

IAKO RULES



RING SPORTS

IAKO

GENERAL RULES



IAKO General Rules

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Art. 1. IAKO Calendar

IAKO calendar will be decided in advance every year and intimated to its members in advance.

The IAKO calendar will include:

- IAKO National Championships
- IAKO Open/Pro Championships
- National Open/Pro Tournaments of IAKO Member Associations
- There will also be other official activities such as seminars, meetings, etc.

Art. 2. Health and Security

IAKO committed to be abide by the guide lines of NADA and WADA as and when required. Every fighter is obliged to respect the Code both in and out of competition.

IAKO allow a maximum of 3 matches per day during IAKO Open or National Championships in all Ring sports, while there is no limited number of matches in the Tatami sports.

IAKO refers to its Medical Procedures and Health Security Guidelines that takes care of:

- Weight-Reduction and Nutrition Methods
- Medical Fitness Certificate - Examinations
- Medical Check-Up before competitions
- Medical Suspensions
- Appoint Medical Personnel during competitions

Art. 3. General, Equipment, Fighting Areas**Art. 3.1 Basic**

- The aims and objectives of IAKO is to promote, popularise and develop quality of kickboxing as a sport.
- The basis principle of all IAKO Kickboxing competitions is honor, fair play and honest competition.
- Results and Rank achieved by any unethical acts will not be recognised by Judges, Referees and Competition Committee and officials which may initiate penalty procedures.
- All competitions in National / State /District competitions of professional/ amateur level must be conducted under IAKO rules.
- All activity in kickboxing must be according to fair play, respect of all participants and officials with respect to fundamentals of IAKO rules.
- All sportsmen, coaches, officials, representatives, promoters , members and organizations of IAKO must respect its rules .

Art. 3.2 Competitions

Official competitions such as National/Zonal/State/Open National/National Cup etc. of IAKO for all age categories are as follows:

- **Semi Contact(Point Fight)** : Younger Cadets, Older Cadets, Juniors, Seniors, Veterans - male and female division
- **Light Contact** : Older Cadets, Juniors, Seniors, Veterans - male and female division
- **Full Contact** : Juniors, Seniors, Veterans - male and female division
- **Low kick** : Juniors, Seniors, Veterans - male and female division
- **K-1-Rules** : Juniors, Seniors, Veterans - male and female division
- **Musical Forms** :(styles - with weapon and without weapon) – younger Cadets, Older Cadets, Juniors, Seniors, Veterans - male and female division
- **Aerokickboxing** :(Individual & Team) – younger Cadets, Older Cadets, Juniors, Seniors, Veterans - male and female division

Art. 3.3 Equipment for Competitions

Promoters of competition (National Championships/Open/Cup/Pro) must provide necessary equipment for smooth functioning

- Office Room with Computer & Printer System and an operator.
- Proper Light and Sound system with sufficient number of microphones
- Equipment for cleaning and drying the floor of Ring and Tatami
- Copier machine/Xerox facilities
- Chief Judge/Judge/Official tables for each Ring & Tatami.
- Score pads , writing materials
- Gong/Bell for each Ring & Timer pillow
- Every fighting area must be marked by a number
- For each Semi Contact Tatami a Score Pad with two big black numbers (from 0 to 30) to display results and 4 small red numbers from 0 to 3 (2 at each side of big numbers) to display warnings or exits.
- Kick Counter Pad (0-6) 2 nos for each Ring/Tatami
- An adequate display of current fight number
- An adequate time display
- The rules also refer to a Tournament Checklist which is produced.
- Placards for all States/UT's/Teams
- Refreshment arrangements for Officials
- Medical Team with First Aid & Ambulance facilities
- Electronic Weighing machine, Weighing room with official arrangements.

Art. 3.4 Drawing of Bouts

- The Weighing and Draw should be conducted in the presence of the Representatives/Managers of all Teams in a transparent and judicious manner for a fair play.
- Champions from last two championships (IAKO National and IAKO Open) will be placed in separate parts of drawing list (one in upper, the other in lower part of drawing list - competitors can only meet in the Semi final)
- Every drawing list must have data as follows: name of tournament, place and date, name of discipline, sex, age, weight division, competitor's name and surname, Team or State and number of fight.
- All drawing lists must be printed in 3 official copies - for Chief Judge/Referee, for official table and for notice board - all three lists must be the same and any changes must be repeated on all three with the signature of the Chief Referee. Also copies of drawing lists will be distributed to State team Chiefs/Managers.
- Completed official copies with Results must be signed and stamped by Chief Judge/Referee as official IAKO documents and will be kept in archives for a minimum of 2 years.

Art. 3.5 Change of Rule

Only IAKO Board of Directors either nominated by them or nominated by committees appointed by them have the power to officially decide any change of Rules. The date for an operative new rule must be communicated well in advance to all committees and member Associations in IAKO. Rule can not be change just during a IAKO National or State Championship. The Revised rules will remain in force for a minimum of two years or till next changes..

Art. 4. Official Championships and Tournament**Art. 4.1 Promoters**

The promoters of all National IAKO events must be the Official Representative of the host State or any other but under the responsibility of the President. The President of the host State/Unit may if he wishes to have a partner, but this in no way relieves him of the over all responsibility of the Tournament. The Promoter shall communicate directly with the IAKO National President/Secretary General on all matters concerning the event. The Promoter shall send a written report to the IAKO National President every thirty (30) days concerning the promotion of the event. Promoters of National Events shall be responsible for the success of the event in a dignified manner.

