AMATEUR RULEBOOK

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

Copyright 2024 WKU K1 South Africa ©

Please note that the content of this document is the property of WKU K1 South Africa. Permission is granted to use the content within the organization. Reproduction and copying of this document's content is not permitted.

Table of Contents

1. Fighter Classifications 4
1.1. C-Class (Beginners License) 4
1.2. B-Class (Intermediate License) 4
1.3. A-Class (Advanced License) 5
1.4. Declaration of Experience 5
2. Amateur and Professional Status 5
2.1. Cross-Code Professionals 6
3. Age Categories 7
3.1. Contact Levels Per Age Category 7
4. Round Durations 7
5. Amateur Weight Classes 8
6. Doping Regulations 8
7. Medical Regulations 9
7.1. Baseline Medical Examinations 9
7.2. Event-Specific Medical Examinations 9
7.3. Event Medical Regulations 9
7.4. Bleeding Protocols 10
7.5. Medical Suspensions 10
8. Weigh-Ins and Registration 11
9. Competitor's Responsibilities 12
10. Coaches Responsibilities 12
11. Competitor's Uniform 13
11.1. Branding, Sponsorship, and Logo Use 13
12. Equipment 14
13. Wrapping and Taping 15
13.1. Velcro Hand Wraps 15
13.2. Gauze Hand Wraps and Adhesive Tape 15
13.3. Foot Wrapping 16
13.4. Medical Adhesive Tape / Kinesiology Tape 16
13.5. Equipment Checks and Wrap Approvals 17
14. Application of Oils 17
15. The Four Minute Rule (Readiness Penalty) 17
15.1. Traditional Day Events 18
15.2. Fight Night Events 18

16. Modes of Contact 19
16.1. Body-Only Contact (Developmental Modification) 19
16.2. Light Contact (Development Mode) 20
16.2.1. Unsafe Defence & Safety Intervention 21
16.3. Hard Contact (Development Mode) 22
16.3.1. Hard Contact Technique Guidelines 23
16.4. Full Contact K1 24
17. Legal Techniques 24
17.1. Legal Target Areas 24
17.2. Hand Techniques 24
17.3. Kicking Techniques 24
17.4. Knee Techniques 25
17.5. Leg Catching and Counters 25
17.6. Clinching and Sweeps 25
17.7. Pushing and Framing 26
18. Fouls and Prohibited Techniques 26
18.1. Illegal Target Areas 26
18.2. Illegal Strikes 27
18.3. Illegal Clinch and Control 27
18.4. Illegal Throws, Takedowns, and Off-Balancing 27
18.5. Grounded and Rope-Related Fouls 28
18.6. Referee Command and Bout Control Violations 28
18.7. Avoidance, Evasion, and Unsportsmanlike Behaviour 28
19. The Warning Procedure 28
19.1. Effect-Based Penalty Assessment 29
19.2. Cautions 29
19.3. Formal Warning Procedure 29
19.4. Immediate Minus Point or Disqualification 29
19.5. Additional Referee Procedures 30
20. Amateur Scoring Rules 30
20.1. Awarding Points 30
20.2. The 8 Amateur Scoring Criteria 31
20.3. Amateur Scoring Clarifications 31
20.4. Clicker Point Conversion (10-Point Must System) 32
20.5. Scoring Amateur Knockdowns 32

20.6. Resolving Amateur Draws 33
21. Pro-Am Scoring System 33
21.1. Pro-Am Scoring Criteria 34
21.2. Scoring Pro-Am Bouts 34
22. Accidental and Intentional Fouls 36
22.1. Accidental Fouls 36
22.2. Intentional Fouls 37
22.3. Groin Kicks (Low Blows) 37
23. Official Results 38
23.1. Victory by Points (P) 38
23.2. Victory by Doctor Stoppage (DS) 38
23.3. Victory by Surrender (SUR) 39
23.4. Victory by Referee Stops Contest (RSC) 39
23.5. Victory by Knockout (KO) or Technical Knockout (TKO) 40
23.6. Victory by No Contest (NC) 40
23.7. Victory by Walk Over (WO) 41
24. Protests 41
25. Pro-Am Rules 42
26. Title Fights 42
26.1. General Title Fight Rules 42
26.2. Round Duration 43
26.3. Promotional Titles 43
26.4. National Titles 43
26.5. Interim Champions 44
26.6. Vacant Titles 44
26.7. Title Holder's Obligations 44
26.8. Title Ownership 45
27. The Ranking System 45
28. Fighting Area Regulations 47
28.1. Fighting Area Diagram 48

Note: This rulebook has been adapted for the South African circuit and applies only to WKU K1 SA events. For international events, international WKU rules apply (https://www.wkuworld.com/organisation/rules/).

1. Fighter Classifications

WKU K1 SA uses a structured fighter classification system to ensure athlete safety, fair competition, and a clear development pathway toward elite and professional K1 competition. Fighter progression is formally tracked to support appropriate matchmaking and long-term athlete development.

- A competitor's classification is primarily determined by their full contact fight experience, combined with demonstrated performance, skill and maturity within the K1 ruleset.
- Fight records serve as a guideline rather than a strict limitation. Match-ups may be approved across reasonable record differences where safety, size, skill level, and performance history are deemed appropriate.

Note: Light Contact and Hard Contact Development bouts are not counted toward a competitor's official fight record as they do not contain all the elements present in full contact K1 competition.

A-Class	**Advanced License** – 10+ Full Contact Fights *(Pro-Am rules for Seniors)*
B-Class	**Intermediate License** – 4 to 9 Full Contact Fights *(Subject to performance)*
C-Class	**Beginner License** – 0 to 3 Full Contact Fights *(Subject to performance)*

1.1. C-Class (Beginners License)

- For competitors who are new to full contact K1 or who have not yet demonstrated the required skills, defensive awareness, and conditioning to advance to a higher class.
- Knee pads are mandatory in C-Class.
- Competitors transitioning from other combat sports may be placed in C-Class where knee strikes, K1 pacing, or defensive requirements are new or unfamiliar.
- Progression from C-Class is based on demonstrated readiness through performance and is not automatic.

1.2. B-Class (Intermediate License)

- Represents the standard amateur competition level within WKU K1 SA.
- Knee pads are not required in B-Class.

1.3. A-Class (Advanced License)

- Represents elite amateur status within WKU K1 SA and serves as the final development stage before full professional competition.
- Competitors enter the official WKU K1 SA rankings and become eligible for title contention.
- Junior competitors compete under normal amateur rules and equipment requirements.
- Senior competitors compete under Pro-Am rules, which include the Pro Scoring System.
- Senior competitors compete without headgear and use sock-type shin guards, providing reduced protective padding appropriate for advanced competition.
- Competitors with extensive and highly relevant experience in closely related striking disciplines may be approved for direct entry into A-Class at the discretion of WKU K1 SA.

WKU K1 SA reserves the right to classify or reclassify any competitor at any time based on observed performance, skill level, experience, or safety considerations. All such decisions are made in the interest of athlete safety, fair competition, and the integrity of the organisation.

1.4. Declaration of Experience

- All competitors and coaches are required to declare full contact fight experience honestly and in good faith at the time of registration.
- Intentional misrepresentation or repeated inconsistencies in record declarations, may result in suspension or other disciplinary action deemed appropriate by WKU K1 SA.

2. Amateur and Professional Status

Professional bouts vary significantly in level and quality, and limited professional experience does not necessarily reflect true professional status.

For classification and eligibility purposes, a professional bout is any fight where the following apply:

- Competing under professional rules (e.g. no amateur protective equipment);
- Receiving a purse or payment for competing (excluding travel or accommodation costs);

Note: WKU K1 SA has the final authority to determine whether a bout is considered professional.

A competitor will be classified as a professional (and therefore lose Amateur Status) if they meet any of the following criteria:

- They have competed in 4 or more professional striking bouts;
- They are contracted to a professional promotion;
- They earn significant income from competing (as defined by WKU World);
- They appear on recognized professional rankings.

Note: Fighters with 1 to 3 professional bouts are considered developing professionals and may compete as A-Class amateurs under Pro-Am rules, which serve as a professional development platform for top amateurs and developing professionals.

- In the interest of fairness, athlete safety, and practical matchmaking, WKU K1 SA reserves the right to approve, restrict, or adjust eligibility on a case-by-case basis. All such decisions are based on the athlete's demonstrated skill, experience, and safety considerations.
- A former professional competitor who wishes to reinstate Amateur Status must submit a written request to WKU K1 SA. Final determination rests with WKU K1 SA following review of the competitor's experience, activity history, and safety considerations.
- Prize money is not permitted in amateur competition (including Pro-Am), as these divisions are intended for athlete development rather than professional compensation. However, reasonable honorariums for travel and accommodation are permitted, and WKU K1 SA reserves the right to request justification for such payments where necessary.
- If a professional competitor participates in an amateur bout without prior approval from WKU K1 SA, disciplinary action may be taken. This may include disqualification, suspension, fines, and revocation of titles. Revocation of a World Title requires approval from the WKU World Executive Board.

2.1. Cross-Code Professionals

Experience and skills do not transfer equally across different combat sports. As a result, a professional from another combat sport is not automatically classified as a professional in K1.

For example:

- A professional MMA competitor may have limited striking experience despite holding professional status, as their success in MMA may be based on high-level grappling rather than high-level striking.
- A boxer may have elite boxing skills, but boxing uses a different stance, range, and defensive structure. Without proper kicking ability, kick defence, and conditioning for leg strikes, they may not be adequately prepared for pro-level K1, which can be a safety risk.

Because of this, WKU K1 SA will assess cross-code professional competitors based on factors including, but not limited to:

- Relevant striking experience and competitive background;
- Competence in K1-specific offensive and defensive skills;
- Video footage demonstrating actual striking ability;
- Safety and fairness of the proposed matchup.

Based on this assessment, WKU K1 SA may classify the competitor as either an A-Class Amateur (Pro-Am) if further development is required, or as a Professional if the competitor's skill level is appropriate for professional K1 competition. This approach ensures safe, appropriate, and competitive matchmaking.

3. Age Categories

- **Younger Kids Division** (8 - 9 years old)
- **Kids Division** (10 **-** 11 years old)
- **Teens Division** (12 - 14 years old)
- **Junior Division** (15 - 17 years old)
- **Senior Division** (18 - 45 years old)
- **Veteran Division** (46 - 55 years old)

- Age categories are determined by the competitor's age on the day of the event.
- Competitors must compete strictly within their age category, unless otherwise approved by WKU K1 SA for safety or medical reasons.
- Competitors over the age of 40 must complete a stress ECG as part of their annual medical exam and reach a heart rate higher than 90% of their theoretical maximum.
- All competitors must enter the division that corresponds to their sex assigned at birth.
- All competitors under the age of 15 compete under Developmental K1 Modes designed to minimize injury risk while developing core K1 skills, ensuring a safe and structured transition into Full Contact K1 from age 15 onward *(See Section 16. Modes of Contact).*
- Unless explicitly prohibited within a specific Development Mode, all techniques listed in *Section 17. Legal Techniques* are permitted. Development Modes are designed to develop realistic K1 skills and tactics in controlled conditions to prepare competitors for Full Contact K1.
- All Development Modes take place in the ring to develop ring awareness, ring control, and effective use of the ropes and corners in preparation for Full Contact K1.

