awarded.
- A legal striking area must make clean contact with a legal target area to score a point. Partially blocked or deviated strikes will not score any points.
- **Legal striking areas** - front and back of the glove, knee, lower half of the shin and the instep, and the bottom of the foot.
- **Legal target areas** - front and side of the head and body, and the entire leg.

23.2 The 8 Scoring Criteria

- For a judge to award a point on the clicker, the following 8 criteria must all be in place:
 - **Good Form** – Did the competitor use proper technique?
 - **Firm Contact** – Did the technique make firm and solid contact? Techniques that brush or push the opponent do not score.
 - **Timing and Distance** – Was the delivery of the technique at the correct moment and at a distance where the technique would be effective?
 - **Clean Impact** – Was the impact clean without any defensive interference, and did a legal striking area hit a legal target area?
 - **Awareness** – Did the competitor focus on their target at the time of delivery?
 - **Balance and Control** – Did the competitor maintain proper balance during and after the execution of the technique?
 - **Visibility** – Did the judge clearly see the technique make impact? Points may not be awarded based on sound, effect, or assumptions.
 - **Effective Force** (*not applicable in K1 Light*) – Did the technique have effective power and speed? High volume strikes with no effectiveness must not be scored.

23.3 Resolving Draws

- If a draw occurs, the judges must award the victory based on the following criteria:
 - Which competitor caused the most knockdowns and accumulated damage.
 - Which competitor took the initiative and displayed a stronger fighting spirit.



23.4 The 10-Point Must System.

- The competitor with the highest clicker score receives 10 points for the round, and his/her opponent will receive 9 points or less.
- If the clicker scores are equal, the round score will be 10-10.
- If the point difference on the clickers is between 1 and 9, the round score will be 10 for the highest scoring competitor and 9 for the lowest scoring competitor (*e.g. 10-9*)
- If one competitor dominates the round with a score difference 10 or more on the clickers, their opponent will receive 8 points. The round score will therefore be 10-8.
- A judge cannot score a round lower than 10-8, unless minus points or knockdowns have been awarded by the referee.
- If a competitor is physically knocked down or severely dazed, all judges must deduct 1 point from the 10-point score for that round (*i.e. 10-9*)
- However, if the referee counts a competitor who took a powerful blow but was not physically knocked down or severely dazed, each judge must not subtract a point from the round, but rather **add 1 clicker point** to their opponent's score.

24. Official Results

24.1 Accidental and Intentional Fouls

- If a competitor contributes to a foul (e.g. ducking into a knee, moving into an oncoming forehead, or closing the distance when their opponent executes a spinning backfist and colliding with the forearm or elbow) the foul will be deemed accidental.
- If a competitor did not contribute to the foul, the foul will be deemed intentional.
- If a competitor is injured due to an intentional foul and cannot continue the bout due to the doctor's decision, the injured competitor will be declared the winner by their opponent's disqualification (DQ).
- If a competitor is injured due to an accidental foul, and the doctor decides that the injured competitor can continue, and his/her chance for victory has not been severely jeopardized, the referee may give the injured competitor up to 2-minutes to recover before restarting the bout.
- However, if the injured competitor cannot continue due to the accidental foul, or if the 2-minute recovery period is not enough, the referee must stop the bout, and the result will depend on the judges' scorecards.



- The judges must add up their scores up until the accidental foul occurred, and the competitor with the highest score will be declared the winner.
- If the accidental foul occurred in the first round, the result will be a No Contest (NC).
- In the case of a draw, the rules in *23.3 Resolving Draws* will apply.

24.2 Victory by Points

- If a bout goes the full distance, the final score is determined by adding up the 10-point scores of each round (*i.e. 30-27*).
- The competitor with the highest score will be declared the winner.
- All draws must be resolved according to *23.3 Resolving Draws*.
- Due to the draw resolution mentioned in 23.3, there are only two official decisions:
 - Unanimous Decision – All judges agree on the winner.
 - Split Decision – Two judges agree, and one judge disagrees.
- All judges' decisions are final and can only be overturned under specific circumstances (*for the rules regarding protesting decisions, see "25. Protests"*)

24.3 Victory by Doctor Stoppage or Injury (DS)

- The doctor has the ultimate authority related to the safety of the competitors and can request to stop the fight in case of an injury. If this is the case, the uninjured competitor will be announced as the winner by Doctor Stoppage.
- If a competitor is injured, the referee will stop the fight and call the doctor to the ring. The doctor will have 1 minute to examine the competitor to determine whether they can continue or not.
- During the examination of the injury, the competitor's coaches must remain seated and may not interfere.
- If the doctor says the competitor cannot continue, the referee may not overrule the decision. However, if the doctor says the competitor can continue, the referee can still stop the fight if they feel it's a safety risk. Permission to stop the fight in this case must first be obtained by the Chief Official. Stopping the fight in this manner will result in the opponent being declared the winner by Referee Stops Contest (RSC).
- If a competitor is injured by an illegal technique and the bout cannot continue, the offender must be disqualified (DQ) and their opponent must be declared the winner.