Art. 4.2 Championships

The championships like IAKO National Championships and Open/Pro Championships can be promoted every year. Each championships can be organized as one championship including all disciplines or be divided in maximum three championships for the different disciplines and in agreement with promoter.

The Venue for a Championship:

- shall be a suitable Indoor Stadium seating of minimum 1000 spectators
- must have good space between all fighting areas
- must have a warming up section to take care of the numbers of participants
- must have areas for Referees/Judges, organizers and IAKO officers
- must have relaxing rooms and dressing rooms for the participants
- headquarter and administration rooms

IAKO Sanctioning Fees of Championships and Cups differs and they are to be decided by the Board of Directors.

Art. 4.3 IAKO National/Pro Cups

A IAKO National /Open/Cup/Pro to be promoted with normal Championship routines as:

- Tournament for a minimum 2 days
- Arrival and Weigh-in day before start of fights
- Semi Contact and Light Contact: 3 rounds of 2 minutes each
- Ring sports 3 rounds of 2 minutes each
- Musical Forms & Aerokickboxing
- Only IAKO rules shall be followed
- Official IAKO Referees and Judges only to conduct the events
- Events are only open to IAKO members and their teams.

Art. 4.4 Championship Trophies

An outstanding and qualitative reward must be furnished for the following categories:

- Medals: 1st, 2nd and two nos 3rd places for all Competition Divisions.
- Team Champion & Runners Up Trophies must be of an acceptable standard befitting the IAKO National/Open event status.
- These awards shall be decided in the following manner;
- 1st place = 3pts. 2nd placed = 2pts. 3rd place = 1 pt.

Art. 4.5 Championship Headquarters

The promoter shall select a Hotel which will serve as the Tournament Headquarters.

Art. 4.6 Refreshments

A refreshment area shall be provided for the use of the Referee's Judges and Table Officials. It should have a minimum of tea, coffee and soft drinks. The promoter will be responsible for sending the National IAKO Presidents all relevant information concerning the Venue locations, dates, lists of Hotels and prices, airport/Rly transportation and a complete schedule of events. The Promoter shall have Transportation Coordinators assigned at the Airport/Rly Stations of the Tournament city to assist the Competitors upon their arrival. The IAKO State Presidents are responsible for providing their flight/Train times to the Promoter in advance.

Art. 4.7 Tournament Check-List

IAKO has made a tournament checklist to be distributed to the promoters of IAKO National/Open/Cup/Pro Championships. If the promoter has to deviate from this checklist it is the promoters' responsibility to establish contact with IAKO and its Organizing Committee to find best possible solution. A Tournament Checklist can be changed by the Organizing Committee or by the IAKO Board of Directors.

Art. 4.8 Weigh in Procedures

- Chairman of the IAKO Technical Committee or Championship Director will appoint the IAKO official's to organize the weigh-in. During the weigh-in, two IAKO officials will be present, 1 Female official -1 Male official. Also one representative of each State Association team may be present only when their own teams weigh-in. However they are not allowed to intervene on any occasion. The State representatives can not be in physical contact with the fighter, and should stand away from the Weigh in scales
- Each fighter must have his own IAKO Sports Pass with medical certificate included, valid for 1 year, to be shown at weigh-in. After being weighed, each fighter must be declared fit for fighting by a qualified Doctor.
- The fighters of each weight category will be weighed the day before the start of competition or on the same day that they have been drawn to fight. For a single fight for a fighter, a normal procedure is to have weigh-in approx 24 hours before the fight.
- If weigh-in the same day of the fights the fights will start at least 3 hours after the weighing time, or in a shorter lapse of time if the Technical Director so decide, after consulting the Medical Committee, provided that the decision is not prejudicial to any fighter taking part in the first bouts of the tournament.
- The weigh-in will be held according to the tournament schedule. The announced time in each competition is understood as official and must be respected. Weigh-in outside the official announced time will not be allowed, except if the weigh-in is not considered as finished of those teams present within the announced time. For the first official weigh-in (in the Registration period) there may be given possibility to weigh-in after the official time, if any delays of travel for a team, properly announced and warned from the State Association if such may happen. However it is not allowed for any team to speculate in arrival after official weigh-in time announced in the invitation papers. All teams must have weighed-in before drawing.

Official weigh-in (Registration period): If the fighter exceed his/hers weight, he/she can within the official time get a second chance to reach the limit. However the fighter must wait in line and the IAKO official decides when the second weigh-in will be made. The weight registered on that occasion is final. If the fighter does not make the weight at this second weigh-in, there are two options:

- Direct disqualification. Decision of IAKO official is final and cannot be appealed.
- To move up one weight category, but only if the State Association has got a vacancy in that category and if the weigh-in is not yet closed.
- It is also allowed for all State Associations to substitute one fighter with another, before the end of the official weigh-in and before the medical check-up, on condition that, within each competition where substitutes are allowed, the fighter in question has been registered as a reserve for that, or in any other weight category.

Daily weigh-ins: In tournaments, ring sports have daily weigh-ins or at least three weigh-ins during the tournament. The weigh-in is done in the morning at an announced time, considered as official. Weigh-in outside the official announced time will not be allowed, except if the weigh-in is not considered as finished of those teams present within the announced time.

- The weight is what the scale shows when the fighter is undressed. The weight must be displayed in metric measures. Electronic scales can be used. A fighter is allowed to fight solely within the category defined by the weigh-in. The weight must be on hard floor and not on carpet.
- The weigh-in must be done in a discrete manner, respecting both male and female's need for discretion. It is to prefer to use separate rooms for male and female."
- Any speculation or deliberate actions that will question or break the above rules will be sanctioned, both for fighters involved and the State Association is responsible."