3.1. Contact Levels Per Age Category

- **Younger Kids (8 - 9)** - Body-Only Light Contact
- **Kids (10 - 11)** - Light Contact
- **Teens (12 - 14) -** Light Contact / Hard Contact
- **Juniors (15 - 17) -** Light Contact / Hard Contact / Full Contact
- **Seniors (18 - 45)** - Light Contact / Hard Contact / Full Contact
- **Veterans (46 - 55) -** Light Contact / Body-Only Hard Contact

4. Round Durations

- Younger Kids and 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.

5. Amateur Weight Classes

Younger Kids	Kids Female	Kids Male	Teens Female	Teens Male
8 - 9 Years	*10 - 11 Years*	*10 - 11 Years*	*12 - 14 Years*	*12 - 14 Years*
-22	-28	-28	-35	-35
-25	-32	-32	-40	-40
-28	-36	-36	-45	-45
-32	-40	-40	-50	-50
-36	-44	-44	-55	-55
-40	-48	-48	-60	-60
40+	-52	-52	60+	-65
	52+	52+		65+

Junior Female	Junior Male	Senior / Veteran Female	Senior / Veteran Male
15 - 17 Years	*15 - 17 Years*	*18 - 55 Years*	*18 - 55 Years*
Flyweight (-40)	Strawweight (-45)	Flyweight (-45)	Strawweight (-50)
Bantamweight (-45)	Flyweight (45-50)	Bantamweight (-50)	Flyweight (50-55)
Featherweight (45-50)	Bantamweight (50-55)	Featherweight (50-55)	Bantamweight (55-60)
Lightweight (50-55)	Featherweight (55-60)	Lightweight (55-60)	Featherweight (60-65)
Welterweight (55-60)	Lightweight (60-65)	Welterweight (60-65)	Lightweight (65-70)
Middleweight (60-65)	Welterweight (65-70)	Middleweight (65-70)	Welterweight (70-75)
Light Heavyweight (65-70)	Middleweight (70-75)	Light Heavyweight (70-75)	Middleweight (75-80)
Heavyweight (70+)	Light Heavyweight (75-80)	Heavyweight (75+)	Light Heavyweight (80-85)
	Cruiserweight (80-85)		Cruiserweight (85-90)
	Heavyweight (85-90)		Heavyweight (90-95)
	Super Heavyweight (90+)		Super Heavyweight (95+)

6. Doping Regulations

- It is prohibited to use 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, will 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 will supervise the collection of the test samples.

7. Medical Regulations

7.1. Baseline Medical Examinations

- Each athlete must submit the official WKU K1 SA Annual Medical Form, completed by a qualified doctor, declaring that the athlete is 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 without a valid annual medical form on file.
- All athletes (15 years and older) must submit blood tests for HIV, Hepatitis B Surface Antigen, and Hepatitis C Antibodies (valid for 6-months from the date of completion).
- Medical forms and blood tests must be submitted directly to WKU K1 SA, who will then register the athlete as being medically fit to participate in K1.
- 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.
- Competitors with dental braces must wear a mouth guard that fully covers the braces. If braces are worn on both upper and lower teeth, the mouth guard must cover both.
- Their orthodontist must also complete the WKU K1 SA Dental Brace Form (available on www.k1sa.co.za), which must be submitted with their medical documents.

7.2. Event-Specific Medical Examinations

- As part of the weigh-in procedure, the medical team must complete all the required pre-fight medical checks to ensure each competitor is 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.
- Immediately following the bout, all competitors must report to the medical team for a post-fight medical examination.
- Post-fight medical examinations must be conducted by qualified medics. During this time, the attending doctor must remain ringside to supervise the ongoing bout, while the medics examine the competitors from the previous bout.
- Medics must document all findings and immediately refer any concerning injuries, symptoms, or conditions to the attending doctor for further evaluation. The doctor retains final authority on all medical decisions.

7.3. Event Medical Regulations

- A qualified doctor must supervise each bout and has full authority regarding athlete safety. All instructions from the doctor must be followed without exception.
- No bout may start unless the attending doctor is in place.

- The attending doctor must monitor the competitors from the start of the bout until they have safely exited the ring and arrived at the post-fight medical examination area.
- An ambulance must be on-site before any bout may start. If there is only one ambulance and it leaves the premises, no bouts may take place until it returns.
- The doctor has the right to interrupt or stop a bout by approaching the Chief Official if they believe a competitor's safety is at risk.
- 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.
- In the case of an injury, the doctor has 1-minute to examine the competitor. No treatment is permitted during this time. If more than 1-minute is required, or if treatment is needed, the referee will stop the bout.
- 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.
- Only the doctor may enter the ring to examine a competitor and determine if the bout may continue. The doctor's decisions are final and cannot be overruled by the referee.
- If a knockout occurs, the referee will immediately stop the bout but will not intervene medically (e.g. reposition the competitor or remove the mouth guard), unless airway obstruction is evident. This is to avoid unnecessary movement that may worsen undiagnosed spinal, neurological, dental, or other serious injuries. All medical assessments and intervention must be carried out by the attending doctor.

7.4. Bleeding Protocols

- In the Kids and Teens divisions, any sign of bleeding requires the bout to be stopped immediately. The medical team will have 1 minute to address the bleeding, with a maximum of two attempts allowed (each attempt receiving a new 1-minute period). If bleeding occurs a third time, the bout will be stopped.
- In all other age categories, the bout may only be stopped for medical examination in cases of severe, uncontrolled, or recurrent bleeding.
- In all age categories, only basic first-aid methods may be used to address bleeding to avoid tissue damage and prevent the masking of injuries. This includes clean gauze, ice, water, gentle pressure and a light application of petroleum jelly (Vaseline).
- Chemical cauterizing or vasoconstrictive agents such as Ferric Subsulfate / Monsel's Solution ("staal druppels"), adrenaline (epinephrine), or any similar substances are strictly prohibited.

7.5. Medical Suspensions

The following mandatory suspension periods apply for concussions or knockouts:

- 1-month suspension after the first incident.
- 3-month suspension if a second incident occurs within 12-months.
- 12-month suspension if a third incident 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. Athletes and coaches are required to disclose any recent medical issues, including head injuries or concussions sustained inside or outside WKU K1 SA events.
- 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.
- If an athlete suffers any serious injury or medical emergency between events, or receives a KO suspension as outlined above, their annual medical form becomes invalid, as they are no longer considered medically fit to compete.
- The athlete must consult a qualified doctor and submit a new annual medical form once they have fully recovered.
- Along with a new annual medical form, the doctor must also provide a signed and stamped letter confirming that they have examined the specific injury or condition and are satisfied that the athlete is medically fit to return to competition. The signature and stamp must correspond with the details provided on the annual medical form.

8. Weigh-Ins and Registration

- All clubs and competitors must hold an active WKU K1 SA membership in order to participate in sanctioned events.
- Nail and beard length must be checked during weigh-ins *(see 12. Equipment)*
- Competitors must weigh in wearing minimal, dry clothes (e.g. shorts or sports underwear) to get an accurate representation of actual bodyweight. Wearing shoes or heavy clothing to artificially increase weight is not allowed.
- If the weigh-in is on the same day as the event, 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. 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 *(75kg x 105% = 78.75kg)*.

Note: WKU K1 SA reserves the right to impose fines and/or suspensions if a bout is cancelled for any of the following reasons:

- A competitor fails to make the agreed weight;
- A competitor submits an inaccurate or misleading weight beforehand;
- A competitor withdraws without a valid doctor's letter;
- A competitor does not arrive in time for the event;

- Information later reveals that the competitor provided false or incomplete details regarding their fight record, medical history, or eligibility.

- Due to hormonal cycle-related water retention, female competitors may apply for a 300g weigh-in grace if the cycle is expected to occur on the weigh-in date.
- Requests must be submitted a minimum of 7 days prior to the weigh-in. If approved, the grace will apply equally to both competitors.
- Acceptable supporting evidence may include a menstrual cycle tracking application forecast and an athlete declaration.

9. Competitor's Responsibilities

- A competitor cannot enter an event without the approval of their head instructor.
- The competitor must protect themselves at all times and obey the referee's commands.
- Each competitor must be in good physical condition and demonstrate a high level of sportsmanship during each event.
- Athletes may only sign agreements/contracts that have 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.
- Each competitor is responsible for arriving on time, making the agreed weight, completing all required administration, and ensuring they have the correct equipment *(see 12. Equipment).*
- If the competitor's safety equipment needs to be readjusted, he/she will 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 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.
- Behaviour that harms the image of the sport or violates standards of fair play may result in penalties, including warnings, disqualification, fines, or suspension.

10. Coaches Responsibilities

- The main coach is responsible for all corner activities. He/she must ensure that the competitor and all other coaches in the corner adhere to the rules and regulations.
- Coaches must be appropriately dressed in long pants, closed footwear, and a team-branded top. Coaches who do not meet the dress code will not be permitted to work in the corner and will have 2 minutes to change or be replaced.
- Two coaches are allowed in the corner (three for title or professional bouts). However, only 1 coach may enter the ring in between rounds.

- When the command "seconds out" is given, coaches have 10 seconds to leave the ring, remove all equipment from the platform, and ensure the area is safe and dry.
- 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 bout, 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.
- Coaches may offer verbal coaching during the bout but must maintain professional conduct. Misconduct may result in warnings, expulsion from the corner, or disqualification of the competitor.
- Between rounds, coaches may raise legitimate concerns with the referee in a calm, respectful, and non-disruptive manner.
- If a coach becomes argumentative, aggressive, or disruptive, they may receive a warning or be expelled from further coaching at the event, depending on the severity of the behaviour.
- A coach may receive a maximum of two warnings. Upon the third violation, the coach may be expelled with approval from the Chief Official and may be barred from coaching for the remainder of the event.
- The minimum required corner equipment includes a towel, water, ice, and petroleum jelly.
- 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.

11. 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.
- Tops must be fitted and tucked into the shorts to prevent strikes from getting caught in it.
- No jewellery, piercings, or facial cosmetics are allowed.
- Shorts may not extend beyond three-quarters of the thigh; the knees must be fully visible.
- Shorts may not have pockets, zips, or any hard materials.
- Female Muslim competitors may wear a special uniform under their clothing that covers the body except for the face. If chosen, the uniform must be worn completely.

11.1. Branding, Sponsorship, and Logo Use

- Apparel may display club and sponsor branding, provided it remains professional.

- Branding must not include offensive, discriminatory, political, adult, drug-related, or otherwise inappropriate content, nor any messaging that brings the sport or WKU K1 SA into disrepute, or designs that imitate official WKU K1 SA staff or uniforms.
- WKU K1 SA may require the removal, covering, or replacement of any non-compliant apparel or branding at any time.
- The WKU K1 SA name and logos are the exclusive property of WKU K1 SA and may not be reproduced, modified, or used without prior written approval. Approved use is limited to indicating affiliation only and must not imply endorsement or official representation.