- If there was a kick to the groin and the referee sees it clearly, they must stop the fight, stop the time, put the competitor who is at fault in the neutral corner and give their opponent time to recover (maximum 2 minutes). Before resuming the fight, the referee must penalize the offending competitor for the groin kick.
- If there was a kick to the groin and the referee did not see it clearly, they must follow the same procedure as normal and ask all the judges what they have seen. If the majority confirms the groin kick, the referee must penalize the offender.
- If the majority does not confirm the groin kick, the referee must start the time and begin to count the competitor as per a knockdown, as the strike was deemed legal.
- In case of an accident, such as twisting an ankle when stepping backwards, the judges must finish their scorecards and the competitor with the highest number of points will be declared the winner. Should this situation occur in the first round, the uninjured competitor will be declared the winner.
- If a competitor suffered notable head trauma during the bout, the medical suspension rules must be adhered to (*see "6. Medical Suspensions"*).

24.4 Victory by Surrender (SUR)

- If a competitor voluntarily surrenders because of injuries, or any other reason during the rest period between rounds, their opponent shall be declared the winner by their opponent's surrender.
- During the bout, the coaches are allowed to throw a towel into the ring if they wish to surrender on behalf of their competitor.
- If a coach throws in a towel while the referee is busy counting a competitor due to a knockdown, the referee must first finish counting to 10 before stopping the bout.

24.5 Victory by Referee Stopping Contest (RSC)

- If according to the referee's discretion, a competitor cannot safely continue the bout for any reason, they must stop the bout and declare the opponent the winner by RSC.
- If a competitor is injured (e.g. a cut or severe nosebleed) the referee must stop the bout and call the doctor to examine the injury. No referee can decide on the severity of an injury and whether a competitor can continue or not, with the exception being knockdowns and knockouts (*counting the competitor out*).
- If a competitor sustained an injury due to a knockdown, the referee must first finish the count to see if the competitor recovers in time and then he/she can call the doctor to assess the injury.



- The bout must not be stopped for minor nosebleeds, but if the bleeding becomes more serious, the doctor should be consulted.
- If a competitor is clearly outmatched and at the risk of serious injury, the referee must ask the other officials if they think the bout must be stopped. If the majority agrees, the referee must stop the bout.

24.6 Victory by Knockout (KO)

- If a bout is stopped due to the opponent not recovering by the time the referee counts to 8, their opponent will be declared the winner by Knockout (KO)
- If a competitor has reached the maximum number of knockdowns for their division, the competitor will be counted out and their opponent will be declared the winner by Technical Knockout (TKO).
- The maximum number of knockdowns for each division:
 - Teens and Junior divisions - 2 Knockdowns.
 - Senior division - 3 Knockdowns.
- In Senior tournament elimination bouts, the fight is considered over when a competitor has received two knockdowns in one round or three knockdowns throughout the entire fight.
- If both competitors are knocked out simultaneously and neither of them can continue the bout, the fight will be over, and the competitor with the highest score up until that point will be declared the winner. However, both competitors will be suspended from further participation due to the head trauma sustained (*see 6. Medical Suspensions*).
- If both competitors are knocked down, the referee must start counting down as normal. If both competitors recover, the referee must first check the competitor who gets up first. If one competitor is on their final knockdown, they must be checked first and counted out even if they recover.
- If a competitor knocks their opponent down, they must immediately go to the neutral corner that will be pointed out by the referee.
- If the competitor places their hands on the ropes or if they leave the neutral corner while the referee is counting, the referee must suspend the count.
- The following situations will be classified as a knockdown:
 - The competitor touches the floor with any part of their body other than their feet after receiving a powerful and damaging strike.

- The competitor is semi-conscious while hanging on the ropes after receiving a powerful strike.
- After taking powerful strikes the competitor is still on their feet, but in a state of semi-consciousness, and by the referee's opinion, not able to continue.
- The competitor has lost consciousness due to receiving a strike.
- After receiving a powerful strike, the competitor stops fighting and is no longer effectively defending themselves.
- If a competitor is pinned against the ropes and is taking strikes on their guard, the referee should not call the knockdown unless any of the signs above are present.