Art. 5. Protests**Art. 5.1 Regular protests**

If a team wants to protest against a result, the Chief Referee must receive it in written form within 15 minutes after the fight. The written protest must describe clearly the problem. The Chief Referee must deliver the protest to the Appeal Board/Referee Committee who will consider the problem. The protest will be handled immediately.

A non refundable protest cost of Rs. 2000/- must be paid up-front. If the protest is successful 50% of the money will be refunded.

Art. 5.2 Irregular protests

Irregular protests regarding disagreements of decisions, where fighters protests by delaying further program in the Ring/Tatami, such as sitting down in the Ring/Tatami, decided by himself or stimulated by his coach/team to do so, will be reacted on by the Referee Committee or by the Board of Directors directly. The consequence can be that the total team of the discipline can be excluded. If security staff has to intervene and in case of conflict due to this action, it will lead to immediately disqualification of the whole State team.

Art. 6. Video evidence

Video footage is not applicable to IAKO events. Video footage may not be used to resolve any queries, complaints or points of clarification Duties.

Art. 7. Officials in General

All officials of championships can only be the qualified IAKO officials. They must be completely neutral. At all times during championships they represent IAKO. They show an unbiased, positive and honest attitude and fair play to everyone.

Officials at IAKO National , Regional and State Champions, National Open/ Cups are:

- Representative of the IAKO Board of Directors
- Technical Directors/Referee Committee (Ring sports and Tatami sports)
- Chairman of the various Committees
- Administrator / computer man
- Chief Referee / Arbitrator for Tatami or Rings
- Referees
- Judges
- Kick counters
- Time keeper
- Score keeper
- Announcer
- Doctor with medical team

Art. 8. IAKO Representative

A IAKO representative must be present in all IAKO National/ Open/ Zonal and State Championships/Cups. For each championship the IAKO Board or IAKO President will nominate a IAKO Representative. He is responsible for seeing that all championships are under IAKO rules and that all results will be IAKO official results.

Art. 9. Referee Committees of Tatami sports / Ring sports

In IAKO there shall be two Referee Committees: one for Tatami sports and one for Ring sports.

The Championship Director is responsible to name Chief Referee for Tatami or Rings and deploy Referees and Judges for the same. With each Organizer/Observer he checks Tatami, Rings, official table equipment, Referee and Judge uniforms and he/she will permit the start of competition. He will divide draw papers to the official tables and collect them after finished matches. He is the supervisor of the weigh-in. He is responsible for making draw lists and can make changes. He/she will be the supreme Referee in protests and his/her decision will be binding.

Referee Committees are to be named by IAKO Chairman ,Technical Committee and stay in charge for 4 years approved by IAKO Board.

Art. 9.1 Tournament Committee / Computer Man

The Administrator is responsible for collecting all Registration material and loads data into a computer to prepare draw lists. With the Tournament Committee he makes draw lists and distributes them to the official tables. He collects completed draw lists after matches are finished and transfers the results to the computer. He will make an official report of the Championship or Cup and distribute the official report to all representatives of IAKO State teams. If the promoter of a championship cannot appoint a responsible person for administration, the IAKO board or IAKO President will nominate/appoint an adequate person.

Art. 9.2 Chief Referee / Arbitrator

Chief Referee/ Arbitrator appointed by the Chairman of IAKO Technical Committee is responsible for normal procedures for matches held on Tatami or Rings. They will deploy Referees and Judges for every match according to their quality and with respect for neutrality rules. They are responsible for the correct compilation of the draw list with results, and at the end he will sign the draw list and give it to the responsible. In case of protests, they must follow procedures and they make a first-level decision. If the protester is not satisfied with his decision, the Chief Referee / Arbitrator will explain all details of the protest to the Technical Director. Chief Referee / Arbitrator supervises Referees and Judges and can change a Referee's decision only in case of a "material mistake".

In Musical Forms & Aerokickboxing the Chief Referee / Arbitrator will give the signal to competitors to start performing and he coordinates the work of other Judges.

Art. 9.3 Referee / Judges / Kick Counter / Time and Score Keeper

The duties of Referees, Judges, Kick counter, Time and Score Keeper are described in the chapters General Rules of Tatami Sports or Ring sports.

Art. 9.4 Announcer

Before match he calls fighters for fight - first he call fighter in red corner, and after fighter in blue corner.

At championships and cups, announcer always call fighter for further match, and call for prepare fighter for next match. After three calling when fighter do not coming, he will give order to time keeper to start timer. If the fighter didn't came in time of 2 minutes, announcer will give sign to Referee and announce winner of match by opponent's WO. In Musical Forms/Aerokickboxing competitions he will read loudly each mark of Judges. Time keeper will be nominating by Chief Referee or by promoter.

Art. 9.5 Doctor with Medical team

Doctor must be ready for immediate intervention on Referee call. Before Referee call he can not enter on Tatami or in Ring. Medical team must have enough equipment and enough number of doctors and technicians for safe and quick intervention at all fighting's areas. Doctor must have experience in treating kickboxing specific injuries. Promoter is responsible to provide adequate medical team, with ambulance car. IAKO Medical Procedures and Health Security Guidelines must be followed.

Art. 9.6 Tournament Committee

The IAKO Board of Directors shall select the Tournament Committee. The Committee shall consist of at least three (3) members. The leader of the Committee shall be known as Tournament Director. It is of importance that the all members of the group speak English/Hindi.