12. Equipment

- All equipment must be in good condition, tattered or damaged equipment is not allowed.
- To help judges identify corners, an official must tape each competitor's gloves at the wrist with red or blue tape.
- If the event organizer provides red and blue equipment, wearing equipment of the assigned colour 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 correct size and cover the top of the head with an open-face design)
- Mouth Guard *(braces must be fully covered and accompanied by a dental brace letter)*
- Hand Wraps *(gauze wraps with tape are only allowed for Full Contact K1 bouts)*
- 10oz Boxing Gloves *(8oz for Kids Division / Lace-ups can only be used for Pro-Am and Pro)*
- Breast Protector *(mandatory for female competitors 12 years and older)*
- Groin Protector *(mandatory for all male and female competitors)*
- Knee Pads *(not required for K1 Full Contact competitors that are B-Class and above)*
- Instep Shin Guards *(sock-type shin guards are only allowed in Pro-Am bouts)*

Note: *Approved brands are listed on www.k1sa.co.za under "Rules and Regulations" and may be updated from time to time. The applicable approved list for any event will be the version published no later than 14 days prior to the event date. Any changes published within 14 days of an event will not apply to that event.*

- Equipment made from dipped foam or similar low-density materials provides insufficient protection and is not permitted.
- Scarves, hairnets, and fabric head coverings are prohibited. Headgear must be worn directly against the head to ensure correct fit, stability, and protective function.

- Approved religious head coverings may be permitted only with prior approval from WKU K1 SA and must be tight-fitting, non-slip, and must not interfere with the fit or function of the headgear.
- Long hair must be braided and secured using soft, non-slip materials (e.g. elastic hair ties or bands) and must not interfere with the correct fit or stability of the headgear.
- Nails must be trimmed short enough to prevent injury, and facial hair may not exceed 2cm in length. Both must be checked and corrected at the weigh-ins.
- If a competitor's equipment is incorrect or unsafe, it must be replaced and rectified immediately. During this time, the four-minute rule will apply.

13. Wrapping and Taping

- Hand wraps are mandatory for all ages and contact levels.
- Hand wraps must be used solely for protection and must not be applied in a way that increases striking force.
- Foot wraps are optional, but must be covered with an elastic ankle support if used.
- All hand and foot wraps must be inspected and approved by the designated official prior to the bout. Any non-compliant wrapping must be corrected before competition.

13.1. Velcro Hand Wraps

- Standard cotton hand wraps with a Velcro fastening are permitted.
- Only the wrap itself may be used. No additional padding, inserts, or materials are permitted.
- The Velcro strip must be in good condition, tape may not be used to secure the Velcro.
- The Velcro strip must be secured on the competitor's wrist.
- The wraps must cover the competitor's knuckles.

13.2. Gauze Hand Wraps and Adhesive Tape

- Gauze hand wraps can only be used for Full Contact K1 bouts.
- Soft gauze must be equally distributed over the competitor's hand.
- Strips of adhesive tape can be used between the fingers to secure the bandages.
- No adhesive tape is allowed on the knuckles *(must stop 2cm from the knuckles)*.
- A knuckle pad made of soft gauze may be used with a maximum of 10 layers**.**
- No additional materials may be added to the knuckle pad.
- Adhesive tape may be applied on the back of the hand and around the wrist to secure the wrapping, provided it does not cover the knuckles or add striking force.
- Hand wrapping may not extend beyond the wrist joint. Any wrapping that extends onto the forearm or remains visible when the glove is properly fitted is not permitted.

- Plaiting, twisting, braiding, or otherwise manipulating the gauze or tape to increase density or hardness is strictly prohibited.
- Soft gauze must not exceed 12 metres in length and 6 cm in width per hand.
- Adhesive tape must not exceed 5 metres in length and 4 cm in width per hand.
- Wraps that appear to exceed these limits, create excessive bulk, or compromise safety may be rejected regardless of stated material length.

13.3. Foot Wrapping

- A competitor may use either gauze and adhesive tape or cloth foot wraps secured with a Velcro strip to wrap the feet and ankles.
- Foot wrapping is only permitted to add additional protection and must not be used to increase impact or striking force.
- Whenever foot wraps are used, they must be covered by an elastic ankle support containing no hard or rigid materials.
- Wrapping materials must be applied evenly and in a manner that allows the referee or inspector to easily assess compliance.
- A protective padded area on the foot may be formed with a maximum of 10 layers and must remain flexible.
    - Gauze Wrapping –The protective padding may be formed using soft gauze only. Rigid padding, hardened shaping, or reinforcement of the padding is prohibited.
    - Cloth Wrapping with Velcro Strip – The protective padding must be formed solely from the cloth wrap itself. No additional materials may be used, including tape to secure the wrapping. The Velcro strip must be secure and in good condition.
- When cloth wraps with a Velcro strip are used, the protective padding must be formed only from the cloth wrap itself, no additional material may be added (including tape).
- Wrapping may not extend more than 10 cm above the ankle onto the shin.
- Adhesive tape may be used only to secure the wrapping and may cover only the front of the ankle and the padded area of the foot.
- When using cloth foot wraps with a Velcro strap, the strap must be secured above the ankle at the base of the shin.
- Excessive taping, layering, or construction intended to create a hardened striking surface is prohibited.
- The referee or inspector may require the adjustment or removal of any foot wrapping that does not comply with these rules.

13.4. Medical Adhesive Tape / Kinesiology Tape

- Kinesiology tape may be applied directly to the skin to support and stabilize injuries.
- Medical adhesive tape may be applied to the feet or toes for injury support.

- Both Kinesiology tape and medical adhesive tape are limited to a maximum of 3 layers.

Note: All tape applications are subject to inspection and approval by the designated official. Any taping deemed excessive, unsafe, or intended to gain an unfair advantage must be removed or corrected before the bout.

13.5. Equipment Checks and Wrap Approvals

- All competitors must have their equipment inspected and signed off by the designated officials at the equipment checking station before their scheduled bout. No competitor will be permitted to compete without this approval.
- At Fight Night events, all equipment inspections and approvals must be completed before a competitor is released for their walkout to the ring.
- Equipment checks must be completed no later than two bouts before the competitor's scheduled bout, unless otherwise approved by the Chief Official.
- All hand and foot wraps must be inspected and approved by the designated official. Officials may request to re-check wraps at any time.
- Once the competitor's wraps are approved, the competitor must put on their gloves in front of the designated official. The official will then tape the wrist of the gloves to identify the competitor's corner and sign the inside of the wrist tape as proof of inspection.
- After the gloves have been taped, they may not be removed until the bout has concluded. If the gloves are removed for any reason, the full inspection process must be repeated and the gloves re-taped by the designated official.

14. Application of Oils

- Light application of petroleum jelly to the face is allowed (not on the body).
- No oils, balms, liniments, ointments, or warming/cooling creams may be applied to the body before or between bouts. Even if wiped off, these substances can leave a residue that makes the skin slippery and may irritate the opponent's eyes or skin.
- Competitors must approach the ring with a completely dry body. If this is not the case, officials will instruct the corner to dry them thoroughly before the bout begins.
- If an official detects residue of oils, liniments, or other prohibited substances during the bout, the match will be stopped immediately and the competitor must be cleaned thoroughly. A verbal warning will be issued, and repeat or intentional violations may result in stricter penalties.

15. The Four Minute Rule (Readiness Penalty)

These rules apply when a competitor is not ready to compete when officially called to the ring due to missing or incorrect equipment, or failure to present themselves on time.

Note: The Four Minute Rule functions differently at Traditional Day Events and Fight Night Events.

15.1. Traditional Day Events

At traditional day events, the Four-Minute Rule is applied in accordance with standard procedures:

- 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 will be disqualified.

15.2. Fight Night Events

- Due to live scheduling and event flow requirements, Fight Night events use modified readiness triggers to initiate the Four-Minute Rule. The penalty structure of the Four-Minute Rule remains unchanged.
- Competitors are expected to manage their preparation responsibly and to comply with readiness requirements at defined checkpoints.
- Competitors may continue reasonable preparation up to each checkpoint but must prioritize compliance with official instructions over personal preparation routines.
- The following readiness checkpoints apply at Fight Night events:
  - Checkpoint 1 - Equipment Inspection Readiness

    Two bouts before their scheduled bout, competitors must present themselves for equipment inspection, unless otherwise instructed by event officials. Failure to present for equipment inspection by this point constitutes non-compliance.
  - Checkpoint 2 - Ring Entry Readiness

    One bout before their scheduled bout, competitors must report to the designated waiting area and be fully kitted, wrapped, inspected, and ready to immediately begin their walkout to the ring when called.
- A competitor is considered not ready at a checkpoint if they are still wrapping, changing equipment, or engaged in preparation that prevents compliance with official instructions.
- If a competitor fails to comply at any readiness checkpoint after being formally instructed by an authorized official, the Four-Minute Rule will be applied:
  - 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 will be disqualified.
- Backstage officials may report non-compliance but do not have the authority to issue warnings, penalties, or initiate the Four-Minute Rule.
- The Chief Official has sole authority to initiate the Four-Minute Rule. The timing of the rule commences once the Chief Official is notified and confirms that non-compliance exists.

- Delays that occurred before notification do not prevent the application of warnings or penalties once non-compliance is confirmed.
- Any anticipated readiness issue must be reported to the Chief Official immediately. Early notification does not exempt the competitor from warnings or penalties.
- All equipment, preparation, and readiness matters remain the sole responsibility of the competitor and their corner. Officials and event staff bear no responsibility for delays, deficiencies, or non-compliance arising from such matters.

16. Modes of Contact

To progressively build technical skill, conditioning, and experience, WKU K1 SA offers different contact modes that allow athletes to develop safely toward Full Contact K1.

16.1. Body-Only Contact (Developmental Modification)

- Body-Only Contact is a developmental modification in which all scoring techniques must target the body and legs only. All intentional strikes to the head are strictly prohibited, while proper head defence and guard discipline remain mandatory.
- Body-Only Contact is used to:
  - Reduce head trauma risk;
  - Allow continued participation for competitors unable to engage in head contact;
  - Develop K1-specific skills within a controlled and safe competitive environment.
- Body-Only Contact is not permitted by default outside of the divisions listed in Section 3.1. and may only be applied with prior approval from WKU K1 SA in special circumstances related to athlete safety, occupational or medical restrictions, or insufficient defensive readiness for standard K1 competition.
- Competitors approved for Body-Only Contact are expected to progress to standard K1 rules when safe and appropriate.
- Body-Only Contact may only be applied to Light Contact and Hard Contact rule sets.
- Any strike to the head will be deemed a foul and will be addressed in accordance with Section 22. Accidental and Intentional Fouls.
- Wearing an approved head guard is mandatory to protect against accidental head contact.
- To reinforce good habits in preparation for standard K1 rules, competitors must maintain a proper guard protecting the head at all times, despite the absence of head strikes.
  - A conventional guard (both hands up) is required during all engagements and exchanges.
- Techniques delivered with dropped hands or poor guard discipline will not be scored.
  - A guard will be deemed dropped when, during an engagement or exchange, both hands are below the jawline without active defensive action and the head is clearly exposed.

- Dropped-guard assessments will only apply while a competitor is within range or actively engaging, and will not apply while safely disengaged or resetting.
- Competitors who demonstrate persistent poor guard discipline, including dropping their guard to only defend the body and leaving the head exposed, will receive warnings and penalties as described in Section 19. The Warning Procedure.