24.7 Victory by No Contest (NC)

- If circumstances beyond the control of the competitors or the referee interfere with the proceedings of the bout, the referee may stop the bout and rule it a No Contest.
- The following situations will result in a No Contest:
 - Power failures or the lighting over the ring is failing.
 - Severe weather conditions that interfere with the fight.
 - Safety issues regarding the crowd or environment.
 - The ring sustained damage and is no longer safe for the competitors.
 - An accidental foul occurs in the first round.

24.8 Victory by Walk Over (WO)

- If one competitor is ready to fight but his/her opponent fails to show up after their name has been repeatedly called, the referee shall apply the four-minute rule.
- If the four minutes is up, the timekeeper shall strike the gong to signal the match has been stopped. The referee shall then call the competitor who is present to the centre of the ring and declare them as being the winner by Walk Over.
- To maintain professionalism at fight nights, the four-minute rule must be applied backstage if the competitor is not ready by the time the fight before them has started.
- If this is the case, the recorded penalty time must be given to the Chief Official at the main table before the bout starts, so that he/she can inform the referee.



25. Protests

- Only the main coach of the competitor can make an official protest.
- The scoring of the judges is final and cannot be protested, unless it is discovered:
 - That a judge has switched the scores of the competitors (*swapped corners*).
 - There was a mistake when adding up the scores on the scorecard.
- Protests regarding the decisions of an official can only be accepted if the rules have not been applied correctly (*video footage will not be accepted as evidence*).
- Protests shall be directed to the Chief Official and must clearly state the reason for the complaint along with any supporting evidence that a wrong decision has been made.
- The protest must be accompanied by a processing fee of R1000. If the protest is found valid, the fee will be returned.
- If the protest has been found invalid, the protest fee will be transferred into the WKU K1 SA account and be utilized for the development of the sport.
- The Chief Official will decide on the protest after hearing all the evidence from the protesting side and all the officials that were involved. His/her decision is final.
- Decisions of the attending doctor can be subject to protest if a second doctor is present at the event. The second doctor will make a final decision on the protest.

26. Pro-Am Rules

Pro-Am rules serve as a steppingstone between Amateur K1 and Professional K1.

- All A-Class competitors that are 18 years and older compete under Pro-Am rules.
- Pro-Am rules do not apply to K1 Light and K1 Controlled.
- Competitors compete without head guards and sock-type shin guards must be used.
- To prepare athletes for the Pro circuit, all Pro-Am bouts are scored by using the Pro Scoring System (*see "12. Scoring" in the Professional Rulebook*).
- The round duration will be 3 x 3-minute rounds with 1 minute rest.
- Each Pro-Am bout will affect the competitor's position in the rankings.
- All Senior Amateur Title Fights must be under Pro-Am rules.

27. Title Fights

27.1 General Title Fight Rules

- Only A-Class competitors can potentially qualify for title fights.
- Title contenders must be determined by the WKU K1 SA or promotional rankings.
- Senior title fights (18-45) are under Pro-Am rules and must be for a title belt that declares the competitor as the official champion of their division.
- Junior title fights (15-17) are under normal amateur rules and must be for a *junior title belt* that declares the competitor as the official champion of their division.
- Competitors must wear equipment that matches the colour of their corner.
- A maximum of three coaches are allowed for title fights.
- Competitors must weigh in the day before the event.
- Each bout can only have 1 title on the line.
- A competitor must be a South African citizen to qualify for a national title fight.
- Professional competitors cannot compete for amateur titles (*see “2. Amateur Status”*).
- Title fights must take place within official weight classes, no catchweights are allowed.
- If a competitor becomes the champion, he or she will be the champion for that specific weight class. In other words, they’ll have to defend their title in the same weight class. If they cannot make the weight in the future, their title will be vacated.
- A competitor who did not make weight cannot be crowned champion, which will result in the following three scenarios:
 - If the **champion** does not make the agreed weight, the bout will proceed, but only the challenger can win the title. Should the champion win the bout, they will have to vacate their title.
 - If the **challenger** does not make the agreed weight, the bout will proceed. Should the challenger win the bout, the title will be declared vacant, but if the champion wins the bout, it will count as a successful defence.
 - If the title is **vacant**, only the competitor who made weight is eligible for the title.



27.2 Round Duration

- Senior title fights - 5 x 3-minute rounds with 1 minute rest.
- Junior title fights - 5 x 2-minute rounds with 1 minute rest.