The Committee meets in front of IAKO National Cups and/or IAKO Open/IAKO National Championships. If necessary, they initiate other meetings, but are requested to meet during events/tournaments. Otherwise they communicate by mail and by telephone.

RESPONSIBILITIES:

- They are responsible for the disciplines.
- They will be responsible for all the Chiefs Referees and their staff in the arena throughout the event
- They will have the responsibility of being in complete charge of all paperwork regarding results and complaints.

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- They will have a close cooperation to the Referee Committee and will facilitate all Referee seminars.
- They will together with the promoter take care of the event/promotion/tournament and make sure everything are arranged according to the IAKO rules. Any deviation to the rules has to be cleared by the committee or through the Board of Directors.
- They will take care of all official Weigh-ins or point out Referees/officials who will take care of it.
- They will report to the Board of Directors and the president of IAKO.
- They will take care of protests and give advice to the Board of Directors present. The Board of Director's decision will be final based on a majority decision.

Art. 10. National Referee/Judge Seminars and Registration

In preparation of IAKO National / Open Championships and Cups the Committee organize seminars so to make sure that the judging and behavior of Referees are at their best.

When sending out letters of invitation to championships, IAKO will write an extra note concerning Referees and Judges including all demands for their preparations.

The organization of seminars will be as follows:

- All Referees and Judges must have a copy of the updated rules which will be used during the seminar.
- By tests, make sure that all Referees and Judges talk a minimum of English, also rate the Referees and Judges into categories (both in language and experience)
- The seminars will deal with each kickboxing style and the rules to be used during the tournaments.
- Make sure that all Referees and Judges wear the same uniforms which are important for the IAKO image.
- The sequence in a seminar contains :
 - Verbal introduction and explanations
 - Verbal explanation of main issues that normal causes problem in order to harmonize the Judges
 - Any video presentation to explain situations
 - Practice teaching using fighters in action.
 - Using Scorecards or/and explaining digital system
 - Written tests/exams
 - Registration
- All Referees and Judges are registered and are given points during a championship and events.
- The qualified and best Referees and Judges will be invited as official Referees to participate in the championships.
- The Referees and Judges will get their license based on their performance in the championships.

Art. 11. Medical, Health Committee

The Committee have at least Three (3) members. The leaders take the initiative to organize the work inside the committee. It is of importance that the all members of the group speak English/Hindi.

The committee meets during IAKO National/ Cups/ Open Championships. If necessary, they initiative other meetings, but are requested to meet during events/tournaments.

Responsibilities:

- Their responsibility is to make sure of all safety rules are followed in the tournaments/championships both according to doctors and medical staff.
- They will make sure that the anti-doping rules are informed and together with the Board of Directors and/or promoter in a championship aim a Anti doping control if required.
- Make sure that IAKO work effectively to eradicate weight reduction problems
- The Committee work together and report to the Board of Directors
- The Committee has the power to postpone start of fights if weigh-in are too close to normal start of fights or if the weigh-in are delayed or in other way , fighters were not properly informed.

Art. 12. Technical Committee

The Committee have at least three (3) members. The leader takes the initiative to organize the work inside the committee. It is of importance that the members of the group speak English. The committee meets during IAKO National/ Cups / Open National Championships. If necessary, they initiate other meetings, but are requested to meet during events/tournaments.

Responsibilities:

- Improve the existing IAKO Syllabus
- Improve the present IAKO grading system
- Advise the Board about improvement of Rules/regulations in both ring and Tatami sports
- Assist technically IAKO regions in need of improving their skills.
- Be responsible for approving all fighting safety equipment supplied by Promoters. The Committee will also be responsible for inspecting all Fighting Areas during Championships to be in top quality.

Art. 12.1 Discipline for IAKO officials

All Referees, Judges and officials represented in the tournament (both on and off-duty) are not allowed to take action for its team/state as coach or in other way act/behave partial (screaming and move as a coach/fan). It is NOT allowed to change role from official to coach during the same championship.

Again IAKO stress the importance for Referees and Judges to talk a minimum of English to communicate during the championships.

Art. 13. Participation of IAKO members in other dissident National organizations

IAKO members are not permitted or allowed to participate in any other National or International dissident Kickboxing organizations other than IAKO. All IAKO events are reserved to IAKO members only.

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General Rules

Ring Sports



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Art. 1. Official**Art. 1.1 Chairman of Technical Committee**

The Chairman of the Technical Committee shall act as member of the Appeals Board together with the Referee Committee and the IAKO Board of Directors members.

Art. 1.2 Referee and Judges

- During National Championships, each bout in a Ring must be supervised by a IAKO National qualified and acknowledged Referee of the Ring, appointed by Championship Technical Director/Head Judge, who can officiate in the centre, but will not fill out score sheets.
- Each bout is Judged by three National qualified and acknowledged Judges.
- To ensure neutrality, the Referees and the three Judges for each bout will be chosen by the Head Judge of the Ring on duty in that ring, according to the following rules:
- Each official will come from a State Association different from that of the others and from that of the fighters.
- Persons in charge of Refereeing or Judging of a bout, or a series of bouts will not at any moment be allowed to act as a manager, trainer, coach or second of a Kickboxer or team.
- Any Referee/Judge temporarily or permanently can suspend from his functions if he/she does not respect IAKO regulations; or whose marks are not considered satisfactory.
- For any inadequate action by the centre Referee in the course of a bout, the Head Judge of the Ring will hold him back and stop the match and can replace with list of neutral Referees to officiate the rest of the bout.