16.2. Light Contact (Development Mode)

Purpose: Light Contact K1 is a controlled developmental mode intended to provide a safe, light-sparring environment where competitors develop technical execution, timing, distance management, and ring awareness without the threat of power-based exchanges or aggressive escalation.

Focus: Light Contact prioritizes technical superiority. The objective is to win by demonstrating superior technical skill and control, and not by using force, physical dominance, or inflicting injury.

General Rules:

- Competitors must aim to score points, not to injure or overwhelm the opponent. If a competitor stops using controlled surface contact and instead uses force, aggression, or pressure to hurt or overwhelm the opponent, the referee will intervene and apply a penalty.
- In Light Contact, a scoring technique must:
  - Make controlled surface contact with immediate recoil.
  - Adhere to the scoring criteria in Section 20.2.
  - Demonstrate no intent to injure.
- Coaches who encourage escalation or excessive force will receive a warning as described in *Section 10. Coaches Responsibilities.*
- Competitors must wear knee pads to provide additional protection during knee strikes.
- Prohibited techniques in Light Contact:
  - Knee strikes to the head.
  - Spinning back fist.

Excessive Contact and Prohibited Behaviour

- The following actions exceed Light Contact standards. Any techniques delivered as a result do not score and will be penalized in accordance with *Section 19. The Warning Procedure*.
  - Forceful techniques, including strikes that drive through the target, cause strong impact, or show intent to injure;
  - Swinging, loading up, leaning into strikes, or throwing uncontrolled attacks;
  - Swarming the opponent, brawling, or applying continuous forward pressure without reset;
  - Attempting to overwhelm an opponent through volume, pressure, or continuous chasing rather than clean technical scoring;
  - Sweeps executed with excessive force, including forceful low kicks disguised as sweeps;

- Aggressive or intimidating behaviour that escalates intensity beyond Light Contact standards, including emotional displays resulting in loss of technical control.

- Knockdown counts are not used in Light Contact. If a competitor falls or is injured due to contact, the referee will immediately stop the bout and assess whether excessive force was used.
- A competitor will not be penalized when a controlled technique with immediate recoil lands cleanly and any visible effect is primarily caused by the opponent's movement or defensive error.
- In cases of accidental hard contact (e.g. unexpected collisions) or accidental knee strikes to the head (e.g. the opponent ducks into a body knee), the procedures outlined in *Section 22 Accidental and Intentional Fouls* will apply.

Engagement, Pressure, and Resets

- Competitors must disengage and reset after exchanges. Continuous pressure or repeated attacks without a clear break are prohibited to prevent escalation beyond Light Contact standards.
- Pressure fighting is permitted, provided engagements remain technical and occur in controlled bursts with clear disengagements between exchanges.

Ropes and Corner Safety

- If a competitor applies pressure on the ropes or in the corner and the opponent is not actively escaping, the referee may intervene to create space and reset both competitors 1–2 steps away from the ropes. This rule exists to prevent uncontrolled escalation and repeated head-impact caused by restricted movement and increased collision force against the ropes and corners.
- The intervention mentioned above is a preventative safety measure and does not, by itself, constitute a warning. Any breach of Light Contact standards will be addressed separately in accordance with Section 19.

16.2.1. Unsafe Defence & Safety Intervention

- The referee must intervene when a competitor's poor defence puts them in danger and leads to unnecessary repeated impact, regardless of whether excessive force is used.
- Unsafe defence includes, but is not limited to:
  - Repeatedly walking into strikes without attempting to block, evade, or defend intelligently;
  - Repeatedly using risky movements that increase collision risk (e.g., ducking low or moving into attacks with low hands);
  - Repeatedly absorbing clean scoring strikes with little or no meaningful defensive reaction.
- The referee will only intervene when poor defence or risky movements lead to unnecessary repeated impact or creates a significant safety risk.
- Unsafe Defence Warning Procedure:
  - **First occurrence:** Caution with instruction ("hands up, protect yourself")
  - **Second occurrence:** Formal Warning (Described in Section 19)
  - **Third occurrence:** With Chief Official approval, the referee may stop the bout by RSC and declare the opponent the winner to prevent further risk of injury.

- With Chief Official approval, the referee may stop the bout at any time by RSC if a competitor is unable to intelligently defend, appears overwhelmed, or continues to absorb repeated clean impact that creates an unreasonable risk of injury, regardless of contact level.

16.3. Hard Contact (Development Mode)

Purpose: Hard Contact is a developmental mode designed to prepare athletes for Full Contact K1. It allows competitors to experience realistic intensity and forceful strikes, while preventing escalation, wild striking, sustained pressure, and finish-seeking behaviour.

Focus: Competitors are expected to deliver hard, effective scoring techniques with technical control and composure. The emphasis is on clean engagements, and developing conditioning, defence under pressure, composure, and controlled power.

General Rules:

- Competitors must wear knee pads to provide additional protection during knee strikes.
- Knee strikes to the head are permitted for Senior competitors only;
- Spinning back fists are prohibited.
- Hard impact is permitted, provided the competitor remains fully in control of the technique. A controlled, forceful technique must:
    - Maintain balance and posture throughout execution;
    - Be delivered with correct technical structure;
    - Recover immediately after impact (e.g. rechambering kicks or returning punches without driving through the opponent).
- Power may be generated through correct mechanics. Exaggerated wind-ups, telegraphed swings, or strikes thrown with full bodyweight or forward momentum are considered uncontrolled and will be penalized.
- Clean engagements and resets are required. Competitors must score with clean exchanges and then disengage. Brawling, continuous swarming, and uncontrolled exchanges are prohibited.
- Escalation is prohibited. Escalation includes:
    - Aggressively chasing after the opponent;
    - Throwing continuous attacks without a clear reset;
    - Trapping the opponent and using flurries to overwhelm them;
    - Striking with intent to force a stoppage rather than score and reset.
- If a competitor applies pressure on the ropes or in the corner and the opponent is not actively escaping, the referee may intervene to create space and reset both competitors 1-2 steps away from the ropes. This rule exists to prevent uncontrolled escalation and repeated head-impact caused by restricted movement and increased collision force against the ropes and corners.

- With approval from the Chief Official, the referee may stop the bout at any time by RSC if a competitor is overwhelmed, unable to intelligently defend, or continues to absorb repeated clean impact that creates an unreasonable risk of injury.

Excessive Contact and Prohibited Behaviour

- The following actions exceed Hard Contact standards. Any techniques delivered as a result do not score and will be penalized in accordance with *Section 19. The Warning Procedure*.
    - Brawling, swarming, or attacking continuously without a clear reset;
    - Applying sustained aggressive pressure to overwhelm the opponent;
    - Escalating aggressively after hurting the opponent;
    - Attempting to force a stoppage instead of scoring and resetting;
    - Using reckless and uncontrolled techniques.
- A competitor will not be penalized if the referee determines the attack did not meet the definition of excessive contact above, and any visible effect was primarily caused by the opponent's movement or defensive error, provided the attacker did not escalate.

16.3.1. Hard Contact Technique Guidelines

- Straight punches may be forceful but must be thrown cleanly from the guard, without lunging or crashing forward.
- Forceful hooks and overhands are permitted only when delivered with a tight arc and technical control. A hook or overhand is excessive if it:
    - Uses a wide swinging arc;
    - Shows a visible wind-up or telegraph;
    - Commits full bodyweight into the strike;
    - Causes a loss of balance or uncontrolled follow-up.
- A flurry is excessive when punches continue without a clear reset after scoring and are used to apply pressure or overwhelm rather than score cleanly.
- Round kicks and low kicks may be forceful provided they demonstrate:
    - A clear chamber and rechamber;
    - Balance and stable posture;
    - Controlled recovery without stepping through or driving into the opponent.
- Repeated hard kicking against an overwhelmed or injured opponent will be seen as escalation and will be penalized.
- Knee strikes may be forceful but must be delivered with control. A knee strike will be deemed excessive if the competitor:
    - Fetches the knee from far behind or leaps into the opponent;
    - Drives forward using full bodyweight or running momentum.

16.4. Full Contact K1

- In Full Contact K1, there are no restrictions on power, aggression, or sustained pressure, provided all techniques and behaviour remain legal. Competitors may pursue dominance and stoppages through continuous pressure and effective follow-ups.
- Only techniques executed with full intent, power, and effectiveness are scored.
- Sustained pressure, aggressive follow ups, and finish-seeking behaviour are permitted.
- C-Class competitors (novice licence) are required to wear knee pads for added protection.
- Only Full Contact bouts count toward class progression and rankings.

17. Legal Techniques

17.1. Legal Target Areas

- The front and side of the head;
- The front and side of the body;
- The entire leg.

17.2. Hand Techniques

- All boxing techniques that land with the knuckles are permitted.
- Back fist strikes are permitted, provided contact is made with the back of the glove.
- Spinning back fists are only permitted in Full Contact K1 bouts.

17.3. Kicking Techniques

- Low kicks to the entire leg are permitted, including the thigh, calf, and around the knee.
- Low kicks must be delivered with a clear swinging or circular motion. Pushing, thrusting, or stomping kicks to the leg are strictly prohibited.
- The following kicks are permitted to legal target areas:
    - Front kicks
    - Side kicks
    - Back kicks
    - Round kicks
    - Hook kicks
    - Crescent kicks
    - Axe kicks
- Jumping and spinning variations of all legal kicks are permitted, provided they are executed in accordance with the applicable contact level.

17.4. Knee Techniques

- All knee strike variations are permitted.
- Knee strikes to the head are only permitted for athletes aged 18 and over and are not permitted in Light Contact competition.
- Knee strikes to the body and thighs are permitted for all age categories.
- Knee strikes to the front of the thigh are prohibited due to the high risk of accidental groin contact.
- Jumping knee strikes are permitted, provided they comply with the applicable contact level and age category.

17.5. Leg Catching and Counters

- Catching or grabbing an opponent's kicking leg or knee strike is permitted.
- Upon catching the leg, the competitor must immediately execute 1 legal counter technique within 1 second and then immediately release the leg.
- Any legal counter technique may be used, including a punch, kick, knee strike, or sweep.
- Advancing more than one step while holding the opponent's leg is prohibited.
- Catching or holding the leg without an immediate and clear intention to counter and release is prohibited.
- Upon releasing the leg, the competitor may briefly push, pull, or redirect the leg to off-balance the opponent, provided the action is controlled, occurs simultaneously with the release, and does not involve shoving, dumping, twisting, or prolonged control.
- Follow-up techniques may only be executed after the leg has been fully released.
- Strikes to the back of the head or spine are strictly prohibited, including when a competitor's orientation changes due to leg redirection or other legal actions. The entire leg remains a legal target, and competitors must adjust their angle to strike only legal target areas.

17.6. Clinching and Sweeps

- Clinching (holding) with one or both hands is permitted, but only with the intention of executing a legal action within a 1-second window.
- Using the clinch as a means of stalling, grappling, or extended control is a foul. The clinch must remain brief and dynamic.
- From the clinch, a competitor may:
    - Reposition the opponent;
    - Execute 1 knee strike **or** 1 sweep. The competitor must choose one, using both techniques within the same clinch is prohibited.
    - After executing a technique, the competitor must immediately disengage from the clinch.