27.3 Promotional Titles

- Promotional title belts are made by the event organizer and are used to crown the winner of an elimination tournament, or to host a promotional title fight that's based on a promotion's internal rankings.

The rules regarding promotional titles are covered in the Event Organizer's Rulebook.

27.4 Provincial Titles

- Provincial titles crown a competitor as the official champion of a specific province.
- Contenders for provincial titles are determined by the official provincial rankings, and it's the responsibility of the Provincial Head to ensure provincial title fights take place.

27.5 National Titles

- National title fights are for the official WKU K1 SA championship belts. These titles crown a competitor as the official *South African Champion*.
- Contenders are selected by using the national rankings of WKU K1 SA, which tracks the performances of all competitors across the country.
- To qualify for a national title fight, competitors must enter the WKU K1 SA rankings by becoming A-Class competitors, and then accumulating victories to work their way up towards a title shot.

Both provincial and national title belts must be ordered through WKU K1 SA.

27.6 The Ranking System

The WKU K1 SA rankings must be used for national and provincial title fights.

An explanation of the WKU K1 SA Ranking System:

- Only A-Class competitors can enter the rankings.
- When a competitor enters the rankings, their initial position is determined by their titles and achievements, fight experience, and win rate.



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- Ranked competitors must compete against one another to move up in the rankings. Once a competitor reaches the top, they qualify for a title fight.
 - Each competitor in the rankings will have an opportunity to:
 - **Defend** - Compete against a lower ranked competitor to defend their position in the rankings. If the higher ranked competitor wins the bout, their opponent will not advance in rank and will instead remain where they are.
 - **Challenge** – Compete against a higher ranked competitor to challenge them for their position in the rankings. If the lower ranked competitor wins the bout, they will take their opponent’s position in the rankings.
 - Competitors must alternate between defending and challenging. For example, if a competitor defended their rank in their last bout, they must be given the opportunity to challenge a higher ranked competitor in their next bout.
 - Under special circumstances, WKU K1 SA may override the challenge-defend cycle if there is no other option to create movement in the division.
 - If a situation occurs where two competitors must compete against one another, but both challenged higher ranks in their last bout (in other words, they are both on their defensive cycle), the lower ranked competitor must first defend their rank position, and after that a challenge for the higher ranked competitor will be arranged (where they can defend their position).
 - If a new competitor enters the rankings from another organization, they must fight their way into the rankings and cannot get an immediate title shot.
 - The initial ranking criteria will be used to calculate where their position would be in the rankings. The new competitor will then be matched against the competitor who matches their rank due to the initial calculation.
 - This will give the new competitor the opportunity to prove themselves in the organization. If the new competitor wins this bout, they will take their opponent’s position in the rankings and move them down to the rank below.
 - If the new competitor loses this bout, they will remain outside the rankings and move down one position to challenge a lower ranked competitor. This process will continue until they are victorious, only then will they enter the rankings and take the position of the competitor that they’ve defeated.
 - A competitor must defend their position against a new competitor regardless of where they are in the challenge-defend cycle.
-



- If a competitor refuses to defend their rank against a new competitor that's trying to enter the rankings, they will forfeit their position, and the new competitor will automatically take their position in the rankings.
- Only one postponement of a ranked fight is allowed before the competitor forfeits their position to their opponent. If a competitor is inactive for 12 months, they will relinquish their position in the rankings.
- If a valid reason can be provided (*valid reasons include evidence of travel or medical evidence of illness or injury*), WKU K1 SA will postpone the ranked fight within reason. If the ranked fight cannot take place within 3 months, the competitor will be declared dormant, and the challenger will bypass their position in the rankings.

27.7 Interim Champions

- Interim title fights are arranged to prevent a division from becoming stagnant due to the champion's absence. Whenever a champion is temporarily unable to defend his/her title due to medical or work-related reasons within 12-months, WKU K1 SA may match two competitors who will fight for an interim title.
- When the original champion returns, he/she must face the interim champion in a unification bout to determine the undisputed champion.
- If the original champion cannot return to defend their title due to whatever reason (including changing weight divisions), or if their absence lasts longer than 24 months, the interim champion will automatically be declared as the undisputed champion.

27.8 Vacant Titles

- A vacant title means that there is no current champion in the division.
- A title will be declared vacant in the following instances:
 - When a champion, for whatever reason, voluntarily gives up their title.
 - If the champion refuses to defend their title in accordance with the rules.
 - If the champion is no longer an active member of WKU K1 SA.
 - If the champion fails to make weight for their specific weight division.
 - If the champion fails a drug test or brings the image of the sport into disrepute.
- Should any of the above-mentioned situations occur, WKU K1 SA has the right to immediately strip the champion of their title and declare it vacant.
- When a title is declared vacant, rank #1 and rank #2 will qualify for a title fight.