Art. 1.3 Referee

The Referee must:

- Check the safety equipment and clothes of the fighters
- Make sure that a weakened Kickboxer does not suffer unjust and unnecessary blows.
- Make sure that the rules of fair play are strictly observed.
- Supervise the whole of the bout.
- At the end of a bout, gather and check the score sheets of the three Judges. After verification, he must hand them to the Head Judge of the Ring or to the announcer.
- Not announce the winner or in any other way announce decisions.
- Declare the result by raising the Kickboxer's arms
- If a Referee (after having so decided by majority decision with the three Judges) disqualifies a Kickboxer or stops the fight, he must first indicate to the Head Judge of the Ring, so that the Head Judge of the Ring can inform the announcer to make a public announcement.
- He must use three command words:
 - STOP - when he orders Kickboxer to stop fighting
 - BREAK - to break a body to body position, after which each boxer must draw back without kicking or punching before continuing the fight
 - FIGHT - when he orders the fight to continue
- In order not to disturb a close fight, the Referee should not stand in the way or break in too early.
- When the winner is announced, the Referee must raise the Kickboxer's arm.
- He must indicate to the Kickboxer by appropriate signs or gestures, any violation of the Regulations.

Art. 1.4 Referees power

The Referee has the power to:

- Stop a fight at any moment if he finds it too one-sided.
- Stop a fight at any moment if one of the Kickboxer has received an unauthorized blow or is wounded, or if he considers a fighter unable to continue.
- Stop a fight at any moment if he finds the fighters behaving "Unsportsman-like". In such a case, he may disqualify one Kickboxer.
- Warn a Kickboxer or stop the bout and give a minus point or warning to a Kickboxer for an offense.
- Disqualify a coach or a second who has broken the regulations or a Kickboxer himself if the coach or the second fails to obey to his orders.
- Disqualify, with or without a warning, a fighter who has committed an offense.
- In the case of a KO, suspend the count if a Kickboxer deliberately refuses to withdraw to a neutral corner, or is reluctant to do so.
- Interpret the rules as long as they are applicable or compatible with the fight taking place, or, at a special moment, decide on a move which does not appear in the rules.

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- If a Kickboxer breaks the rules but does not necessarily deserve a disqualification, the Referee must stop the fight and give a warning to the Kickboxer of a foul. Before the warning, the Referee must order the Kickboxer to stop fighting. The warning must be given clearly, so that the Kickboxer understands the reason and cause of the penalty. The Referee must show hand signal to each Judge for that particular warning has been given and clearly show which Kickboxer has been punished. After having given the warning, the Referee orders the Kickboxer to fight.
- If a fighter has been given 3 official warnings within the same bout, he is disqualified.
- A Referee may give a caution means a warning to a Kickboxer for breaking a rule, for this he/she doesn't need to stop the fight, and may repeat the same during the fight.

Art. 1.5 Health and security

- The Referee in Ring-sports must use plastic gloves and he must change them after every fight in which blood has occurred.
- At ring side there must be soft paper tissue to be used by the central Referee on the fighters which cannot be used on another fighter.

Art. 1.6 Kick-Counter

A Kick-counter is a Judge who sits in neutral ring corners with a Clicker and 0-6 Score board with visible red and blue numbers visible to coaches.

- It is mandatory to use kick-counter in all IAKO National and Regional Championships. It is also recommended to use this in all other IAKO sanctioned tournaments.
- The Kick-counter reports to the Referee after every round if any missing kicks. The only responsibility of the kick-counter is to assure that the fighters have delivered enough kicks (6) in each round

Art. 1.7 Medical Check-up of Referees

Before officiating in an National Championship regulated according to the above-mentioned rules, a Referee must submit a medical check-up in order to prove his/her physical fitness to fulfil his role in the ring. A Referee is not allowed to wear glasses, but may wear contact lenses. The Referee is obliged to attend the meeting organized by the Medical Committee, before each Championship.

Art. 2. Judges

- Each Judge must independently consider the merits of the two fighters, and must chose the winner, according to the regulations.
- During the match, he/she will not talk to fighter, other Judges, or anybody else, with the exception of the Referee. If necessary, at the end of a round, notify the Referee about any incident that he has missed.
- A Judge will either use the electronic scoring system or in case of manual system mark the number of points (10-10, 10-9, 10-8 etc) granted to each fighter on his score sheet and only his decision will be announced to the public at the end of the match by the Head Judge.
- During the round the Judge will use the back of the scorecard to register the numbers of hits he sees, either by a number or by numbers of lines. Always the red corner is on the left side and the blue corner on the right side of both sides of the scorecard. The points/recorded hits must be tallied separately by rounds.
- Judge will not leave his place until the decision has been announced.
- It is mandatory for all Judges to use clicker in fights in case of manual scoring system.
- All Judges and officials whether on or off duty, are not allowed to take action on behalf of a team/State as coach or in any other way show favouritism (screaming, cheering like any coach/fan).