- Repositioning may be used on its own to improve position, or before or after a legal technique.
- Repositioning is limited to a single, brief turn or step used to improve angle, balance, or ring position, including turning an opponent onto the ropes or into a corner.
- Using the repositioning rule to throw an opponent is prohibited. This includes using the arms or upper body to throw the opponent to the side or to the canvas.
- Sweeps must be executed with the foot or over the thigh. Reaping motions, lifting actions, or use of the hips are prohibited.
- Hand strikes while actively clinching are prohibited. However, a competitor who is being clinched but is not actively clinching back may strike with the hands.
- When the referee issues the "BREAK" command, both competitors must immediately disengage and take a full step backward with both feet before continuing to fight. Attacking without first taking a full step back is a foul.
- Body locks or wrapping both arms around the torso are prohibited.
- Using head or neck control to stall, hold, or lock down an opponent is a foul. This includes, but is not limited to:
    - Headlocks, including trapping the opponent's head under the arm;
    - Pulling the opponent's head downward below chest level;
    - Twisting, cranking, or applying rotational pressure to the neck;
    - Forcing the opponent's head sideways or downward for prolonged control or stalling.

17.7. Pushing and Framing

- A controlled push used to create space for an immediate follow-up attack is permitted.
- An aggressive shove using both hands or excessive force is prohibited.
- Pushing solely to prevent an opponent's attacks is prohibited. Controlled pushing may only be used to create space for legal attacks.
- Using the hands to frame in order to create or maintain space, or to manipulate the opponent's guard, is permitted, provided such framing does not involve forceful contact with the forearm, elbow, wrist, or palm, as striking with these areas are prohibited.

18. Fouls and Prohibited Techniques

The following actions and techniques are illegal and will result in a penalty. In cases of severe or intentional fouls, the referee may bypass the warning process and issue an immediate point deduction or disqualification.

18.1. Illegal Target Areas

- The back (behind the rear edge of the armpit);
- The back of the neck;
- The back of the head;
- The groin area.

18.2. Illegal Strikes

- Any strikes with the forearm or elbow.
- Striking with the inside of the glove, side of the glove, or wrist.
- Any form of headbutting or leading with the head when engaging.
- Knee strikes to the front of the thigh (due to the risk of accidental groin strikes).
- Thrusting kicks (including front kicks, side kicks, and back kicks) to any part of the leg.
- Striking a downed opponent (when a third point touches the ground).
- Any deliberate strike after the referee uses the "STOP" command.
- Any strike delivered to an illegal target area as defined in Section 18.1.
- Knee strikes to the head by athletes under 18 years of age, and in all Light Contact bouts.
- Punching while holding the opponent in a clinch.

18.3. Illegal Clinch and Control

- Pulling the opponent's head below chest height.
- Any joint locks, head locks, strangulation, or choke holds.
- Twisting, cranking, or applying rotational pressure to the neck or spine.
- Using head or neck control to stall, immobilize, or force a break.
- Clinching or grabbing the leg without having the intention to execute a technique.
- Using prolonged clinch control to stall, lock down, or deliberately delay the bout.
- Any form of body lock, including wrapping both arms around the opponent's body or waist.
- Breaking a clinch by grabbing the lower back and bending the opponent backward.
- Executing more than 1 strike or technique while clinching or holding the opponent's leg.

18.4. Illegal Throws, Takedowns, and Off-Balancing

- Reaping, defined as hooking the opponent's leg with the attacker's leg to take them down.
- Elevated takedowns, which includes partially or fully lifting the opponent off the canvas.
- Tackling takedowns, defined as driving forward into the opponent with the body.
- Any takedown completed primarily through upper body lifting or rotational force, rather than by removal of the opponent's base.
- Any throw in which the opponent is loaded onto the hips or waist or rotated over the body.
- Advancing more than one step while holding the opponent's leg.
- Attempting to throw an opponent out of the ring.
- Shoving or forcefully pushing the opponent to off-balance, displace, or make them fall.

18.5. Grounded and Rope-Related Fouls

- Attacking a grounded opponent, defined as when a third point touches the canvas.
- Attacking an opponent who is caught or trapped between the ropes.
- Holding the ropes while attacking an opponent, including during clinching situations.
- Intentionally forcing an opponent through or over the ropes.
- Using the ropes to maintain balance, escape pressure, or generate force.

18.6. Referee Command and Bout Control Violations

- Attacking after the referee's "STOP" command or after the sound of the bell.
- Not disengaging when the "BREAK" or "STOP" commands are given.
- Trying to strike after the "BREAK" command without first taking a full step back.
- Deliberately ignoring referee instructions or warnings.
- When breaking a clinch on the ropes, the referee will use the "STOP" command, and move the competitors away from the ropes *(approximately 1–2 steps backwards)* before restarting the bout.

18.7. Avoidance, Evasion, and Unsportsmanlike Behaviour

- Avoiding engagement by running away or deliberately evading contact.
- Falling due to minimal or no contact, or intentionally falling to avoid a strike.
- Voluntarily spitting out or intentionally dropping the mouth guard.
- Unsafe or irresponsible conduct, including turning the back or ducking below the waist.
- Unsportsmanlike conduct or any form of disrespect toward officials.
- Feigning injury or deliberately attempting to deceive the referee regarding the legality or effect of a legal technique.
- Intentionally delaying the bout or restart of action, or feigning equipment issues.
- Any conduct deemed by the referee to bring the sport into disrepute.

19. The Warning Procedure

- Warnings and minus points will be issued for any fouls or prohibited techniques as outlined in this rulebook.
- In cases of severe, dangerous, or intentional fouls, the referee may immediately deduct points or disqualify a competitor without prior warning.
- All fouls are cumulative and will carry throughout the duration of the bout.
- Minus points are deducted from the 10-point round score.
- All warnings must be communicated clearly and in a manner that the competitor, coaches, and officials understand.

- If a judge observes a rule violation that was not seen by the referee, the judge may signal this by raising a yellow card between rounds. If this is the case, the referee will consult the other judges, and if a majority confirms the violation, the next round will begin with the appropriate penalty.
- When a notable rule violation occurs, the referee will stop the bout using the command "STOP" and apply the following warning and penalty procedure.

19.1. Effect-Based Penalty Assessment

- All rule infringements will be assessed based on their effect on the opponent, including safety, balance, position, fairness, and the ability to continue.
- The referee has full authority to determine the effect of an infringement and may apply any penalty level immediately where justified.

19.2. Cautions

- A Caution may be issued for a rule infringement that:
  - Has no effect on the opponent;
  - Constitutes a close call or borderline action.
- Cautions are verbal only, are not recorded, and do not affect scoring.
- A maximum of 2 cautions may be issued per competitor. Any further infringements must be addressed through the formal warning procedure.
- When issuing a caution, the referee will briefly stop the bout without stopping the time, position themselves in front of the competitor, and clearly communicate the rule infringement before immediately restarting the bout.

19.3. Formal Warning Procedure

- When issuing an official warning, the referee must stop the bout and time, send the opponent to a neutral corner, and clearly warn the competitor.
- The formal warning procedure is as follows:
  - First Warning - Judges record an official warning.
  - Second Warning - Judges record a second official warning.
  - Third Warning - Judges deduct 1 point from the competitor's round score.
  - Fourth Warning - The referee disqualifies the competitor.

19.4. Immediate Minus Point or Disqualification

- A minus point may be issued immediately, without prior warning, when:
  - A single rule infringement that causes a significant effect on the opponent and places them at a competitive disadvantage;
  - Notable misconduct that significantly disrupts the flow or fairness of the bout.

- A competitor may be disqualified immediately, without prior warning, when:
  - An infringement causes a severe effect that prevents the opponent from continuing;
  - There is serious misconduct, including intentional, reckless, or dangerous behaviour.

19.5. Additional Referee Procedures

- If the referee observes a rule violation at the same time as the bell rings to indicate the end of a round, the referee must first issue the appropriate warning or penalty before initiating the break.
- If the referee issues the "BREAK" command, and one competitor takes a full step back and immediately attacks an opponent who fails to move, a resulting knockdown will be considered legal.
- If a competitor attacks following the "BREAK" command without first taking a full step backward, the action will be ruled a foul.
- In unclear or doubtful situations, the referee may consult the judges and decide the outcome by majority vote. If the referee requests consultation, their opinion will not count as part of the vote (3 judges equal 3 votes).
- If no majority decision is reached after consulting the judges, the referee must consult the Chief Official, whose decision will be final.

20. Amateur Scoring Rules

- To encourage technical development and clean, effective striking in amateur competition, judges will use clickers to score amateur bouts.
- The Pro-Am Scoring System does not use clickers and is outlined in "21. Pro-Am Scoring Rules".

20.1. Awarding Points

- Each legal technique that meets the 8 scoring criteria (see Section 20.2) will score 1 clicker point.
- Clicker points will be 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 of the bout.
- A successfully executed sweep will be awarded 1 clicker point if the opponent falls to the canvas or a third point of contact touches the canvas.
- A sweep will also be awarded 1 clicker point if the opponent grabs the ropes or the attacking competitor to prevent themselves from falling, deeming the sweep effective.
- If a competitor executes a sweep but falls to the canvas together with the opponent, no points will be awarded. The attacking competitor must remain standing for the sweep to score.
- No points will be awarded for techniques that are contrary to the regulations, including illegal techniques or excessive contact or aggression in development modes.
- Legal striking areas include:
  - The front and back of the glove (punches that don't land with the knuckles will not score);
  - The knee (knee strikes delivered with the thigh will not score);
  - The lower half of the shin and instep (round kicks landing with the toes will not score);
  - The bottom of the foot.

- Legal target areas include:
  - The front and side of the head;
  - The front and side of the body;
  - The entire leg.

20.2. The 8 Amateur Scoring Criteria

- For a judge to award a clicker point, all 8 scoring criteria must be met. If any one of the criteria is not satisfied, no point may be awarded.
- This strict point-based system develops habits that carry into Pro-Am and Professional competition, where effectiveness and damage, not volume, decide rounds. By rewarding only clean, technically sound techniques, amateur fighters cultivate a high technical standard while learning to prioritize quality and efficiency, forming a strong foundation for higher-level competition.
- The 8 Scoring Criteria are:
  - Good Form - The technique must be executed with correct and recognizable technique. Poorly executed, sloppy, or uncontrolled techniques will not score.
  - Firm Contact - The technique must make firm, solid contact. Techniques that merely brush, push, or lack substance will not score.
  - Timing and Distance - The technique must be delivered at the correct moment and from an appropriate distance where it would be effective. Techniques thrown out of range or without proper timing will not score.
  - Clean Impact - A legal striking surface must clearly make solid contact with a legal target area. Techniques that are partially blocked, deflected, or deviated will not score.
  - Awareness - The competitor must demonstrate awareness of the target at the moment of impact. Techniques thrown blindly or without visual focus will not score.
  - Balance and Control - The competitor must maintain balance and control during and immediately after the technique. Techniques that result in loss of balance or uncontrolled movement will not score.
  - Visibility - The judge must clearly see the technique land. Points may not be awarded based on sound, reaction, or assumed impact.
  - Effective Force (not applicable in Light Contact) - The technique must demonstrate effective force. High-volume or rapid strikes without clear effectiveness will not score.