- Should a champion want to voluntarily vacate their title, they must notify WKU K1 SA in writing and explain the reason for their decision.

27.9 Title Holder's Obligations

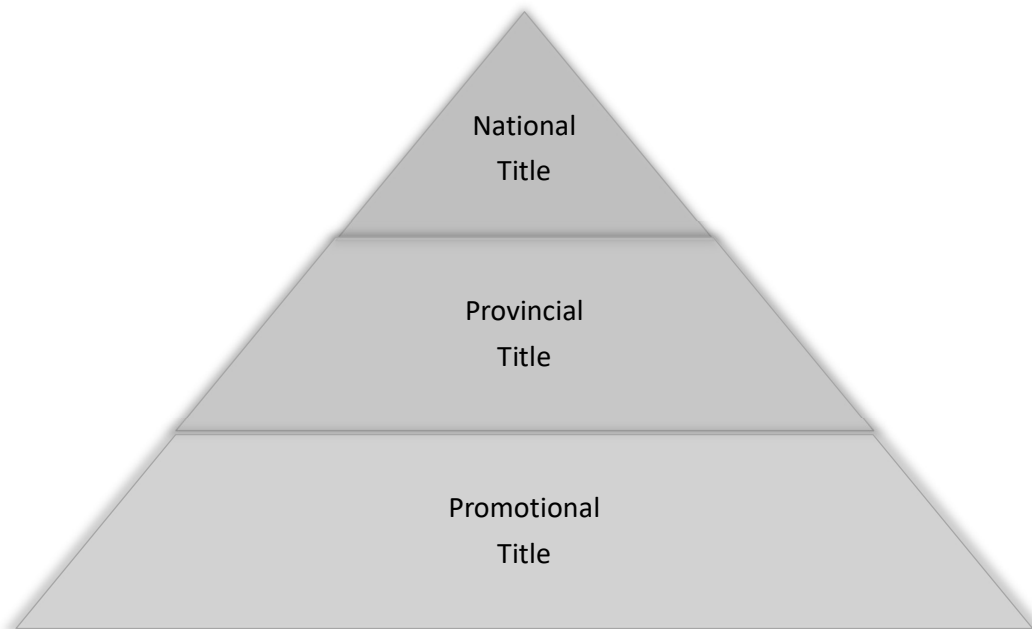
- The champion must bring their belt into the ring for every title defence.
- Once a competitor becomes champion, they must remain active and be ready to defend their title against a new challenger if the opportunity arises.
- However, a new champion will have a 6-month cool-off period where they are not obligated to accept challenges for their title.
- Declining a challenge after the cool-off period without a valid reason will result in vacating the title, setting the stage for a title fight between the challenger and whoever is next in line (*valid reasons include evidence of travel or medical evidence of illness or injury*).
- Becoming a champion makes you an ambassador for the sport and a representative of WKU K1 SA. Title holders must conduct themselves in a professional manner and may not under any circumstances bring the image of the sport into disrepute.
- If media opportunities arise, such as interviews and public appearances, the champion must be willing to attend and represent WKU K1 SA in the media and be a positive ambassador for the sport.

27.10 Title Ownership

- After winning the title for the first time, the new champion will temporarily possess their belt and must first defend it to solidify their position as the champion.
- If the new champion loses their first title defence, their belt will be handed over to the new champion. However, if the new champion wins their first title defence, the belt will become their permanent property.
- If no challenges for a new champion's title are presented within a 24-month period, the belt will become the champion's permanent property.
- Suppose the belt is already the champion's permanent property, but they lose their next title defence; their belt will be used in the presentation ceremony to crown the new champion and for photo opportunities. After that, the belt will be returned, and a new one will be ordered for the new champion.
- If the current champion's belt is lost, broken, or stolen, he/she will be held liable for the cost of ordering a new one before their next title defence.

27.11 Title Value

Each title holds a specific value within the organization:



- **Promotional titles** crown the best competitor within a specific promotional fight night's competitor pool. A promotion's rankings are limited to competitors that have competed at the event.
- **Provincial titles** crown the best competitor within a specific province. Because the competitor pool is larger, the value of the title increases.
- **National titles** crown the best competitor in South Africa. This title is based on the largest competitor pool, which gives it the most value.

28. Types of Events

See "Event Classification" in the *Event Organizer's Handbook* for detailed information on the rules and regulations for the different types of events.