Art. 3. Timekeeper

- The task of a timekeeper is to keep track of the number and the duration of the rounds as well as of the break time. He will be seated at ringside.
- Ten seconds before the beginning of each round, he will clear the ring, giving order "Seconds out"
- He will ring the gong at the beginning and at the end of each round.
- He will announce the number of the round, before it starts.
- He will stop the bout temporarily, when asked to do so by the Referee.
- He will keep track of extra time with a watch or a stopwatch
- If, at the end of a round, a Kickboxer is on the floor, and the Referee is counting him out, the gong must ring at the end of two minutes, even if central Referee must finish his count. Intervals between the rounds will last one minute.
- Time must be visible all times for the coaches

Art. 4. Competition Area (Ring Equipment)

The following Ring equipment must be available:

- A Boxing Ring of international standard size including ordinary canvas (no tatamis on the ring floor),
- 4 ropes (3 ropes in case of "force majeure")
- pads in all corners (1 red, 1 blue, 2 white)
- straps between the ropes
- at least 2 stairs
- 2 chairs
- 2 foldaway stools for fighters between the rounds
- 2 cups and bottles of water
- 2 water buckets
- At the neutral corners of the ring there must be a bag or a bucket tied up in the corner for all garbage.
- A table and chairs for the officials
- A sound gong or a bell
- Stopwatches
- Refereeing sheets according to the IAKO model
- A first aid kit including plastic gloves for the Referee to be used at all matches and also tissue papers.
- A microphone linked to a sound system. Coaches dressed in sweaters in ring corners will have a towel and a sponge each, to attend to the fighters.

Art. 5. Fighter Uniform and Equipment

Safety equipments are:

Art. 5.1 Full Contact / Obligatory safety equipment:

Obligatory safety equipment:

- Head protection
- Mouth-guard
- Breast protection (mandatory for female fighters)
- Boxing gloves for contact sports (10 Oz)
- Groin protection
- Shin guards
- Foot protection.

Uniforms are the same for seniors and juniors :

- naked torso for men and long pants
- sport top and long pants for women.

Art. 5.2 Low Kick / Obligatory safety equipment:

Obligatory safety equipment:

Same as Full Contact

Uniforms are the same for seniors and juniors: –

- bare torso and shorts for men
- sport top and shorts for women

No shorts are allowed with name of Muay Thai or any other Martial Art name

Art. 5.3 K-1 Rules : Obligatory safety equipment:

Same as Full Contact and NO foot protection only ankle protection.

Uniforms are the same for seniors and juniors: –

Same as Low Kick

Art. 5.4 Hand wraps (Bandage):

Hand wraps are used for wrapping the fist to avoid injuries.

Using hand wraps are mandatory.

Hand wraps are 250 cm long and 5 cm wide cotton strips without sharp edges.

Hand wraps will be fastened on the upper part of fighter's wrists with self-adhesive cotton-base strips; maximum length 15 cm and width 2 cm.

Art. 5.5 Tooth protection (Mouth-guard) :

Mouth-guards must be made from soft and pliable rubber-plastic material.

Protection on only the upper teeth or on both upper and lower teeth is allowed.

Mouth-guard must enable free breathing and must be adapted to the competitor's mouth configuration.

It is not allowed to use a mouth-guard over tooth correction apparatus (braces, retainers).

Using tooth protection is mandatory for all fighting disciplines, in all age categories and in both amateur and professional matches.

Art. 5.6 Breast protection :

Breast protection is mandatory for all female competitors in older cadets, junior and senior categories and is mandatory in all fighting disciplines (semi, light, full contact, low-kick and K-1). Breast protection is made from hard plastic and can be covered with cotton material.

Breast protection can be made in one piece and cover all the chest or in two pieces for insertion into bra to cover each breast individually.

It is worn under the T-shirt or under the top (bodice).

Art. 5.7 Groin protection

Groin protector is mandatory for all male competitors.

Groin protector is made of hard plastic material and fully covers genital organs to protect this part of competitor's body from any injury.

The groin protector can be made as a cup for covering genitals, or for covering the entire abdomen. Competitors must wear the groin protection under their pants.

Groin protection for women is recommended.

Art. 5.8 Shin guard

Shin guards are made from hard foam-rubber material.

A shin guard must cover the shinbone from under the knee to the top of the feet.

Shin guards are fastened to the leg by a minimum of two self adhesive elastic strips. No other kind of plastic tape is allowed for fixing the guard to the shin.

Shin guards with metal, wooden or hard plastic elements are not allowed.

Art. 5.9 . Foot protection

Foot protection is made from special synthetic foam rubber, a compact and soft material which is covered with genuine or artificial leather.

Foot protection covers the upper part of the foot (instep), lateral and medial malleolus and heel - all in one piece - with open sole of the foot.

They must be long enough (adequate size) to completely cover the competitor's feet and toes.

The front part of the foot protection is fastened by elastic strips for the big and second toes.

Foot protection is fastened to with elastic self adhesive strips on the back of feet, above the heel.

Art. 6. Rounds

IAKO Amateur fights have 3x2 minute rounds with a minute break between each round.

IAKO Professional fight can have up to 5 x 2 or 3 minutes rounds with a minute break between each round with an agreement between the fighters.

Art. 6.1 Match

A coach and a second who must obey the following rules may assist each fighter.

Only the coach and the second may get into the ring and only one of them at time may be inside the ropes.

No advice, help or encouragement can be given to the fighter during the round.

A second can give up the fight on behalf of his fighter, and can also, if the fighter is in great difficulty, toss the sponge or the towel into the ring, except while the Referee is counting.

During the match, neither the coach nor the second can be on the ring platform. They must, before each round, remove stools, towels, buckets, etc.

Any coach, second or official, encouraging or prompting the spectators to give signs of advice or encouragement to a boxer during a round, can be suspended from his function in the competition in course.

A coach or a second who violates the rules may receive a warning or be disqualified by the Referee for bad behaviour.