20.3. Amateur Scoring Clarifications

- Techniques that land on the opponent's arms, forearms, or gloves will not be scored, regardless of the visible effect. Only clean strikes to legal target areas are eligible for scoring.
- Low kicks will not be scored if the opponent lifts the leg prior to impact, even if contact is made with the thigh, as this indicates insufficient timing and reduces firm contact, and therefore does not meet the required scoring criteria.

- Punches that land primarily with the edge of the glove, including the thumb side or little-finger side, and only glance the head will not be scored, as they do not meet the clean impact and firm contact criteria.
- Round kicks that land with the toes will not be scored, as such contact lacks solid impact and does not meet the firm contact or effective force criteria.
- A kick that is subsequently caught will still be scored if effective contact with a legal target area is clearly made during the catch and all eight scoring criteria are satisfied.
- If a competitor loses balance after executing a kick or punch, even without falling to the canvas, the technique will not be scored, as the balance and control criteria are not met.
- Kicks or punches that primarily push the opponent, rather than delivering effective force, will not be scored.
- Knee strikes that land primarily with the thigh rather than the knee will not be scored, as they do not meet the legal striking surface and clean impact criteria.
- Strikes that only make contact at the extreme end of full extension will not be scored, as they do not demonstrate sufficient impact or effective force.
- Forward pressure or dominance on their own do not carry scoring weight. In amateur scoring, only clean, technically correct techniques that meet the 8 scoring criteria are scored.
- In Hard Contact and Full Contact scoring, strikes that are not delivered with sufficient force, including punches thrown primarily with the arms and without proper body engagement, will not be scored, as they do not meet the effective force criteria.
- In Light Contact scoring, effective force is not a scoring requirement, as only controlled surface contact is permitted. However, techniques must still demonstrate firm, clean surface contact to be eligible for scoring.

20.4. Clicker Point Conversion (10-Point Must System)

- At the end of a round, the judges will convert clicker points to the 10-point must system.
- The competitor with the highest clicker score will receive 10 points for the round, and their opponent will receive 9 points or less.
- If the clicker scores are equal, the round will be scored 10-10.
- If the clicker point difference is between 1 and 9, the round will be scored 10-9 in favour of the higher-scoring competitor.
- If one competitor clearly dominates the round with a clicker point difference of 10 or more, the opponent will receive 8 points instead of 9, resulting in a 10-8 round.
- A judge cannot score a round lower than 10-8, unless minus points or knockdowns have been awarded by the referee.

20.5. Scoring Amateur Knockdowns

- Mandatory 8-Count - If a competitor is determined by the referee to have suffered a knockdown, the referee will administer an 8-count. In all such cases, all judges will deduct 1 point from the 10-point round score (e.g. 10-9).

- If the competitor does not demonstrate readiness to continue by the count of 8, the referee will continue the count to 10 and stop the bout. A competitor will only be deemed ready if they are in a fighting stance, fully aware, focused, and physically capable of continuing.
- Flash Knockdowns - Any knockdown resulting from a legal strike where the competitor briefly touches the canvas and immediately rises will still be treated as a knockdown. A mandatory 8-count will be given and all judges will deduct 1 point from the round score.
- A competitor is considered knocked down when they receive a damaging strike and:
    - Loses consciousness.
    - Touches the canvas with any part of the body other than the soles of the feet.
    - Is held up by the ropes, with the ropes preventing a fall to the canvas.
    - Remains standing but is clearly dazed or disoriented and, in the referee's opinion, not in a condition to safely continue the bout.
    - Is clearly injured and unable to defend themselves effectively, including situations where the competitor fails to intelligently defend themselves, or displays clear body language indicating surrender.
- Shelling up and absorbing strikes on the guard without responding is not, by itself, a knockdown. A knockdown may only be declared where the referee observes clear signs of injury, disorientation, or physical impairment as defined in the knockdown criteria.
- A fall caused by a slip, loss of balance, or a defended strike will not be ruled a knockdown
- A fall caused by a sweep or low kick will not be ruled a knockdown unless the competitor is clearly injured as a result of the technique. The referee will instruct the competitor to stand up; if the competitor fails to do so after the second clear command, the situation will be ruled a knockdown due to the inability to stand up and continue.

20.6. Resolving Amateur Draws

- If a bout results in a draw, the judges will determine the winner using the following criteria, applied in order of priority:
    - Priority #1 - Who caused the greater number of knockdowns and accumulated damage?
    - Priority #2 - If knockdowns and damage are equal, who took the initiative to engage more and displayed a stronger fighting spirit?
- Light Contact divisions - damage is not a scoring factor, so judges will determine the winner based on superior control, technique, and technical variety.

21. Pro-Am Scoring System

- Judges do not use clickers to score Pro-Am bouts.
- Unlike amateur scoring, Pro-Am scoring does not award points for individual techniques. Judges must score each round independently based on overall combat effectiveness.

- Scoring is applied using an order-of-elimination process:
  - Judges must begin with Criteria #1. If a clear winner can be determined at that level, the round is scored and no further criteria are considered.
  - If no clear advantage exists, judges move to the next criteria and continue down the list until a winner is determined.
  - Lower-priority criteria cannot override higher-priority criteria.

21.1. Pro-Am Scoring Criteria

- When scoring a round, the judges will apply the following 4 criteria in order:
  1. Knockdowns - *Who scored more knockdowns?*
  2. Accumulated Damage - *Who caused more visible or functional damage?*
  3. Effective Striking and Dominance - *Who landed the cleaner, more effective strikes and who was more dominant?*
  4. Effective Kicks Above the Waist and Spectacular Techniques - *If the round is still even, who landed more effective body or head kicks or successfully used higher-risk techniques such as spinning or jumping attacks?*

21.2. Scoring Pro-Am Bouts

Criteria #1: Knockdowns

- Knockdowns are the highest scoring factor.
- A knockdown will be called if any of the situations in "20.5. Scoring Knockdowns" occur.
- A knockdown will normally result in a 10-8 round, and two knockdowns in the same round will result in a 10-7 round for the competitor who scored them.
- A flash knockdown, defined as a brief fall caused by a damaging strike followed by immediate recovery of posture, awareness, and defensive ability, is still scored as a knockdown.
- The severity of the knockdown determines the round score:
  - A flash knockdown will normally result in a 10-8 round. However, if the knocked-down competitor recovers immediately and clearly dominates the remainder of the round, judges may score the round 10-9 instead of 10-8 to reflect the limited impact of the knockdown.
  - The same principle applies if a competitor dominates the round but receives or scores a flash knockdown in the final seconds. Judges must assess the severity of the knockdown together with the overall action of the round when determining whether the score is 10-8 or 10-9.
  - A competitor who receives a knockdown cannot win the round, regardless of performance before or after the count, as knockdowns are the highest scoring factor and lower criteria cannot override higher criteria.
- If there were no knockdowns in the round, or knockdowns are equal, move to the next criterion.

Criteria #2: Accumulated Damage

- Judges must distinguish between scoring damage and cosmetic damage.
- Scoring damage includes visible or functional effects such as:
  - The opponent being stunned, wobbled, or visibly hurt.
  - Limping or reduced mobility.
  - Clear loss of balance or coordination due to strikes.
  - On-going inability to effectively defend themselves.
- Cosmetic damage includes:
  - Redness, light swelling, or superficial marks.
  - Bruising or bleeding that does not affect performance.
- Cosmetic damage alone does not outweigh effective strikes or dominance. Only damage that impacts the opponent's ability to fight is strongly scored.
- Strikes that land on the guard (such as kicks to the arms or punches to the guard) do not score unless there are clear visible signs of damage (e.g. the opponent drops their guard, shows pain, or loses function). If this occurs, the damage is considered under Criteria #2 (Accumulated Damage).
- If only cosmetic damage occurred in the round, damage is equal, or no significant damage has occurred, move to the next criterion.

Criteria #3: Effective Striking and Dominance

- Judges must evaluate the effect of strikes and how they impact the opponent. Volume or activity level without effect will not be scored.
- The round will go to the competitor that:
  - Landed the most clean and effective scoring strikes;
  - Caused visible disruption to the opponent's balance, posture, rhythm, or defensive confidence;
  - Used repeated or forceful attacks against the guard to control distance, break rhythm, or keep the opponent reactive;
  - Forced the opponent to cover up, hesitate, or remain defensive as a direct result of effective striking.
- Sweeps contribute to this criterion only when they clearly disrupt the opponent's balance or control. Light or incidental sweeps with minimal effect carry low scoring value.
- A competitor who moves backward while landing clean, effective strikes should be scored more favourably than a competitor who moves forward without landing effective strikes. Forward pressure or aggression without effective striking does not score under this criterion.
- Dominance refers to which competitor enforced their will through effective striking, placing the opponent in situations where they are forced to react, retreat, cover up, hesitate, or stop attacking.

- Movement, pressure, or ring control without effective striking does not indicate dominance.
- If no clear advantage in effective striking or dominance exists, move to the next criterion.

Criteria #4: Effective Kicks Above The Waistline and Spectacular Techniques

- Kicks above the waistline and spectacular techniques involve higher risk, greater technical difficulty, and increased energy expenditure than basic techniques. When executed with clear effect, they are scored more favourably at this stage of the scoring process.
- Techniques must cause a visible effect on the opponent to be considered under this criterion.
- Techniques that may be scored under this criterion include:
  - Jumping techniques;
  - Spinning techniques;
  - Head kicks;
  - Body kicks.
- When overall effectiveness is equal, the competitor who successfully takes greater risk and lands a harder-to-execute technique with clear effect gains the edge. For example, if both competitors land effective body kicks throughout the round and neither gains a clear advantage, but one competitor lands a clean head kick or an effective spinning technique with visible effect, the round should be awarded to that competitor under this criterion.
- **Scoring Example:** If one competitor primarily uses punches and low kicks, and the other competitor lands more effective body kicks along with a spinning back fist and a jumping knee, the round should be awarded to the competitor who landed the body kicks and spectacular techniques, due to the higher risk, timing, and technical skill involved.

Determining Round Scores

- 10-10 - An even round with no clear advantage to either competitor.
- 10-9 - A close round where one competitor shows marginal superiority.
- 10-8 - A dominant round with clear superiority, normally involving a knockdown, or severe and sustained damage that clearly and consistently limits the opponent's ability to fight.
- 10-7 - Overwhelming dominance, typically involving more than one knockdown.

22. Accidental and Intentional Fouls

22.1. Accidental Fouls

- Accidental Foul - When the injured competitor's sudden, unforeseen movement causes the foul and the attacking competitor could not reasonably avoid or anticipate it.

  Example: *Stepping into an opponent who is already executing a spinning back fist, resulting in unintended contact with the forearm or elbow.*
- If a competitor is injured by an accidental foul, the referee will call the doctor to determine whether the injured competitor can continue and whether their chance of winning has not been seriously affected.