Art. 7. weight categories

Art. 7.1 Male weight categories

Light bantam	-51 kg
Bantam weight	-54 kg
Feather weight	-57 kg
Light weight	-60 kg
Light welter-weight	-63.5 kg
Welter weight	-67 kg
Light middle-weight	-71 kg
Middle weight	-75 kg
Light heavy weight	-81 kg
Cruiser weight	-86 kg
Heavy weight	-91 kg
Super heavy weight	+91 kg

Art. 7.2 Female weight categories

Bantam weight	- 48 kg
Feather weight	- 52 kg
Light weight	- 56 kg
Middle weight	- 60 kg
Light heavy weight	- 65 kg
Heavy weight	- 70 kg
Super heavy	+ 70 kg

Juniors weight classes are the same as for seniors

Art. 7.3 Age Categories

Juniors Category: 16, 17 and 18 years old. Meaning from the date he/she turns 16 years and up to the day before he/she turns 19. The date in which he/she turns 18, he/she can decide to be either a junior or senior. However if he/she has competed as a senior at the age of 18 he/she cannot go back to competing as a junior again.

Seniors Category: 19 to 40 years old. Meaning from the date he/she turns 19 years and up to the day before he/she turns 41.

Veterans Category: 41 to 50 years old. Meaning from the date he/she turns 41 years and up to the day he/she turns 50.

Specification during championships/tournaments: In case of birthday during a tournament that changes the age category, he/she can compete in the lower category until the tournament is over. A tournament period is defined as from the day of the official weigh-in/registration and until the finals is finished.

Ring Sports specifications for Veterans: If any fighter in veteran division would like to fight in Senior division must be in possession of all medical check up and certification declaring he's fit to fight and ask for a special authorization released by IAKO.

Legitimizing: Positive proof of age will be required at all championships (Birth Certificate, Passport or Driving License).

Only one weight-class: In IAKO Pro championships, it is only possible to start and compete in one Weight class.

Art. 7.4 Weigh-in

In IAKO National or Regional championships the following rules must be followed,

- Fighters of each weight category will be weighed the day before the competition or in the morning between 8–10 am on the same day they have been drawn to fight.

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- The fights will start at least 3 hours after the weighing time, or in a shorter lapse of time if the Tournament Committee so decides, after consulting the Medical Committee, provided that the decision is not prejudicial to any Kickboxer taking part in the first bouts of the tournament.
- The Tournament Committee authorizes delegates to perform at weigh-in. IAKO representatives of any State Association may be present, but are not allowed to intervene on any occasion.
- Each fighter will be officially weighed only once. The weight registered on that occasion is final. It is allowed, nevertheless, for the fighter who has not reached the right weight during the official weigh-in, to come back after 1 hour maximum. In the case he cannot make the weight again, he is disqualified.
- Before being weighed, each fighter must be declared fit for fighting by a qualified doctor.
- The weight is what the scale shows when the fighter is undressed.
- The weight must be displayed in metric measures. Electronic scales can be used.
- A fighter is allowed to fight solely within the category defined at weigh-in.
- Each fighter must be in possession of a Sport Pass with a written decision of a medical Doctor as well as the decision of the official in charge of weigh-in.
- In tournaments, ring sports have daily weigh-ins or at least 3 weigh-ins during the tournament. The weigh-ins are done in the morning between 8 and 10 a.m.
- All fighters must bring their own IAKO Sport Pass as identification.

Art. 8. Special violations of Rules

If a Fighter, Coach or a whole team protests with not leaving the Ring immediately after the fight, the Chairman of Ring Sports after consultation with the Championship Director and Board of Directors or the Organising Committee is allowed to disqualify the individual/part/whole team.

Art. 9. Open Scoring Electronic System

For all ring sports open scoring electronic system may shall be used as follows:

All three Judges use a mouse with buttons indicating the two corners.

A screen will show the point status for both fighters from the various Judges at all time.

The displays will be visible for audience and coaches involved either with TV screens.

Fouls, warnings, minus points and time is also shown on the screen, administrating from the computer of the secretariat of each ring.

The system will be administered by the timekeeper.

The fight and its history is stored as a pdf-file in the computer at jury's table.

FULL CONTACT RULES



FULL CONTACT RULES

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Art. 1. Definition

Full contact is a discipline of kickboxing where the intention of a fighter is to beat his opponent with full power and strength. Punches and kicks must be delivered to legal targets with focus, speed and determination, creating solid contact. Punches and kicks are allowed to the front and side of the head, the front and side of the body (above waist) and sweeping is also allowed. The fight is held in a ring. The Referee is responsible for fighter safety and keeping to the rules, Judges count legal techniques and note the points on scoring card.

Each fighter must have his own IAKO SPORT PASS with MEDICAL TEST in it, valid for 1 year, to be shown at weigh-in procedures.

Art. 2. Legal Target Areas

The following parts of the body may be attacked using the authorized fighting techniques:

Head : Front, side and forehead.

Torso : Front and side above waist

Leg : Below ankle/mid-calf (for foot sweeps only)

Art. 2.1 Target Areas, Prohibited Techniques and Behavior

It is prohibited for Fighters:

- Attack the throat, lower abdomen, kidneys, back, legs, joints, groin and to the back of the head or neck.
- Attack with the knee, shin, elbow, knife-hand, head-butts, thumb and shoulder.
- Turn ones back on the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.
- No shin attacks are allowed (You must hit your opponent with the foot) Attack an opponent who is caught between the ropes
- Attack an opponent who is falling that is as soon as one hand or knee touches the floor.
- Leaving the ring.
- Continuing after the command "stop" or "break" or end of the round has been given. Oil on the face or the body
- Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.
- A fighter cannot attack an opponent on the ground. The central Referee is responsible for stopping the match immediately when one of the two fighters touches the floor with any part of the body apart from his feet.
- Stomps to the head or body of a downed Fighter can lead to minus points or disqualification (Judges decide by majority decision).
- Unsportsman like conduct. A Fighter shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsmanlike like-like conduct, the Fighter may be disqualified or deducted one point on the first offence, depending on the severity of the infringement.
- Spitting out or voluntarily dropping a mouth-guard voluntarily, the central Referee should stop the fight immediately and count him as per a knock down. If he does it second time he gets an official warning.