- The referee may allow up to 2 minutes for recovery before restarting the bout.
- If the injured competitor cannot continue, or if the recovery time is insufficient, the referee will stop the bout and the result will be decided by Technical Decision (TD).
- To determine the Technical Decision, the judges will total their scores up to the point at which the accidental foul occurred, resolve any draws in accordance with the rules, and complete their scorecards to determine the winner.
- In the case of an accidental foul, the referee will instruct or warn the injured competitor to adjust their movement or positioning to avoid further contact. If the injured competitor continues the same unsafe behaviour after being clearly warned, the referee may issue a formal warning or deduct a point for unsafe or irresponsible conduct.
- If the accidental foul occurs in the first round, the bout will be declared a No Contest (NC).

22.2. Intentional Fouls

- Intentional Foul - When the injured competitor did not contribute to the foul, and the attacking competitor caused the foul through their own actions or had sufficient time or opportunity to reasonably avoid the rule violation.

  Example: *Throwing a front kick that strikes the opponent in the groin while the opponent is upright and did not move into the kick.*
- If a competitor is injured by an intentional foul, the referee will call the doctor to determine whether the competitor can safely continue and whether the injury has seriously affected their ability to compete.
- If the injured competitor cannot continue, as determined by the doctor, the injured competitor will be declared the winner by disqualification (DQ).
- If the referee is unable to clearly determine whether a foul occurred, or whether it was accidental or intentional, the referee may consult the judges in accordance with “19. Warning Procedure” before making a final decision.
- For a minor or first intentional foul that does not significantly affect the opponent, the referee may issue a formal warning.
- For a clear or significant intentional foul that affects the opponent, the referee will immediately deduct 1 point.
- If an intentional foul severely affects the opponent and the injured competitor cannot continue the bout, the offending competitor will be disqualified (DQ) and the injured competitor declared the winner.

22.3. Groin Kicks (Low Blows)

- If a groin kick occurs, the referee will immediately stop the bout and time, send the offending competitor to the neutral corner, and allow the injured competitor up to 2 minutes to recover.
- If the referee clearly sees the groin kick, the referee must first determine whether the foul was accidental or intentional and follow the correct protocols before the bout resumes.

- If the referee does not clearly see the groin kick, the referee will consult the judges. If the majority confirms the groin kick, the referee must address it as accidental or intentional.
- If the judges do not confirm a groin kick, the strike is considered legal. The referee will resume the bout and apply a knockdown count to the injured competitor.
- A groin kick will be considered accidental only if it results from the opponent's sudden, unforeseen movement that the attacking competitor could not reasonably avoid. If the attacking competitor causes the contact or has sufficient time or opportunity to avoid the illegal target, the groin kick will be deemed intentional.

23. Official Results

23.1. Victory by Points (P)

- If a bout goes the full scheduled distance, the result will be determined by the 10-point must system, with each round scored individually and the totals added up at the end of the bout.
- The competitor with the higher total score will be declared the winner.
- Any bout that results in a draw on the judges' scorecards will be resolved in accordance with Section 20.6 - Resolving Amateur Draws.
- Due to the draw-resolution procedure outlined in Section 20.6, the following are the only official judges' decisions:
    - Unanimous Decision (UD) - All judges score the bout for the same competitor.
    - Split Decision (SD) - Two judges score the bout for one competitor, and one judge scores it for the other.
    - Technical Decision (TD) - The bout is stopped before the scheduled distance due to an accidental foul or other non-decisive circumstance, and the judges determine the winner based on the scores up to the point of stoppage.
- All judges' decisions are final and can only be overturned under specific circumstances (for the rules regarding protesting decisions, see "24. Protests")

23.2. Victory by Doctor Stoppage (DS)

- If, after examining a competitor, the attending doctor deems the competitor medically unfit to continue due to an injury sustained from a legal technique, the doctor will instruct the referee to stop the bout. In such cases, the uninjured competitor will be declared the winner by Doctor Stoppage (DS).
- If the injury was caused by a foul, the bout outcome will be determined in accordance with Section 22. Accidental and Intentional Fouls.
- If the doctor determines that a competitor cannot continue, the decision is final and may not be overruled by the referee.
- However, if the doctor says the competitor can continue, the referee still retains the authority to stop the bout if they believe there is a safety risk. Permission to stop the bout in this case must first be obtained by the Chief Official. If the bout is stopped under these circumstances, the opponent will be declared the winner by Referee Stops Contest (RSC).

- In the case of a bout being stopped due to a non-contact accidental injury not caused by a foul or illegal technique (e.g. twisting an ankle while moving), the judges will complete their scorecards up to the point of the stoppage. The competitor with the higher score will be declared the winner by Technical Decision (TD). If such an injury occurs in the first round, the uninjured competitor will be declared the winner.
- Any applicable medical suspensions resulting from a doctor stoppage or injury will be applied in accordance with Section 7.5 Medical Suspensions.

23.3. Victory by Surrender (SUR)

- If a competitor voluntarily surrenders because of injuries, or any other reason during the rest period between rounds, their opponent will 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.
- The throwing of a towel will require the referee to stop the bout and declare the opponent the winner by Surrender (SUR), except during a knockdown count.
- During a knockdown count, the count will take priority. If a towel is thrown while the referee is administering a count, the referee will continue and complete the count.
- If the competitor is counted out or reaches the maximum number of counts, the result will be recorded as a Knockout (KO) or Technical Knockout (TKO).
- If the towel was thrown in during the count, and the competitor passes the count, the referee will immediately stop the bout and record the result as Surrender (SUR).

23.4. Victory by Referee Stops Contest (RSC)

- If, in the referee's judgment, a competitor cannot safely continue the bout for reasons other than a knockout, disqualification, or doctor stoppage, the referee will stop the bout and declare the opponent the winner by Referee Stops Contest (RSC).
- If a competitor sustains an injury (e.g. a cut or significant nosebleed), the referee will stop the bout and call the doctor to assess whether the competitor can continue.
- The referee will not independently determine the medical severity of an injury, except in the case of knockdowns or knockouts, where the referee administers the count.
- If an injury occurs as a result of a knockdown, the referee will first complete the count. If the competitor passes the count but appears injured, the referee will then call the doctor to assess the injury.
- The bout will not be stopped for minor nosebleeds. However, if bleeding becomes severe, uncontrolled, or recurrent, the referee will stop the bout and call the doctor for assessment.
- If a competitor is clearly outmatched and at risk of serious injury, the referee may consult the other officials. If the majority agrees that the bout should be stopped, the referee will stop the bout and declare the opponent the winner by RSC.
- If at any time the referee is unsure whether a competitor is medically fit to continue, the referee will call the doctor to assess the situation.

23.5. Victory by Knockout (KO) or Technical Knockout (TKO)

- Knockout - If a competitor is knocked down, and does not recover by the time the referee counts to 8, their opponent will be declared the winner by Knockout (KO).
- Technical Knockout - If a competitor reaches the maximum number of knockdowns for their division, their opponent will be declared the winner by Technical Knockout (TKO).
- Maximum knockdowns per division *(throughout the entire fight)*:
    - Teens and Junior divisions: 2 Knockdowns.
    - Senior division: 3 Knockdowns.
    - Senior tournament elimination bouts: 2 knockdowns in a round or 3 knockdowns throughout the entire bout.
    - Senior tournament finals: 3 Knockdowns.
- 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.
- When a competitor is knocked down for the final permitted time, the referee will still administer the mandatory 8-count to determine whether it's a KO or TKO victory:
    - If the competitor fails to recover before the count is completed, the bout will be stopped and the official result will be a Knockout (KO).
    - If the competitor recovers in time, the bout will be stopped due to the maximum knockdown limit and the result will be a Technical Knockout (TKO).
- If both competitors are knocked down simultaneously, the referee will immediately administer a count. If one competitor rises before the end of the count and the other remains down, the competitor who rises will be declared the winner by KO. If both competitors rise, the referee will assess both competitors, beginning with the competitor who rose last.
- If both competitors are knocked down and neither recovers in time, the bout will be stopped and the follow process will be followed:
    - If the incident occurs in the first round, the result will be a No Contest (NC).
    - If the incident occurs after the first round, the competitor with the higher score at the time of the stoppage will be declared the winner by Technical Decision (TD).
    - However, both competitors will be suspended from further participation due to the head trauma sustained (see 7.5. Medical Suspensions).

23.6. Victory by No Contest (NC)

- A bout will be declared a No Contest (NC) when circumstances beyond the control of the competitors and officials prevent the bout from continuing or reaching a fair conclusion.

- A No Contest will be declared in the following situations:
    - Power failure or lighting malfunction affecting the ring;
    - Severe weather or environmental conditions that interfere with the bout;
    - Safety concerns involving the crowd or venue;
    - Damage to the ring or equipment rendering the bout unsafe;
    - An accidental foul or other non-decisive incident occurring in the first round that prevents the bout from continuing.

23.7. Victory by Walk Over (WO)

- A bout will be declared a Walk Over (WO) when one competitor is present, inspected, and ready to compete, and the opposing competitor fails to present themselves in accordance with Section 15 - Competitor Readiness.
- In tournament events, a competitor who withdraws or fails to compete without a valid medical reason will forfeit their medal and lose their position in the tournament rankings.

24. Protests

- Only the main coach of a competitor may submit an official protest.
- The purpose of a protest is to demonstrate that a rule was misapplied or that a procedural or administrative error occurred.
- Decisions by referees and judges involve real-time judgment and are not subject to post-bout re-evaluation.
- Judges' decisions are final and not subject to protest, except in the following cases:
    - A judge assigned scores to the incorrect competitor (swapped corners);
    - A mathematical error occurred when adding up the scorecards;
    - A confirmed technical or administrative error directly affected the bout result.
- Video footage will not be accepted as evidence in protest proceedings. Video recordings vary in angle, quality, and context, do not replicate the referee's live perspective, and are subject to interpretation or manipulation. To ensure consistency, fairness, and timely resolution of disputes, protest decisions will be based on official scorecards, referee and judge reports, and the testimony of event officials.
- Decisions made by the attending doctor regarding a competitor's health and safety are final and binding and are not subject to protest.
- The intent to protest must be declared to the Chief Official within 30 minutes of the bout's conclusion.
- The formal written protest must be submitted to secretary@k1sa.co.za within 24 hours of the event and must clearly state the grounds for the protest, including any relevant supporting evidence.
- A protest must be accompanied by a processing fee of R1000. If the protest is found valid, the fee will be refunded. If the protest is found invalid, the fee will not be refundable.

- The Chief Official will rule on the protest after consulting the relevant officials. The decision of the Chief Official is final and binding.

25. Pro-Am Rules

- Pro-Am rules serve as a steppingstone between Amateur K1 and Professional K1.
- Pro-Am bouts are scored using the Pro Scoring System to familiarise competitors with professional judging criteria (see Section 21. Pro-Am Scoring System).
- All A-Class competitors that are 18 years and older compete under Pro-Am rules.
- Pro-Am rules only apply to Full Contact K1 bouts and do not apply to Development Modes (Light Contact, Hard Contact or Body-Only).
- Competitors compete without head guards, and sock-type shin guards are mandatory.
- Standard Pro-Am bouts consist of 3 x 2-minute rounds with 1 minute rest.
- All Senior Amateur Title Fights must be contested under Pro-Am rules.

26. Title Fights

26.1. General Title Fight Rules

- Only A-Class competitors are eligible to qualify for title fights.
- Title contenders must be determined by WKU K1 SA rankings or approved promotional rankings in order to ensure fairness and uphold the integrity of title bouts.
- Senior title fights (ages 18-45) are contested under Pro-Am rules.
- Junior title fights (ages 15-17) are contested under standard amateur rules.
- Competitors must wear equipment that matches the colour of their designated corner.
- A maximum of 3 coaches per competitor are permitted for title fights.
- All competitors must weigh in the day before the event.
- Each bout may contest only one title. No competitor may fight for, defend, or unify more than one title in a single bout.
- A competitor must be a South African citizen to qualify for a national title fight.
- Professional competitors are not eligible to compete for amateur titles (see Section 2. Amateur and Professional Status).
- Title fights must take place within official weight classes, catchweights are not permitted.
- A competitor who becomes champion holds the title in that specific weight class and must defend the title within that same division. If a champion is unable to make the required weight for a future title defence, the title will be vacated.
- A competitor who fails to make the agreed weight cannot be crowned champion, resulting in the following scenarios:

- **Champion fails to make weight -** The bout may proceed; however, only the challenger is eligible to win the title. If the champion wins the bout, the title will be vacated.
- **Challenger fails to make weight** - The bout may proceed. If the challenger wins, the title will be declared vacant. If the champion wins, the bout will count as a successful title defence.
- **Vacant title** - Only the competitor who made weight is eligible to win the title. If the competitor wins that did not make weight, the title will remain vacant.
- **Neither competitor makes weight** - The bout may proceed as a non-title bout if approved by WKU K1 SA, and the title will remain vacant.

26.2. Round Duration

- Senior title fights - 5 x 2-minute rounds with 1 minute rest *(without headgear)*
- Junior title fights - 5 x 2-minute rounds with 1 minute rest *(with headgear)*

26.3. Promotional Titles

- Promotional title belts are created and owned by the event organizer or promotion.
- Promotional titles may be used to:
  - Crown the winner of an elimination tournament;
  - Host a promotional title fight based on a promotion's internal rankings or criteria.
- Promotional titles are not official WKU K1 SA titles and do not confer champion status within the WKU K1 SA ranking system.
- Promotional title eligibility, ownership, and title defence rules, are the responsibility of the event organizer, provided it's been approved by WKU K1 SA to ensure it aligns with the best interest of the sport and preserves title integrity.

26.4. National Titles

- National title fights are contested for the official WKU K1 SA Championship belts and crown the competitor as the official South African Champion in their respective weight class.
- National titles are the highest level of amateur recognition within WKU K1 SA.
- To qualify for a national title fight, a competitor must:
  - Be classified as an A-Class competitor;
  - Be entered into the official WKU K1 SA rankings;
  - Accumulate victories and demonstrate consistent performance to earn eligibility for a title bout.
- National title contenders are determined by WKU K1 SA rankings, with final approval granted by the sanctioning body.
- Only one national champion may exist per weight class at any time.

- A competitor who becomes national champion holds the title only in the weight class in which it was won and must defend the title within that same division.
- If a champion is unable to make the required weight for a scheduled title defence, the title will be vacated in accordance with the title fight weight rules.

26.5. Interim Champions

- Interim title fights may be arranged to prevent a division from becoming inactive when the reigning champion is temporarily unable to defend the title.
- If a champion is unable to defend their title within 12 months due to verified medical, work-related, or exceptional circumstances, WKU K1 SA may sanction an interim title fight between eligible contenders.
- The interim champion holds temporary champion status and does not replace the original champion.
- Upon the return of the original champion, a title unification bout must be arranged between the champion and interim champion to determine the undisputed champion.
- If the original champion is unable to return to defend the title for any reason (including retirement or moving to another weight class), or if the absence exceeds 24 months, the interim champion will automatically be declared the undisputed champion.

26.6. Vacant Titles

- A title is considered vacant when there is no current champion in the division.
- A title may be declared vacant in the following situations:
    - The champion voluntarily relinquishes the title;
    - The champion refuses to defend the title in accordance with the rules;
    - The champion is no longer an active member of WKU K1 SA;
    - The champion fails to make weight for a title bout;
    - The champion fails a drug test or brings the sport or WKU K1 SA into disrepute.
- WKU K1 SA may immediately strip the champion of the title and declare it vacant if any of the above conditions apply.
- When a title is declared vacant, the #1 and #2 ranked contenders will qualify for a vacant title fight, unless otherwise determined by WKU K1 SA.
- A champion wishing to voluntarily vacate a title must notify WKU K1 SA in writing, stating the reason for the decision.

26.7. Title Holder's Obligations

- The champion must bring their championship belt into the ring for every title defence.
- Upon becoming champion, the competitor must remain active and available to defend the title against eligible challengers.

- Newly crowned champions are granted a 6 month grace period, during which title defences are optional.
- After the grace period, declining a legitimate title defence without valid cause will result in the champion vacating the title.
- Valid causes include evidence of travel or medical evidence of illness or injury.
- Champions are ambassadors of the sport and representatives of WKU K1 SA and must conduct themselves professionally at all times.
- Champions may not engage in conduct that brings the sport or WKU K1 SA into disrepute.
- Champions are expected to reasonably participate in media activities, including interviews or promotional appearances, when requested.

26.8. Title Ownership

- Upon winning a title for the first time, the champion will receive temporary possession of the championship belt.
- The title belt becomes the champion's permanent property once the champion successfully defends the title for the first time.
- If the champion loses their first title defence, the belt will be presented to the new champion.
- If no title defence or challenge occurs within 24 months of winning the title, the belt will become the champion's permanent property.
- If a champion already owns the belt as permanent property and later loses a title defence, their belt will be used for the award ceremony and official photos. Afterward, the belt will be returned to the former champion, and a new belt will be issued to the new champion.
- If a championship belt is lost, damaged, or stolen while in the champion's possession, the champion will be responsible for the replacement cost before their next title defence.

27. The Ranking System

27.1. General Principles

- Only A-Class competitors may enter the rankings.
- The ranking system for title contention is performance-based and applies only to WKU K1 SA sanctioned bouts.
- WKU K1 SA may maintain up to 10 ranked contenders per weight class.
- Any discretionary decisions under this ranking system must be made solely to preserve fairness, activity, and logical ranking order, and may not be used to favour or disadvantage any competitor.

27.2. Ranking Entry and Bout Designation

- An unranked competitor may enter the rankings by:
  - Defeating a ranked opponent in a sanctioned bout;

- Winning an official ranking qualifier approved by WKU K1 SA.

- Competitors entering from another organization:
  - May not receive an immediate title shot;
  - Must defeat a ranked or ranking-eligible opponent to enter the rankings.
- WKU K1 SA may designate bouts as:
  - Ranked Bouts - between ranked competitors;
  - Ranking Qualifiers - allowing unranked competitors to enter the rankings;
  - Title Eliminators - determining the next title challenger.

27.3. Ranking Movement

- Ranking movement follows these automatic rules:
  - Unranked defeats Ranked: The unranked competitor takes the ranked competitor's position. The defeated competitor moves down one position.
  - Ranked defeats Ranked: The winner moves above the defeated competitor. The defeated competitor moves down one position.
  - Ranked defeats Unranked: The ranked competitor retains their ranking position, and the bout counts toward ranking activity requirements and title contention eligibility.
- WKU K1 SA may adjust ranking movement only where necessary to maintain a clear and logical ranking order, particularly when multiple ranking-affecting bouts occur within the same division at the same event.
- WKU K1 SA may temporarily maintain more than 10 ranked competitors within a weight class to allow ranking movement to resolve naturally.
- When a high-level or accomplished competitor enters the rankings (e.g. from another organization or returning after absence), WKU K1 SA will determine the opponent they must face to obtain an initial ranking position, based on verified experience, titles, and skill.
  - If the competitor wins the ranking-entry bout, they will be awarded the designated ranking position, and all competitors ranked below that position will shift down accordingly.
  - If the competitor loses the initial ranking-entry bout, they will remain unranked and must earn ranking entry through the standard ranking pathway, including defeating a ranked opponent or winning an approved ranking qualifier.

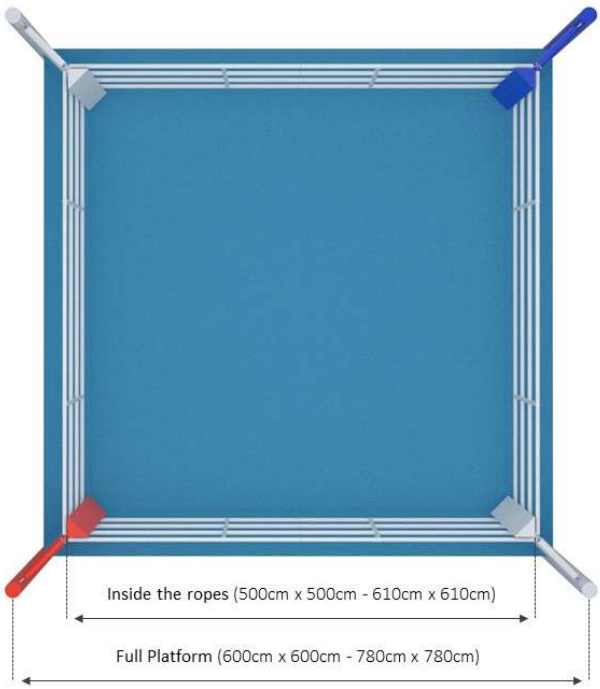
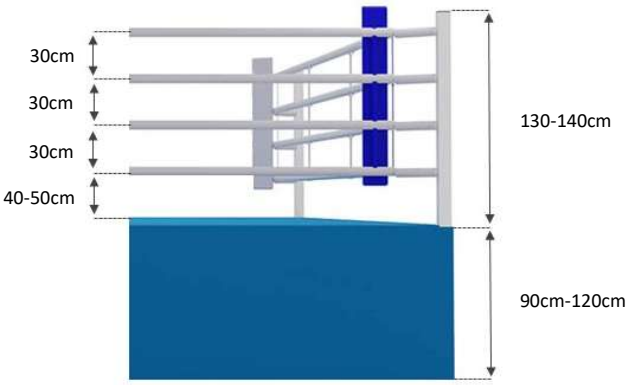
27.4. Match Obligations and Activity

- A ranked competitor may request one postponement of a ranked bout.
- Refusal of a bout designated or required by the ranking system without valid cause may result in:
  - Removal from the rankings;
  - Bypass by another active competitor.

- A competitor who does not compete in a WKU K1 SA sanctioned bout for 12 months will be removed from the rankings.
- Medical or exceptional circumstances do not preserve a ranking position indefinitely.
- A competitor who is unable to compete for an extended period due to injury, surgery, or other exceptional circumstances will be temporarily declared inactive and removed from the rankings after 12 months, regardless of cause.
- An inactive or removed competitor may re-enter the rankings by:
    - Defeating a ranked opponent;
    - Winning an approved ranking qualifier, as determined by WKU K1 SA.

28. Fighting Area Regulations

- All bouts must take place inside a square boxing ring. Requests to use an alternate fighting area must be submitted to WKU K1 SA and may only be approved by prior written authorization.
- The fighting area must be inspected and approved by WKU K1 SA prior to the start of the event.
- The minimum size inside 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 competitor 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 3cm-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.

28.1. Fighting Area Diagram