Coaches/Coach Second are liable for action if :

- Inappropriately Arguing/ Commenting on a Referees/ Judge's decision
- Inappropriately arguing/ commenting on a score not given or given.
- Attacking or verbally abusing an Official either inside or outside the Ring.
- Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in the immediate removal from Coaching Area at Ring and possible permanent removal from Arena/Event following Technical Committee review.
- Warnings given to the seconds, counted against the Kickboxer.

Art. 2.2 Legal Techniques

Art. 2.2.1 Hand Techniques

All boxing punches

Art. 2.2.2 Foot Techniques

Front kick

Side kick

Roundhouse kick : kicks to the torso and head are allowed only with instep as hitting area of the kick (no shin attacks allowed).

Hook kick

Crescent kick Axe kick

Jump kick Foot Sweep

Spinning Kick

Art. 2.2.3 Throwing Techniques:

- Foot sweeps (ankle level only, from outside to inside and vice versa to unbalance the opponent and following up with hand/kicking techniques or to bring the unbalanced opponent to the canvas or to touch it with any part of body apart from feet).
- Hand and foot techniques should be used equally during the entire fighting period. Foot techniques are only recognized when they clearly show the intention to hit the opponent with power.
- All techniques must be used with power. Any technique which is partially deviated or blocked, or that simply touches, brushes or pushes an opponent will not be scored.

Art. 2.2.4 Number of Kicks per Round

- Each fighter is obliged to deliver a minimum of 6(six) kicks per round.
- He/she must clearly show the intention to hit the opponent by kicking. The fighter is obliged to deliver a minimum of 18 kicks at the end of the match (6 per round). After the first round, the kick counter has to report to the central Referee who must inform the fighter if any missing kicks. He will have the chance to recuperate the missing kicks in the following round. If the fighter does not recuperate the missing kicks from first round he will be given a 1 minus point . If he will again miss kicks in the third round, he will be given another 1 minus point.
- If the fighter delivers 6 kicks in the first round but does not deliver 6 kicks in the second round, the central Referee will inform the fighter so he can recuperate the missing kicks in the third round. If the fighter does not deliver the missing kicks in the third round, the central Referee will give him 1 minus point.
- Minus points for kicks will be added to other minus/penalty for other offences.

Art. 3. Decisions

The decisions will be reached as follows:

Victory via points:

at the end of a bout, the Kickboxer who has obtained a victory by the decision of the majority of Judges is declared the winner (victory via majority vote). If both Kickboxers are simultaneously injured or KO and cannot continue the fight, Judges will mark the points obtained by each fighter to that point, and the Kickboxer ahead by points will be declared the winner.

Victory via abandonment:

if a Kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.

Victory via stoppage, upon order of the Referee (TKO).

Relegation:

If a Kickboxer is relegated on the Referees advice, or if he receives excessive punishment, the fight will be stopped and his opponent declared the winner.

Injury:

if the fighter unable to continue the fight, due to an injury or any other physical reason, the fight will be stopped and his opponent declared the winner. The right to make such a decision is incumbent upon the Referee who can consult the doctor. Having done so, the Referee will follow the doctor's advice. When a Referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.

Victory via disqualification:

if a Kickboxer is disqualified, his opponent will be declared the winner. If both Kickboxer' are disqualified, the decision will be announced accordingly. A disqualified Kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title of the competition in the course of which he has been disqualified. Such a decision may be taken following a request submitted to a review and confirmation of the Appeal Board itself.

Victory by default:

When a Kickboxer is present in the ring and ready to fight, and his opponent does not appear when announced by the loud speaker. After two minutes, the gong will ring and the Referee will declare the first Kickboxer the winner by default. He will ask the Judges to annotate the score sheets accordingly; he will gather them and call the Kick-boxer to the ring centre, and raise his hand as the winner.

The 3 knock-down rule is valid: This means that the fight will be stopped if a fighter has been knocked down 3 times in the same fight. The Referee declares the fighter TKO after the 3rd knock down

Art. 4. Changing a decision

All public decisions are definitive and cannot be changed unless:

Mistakes which occurred in calculating the points are discovered;

One of the Judges declares he has made a mistake and switched the scores of the fighters; there are evident violations of IAKO rules.

The Head Judge/Arbitrator of the ring, with the help of the IAKO Appeal Board, will immediately handle all protests. After discussions, the representative of the IAKO Appeal Board will announce the official result.

Art. 5. Awarding of points/Score

In awarding points, the following rules must be respected:

A score must be awarded when a legal technique is performed with following criteria to the legal area.

- ☐ Good Form (good technique with absolute balance)
- ☐ Vigorous Application (full power and speed)
- ☐ Awareness (total concentration and not turning away the face during delivery of the technique)
- ☐ Good Timing and Correct Distance (when techniques have the most potential effect)
- ☐ Sporting Attitude (non-malicious attitude during delivery of technique).

Art. 5.1 - Concerning Blows

During each round, a Judge will mark the respective score for each Kickboxer, according to the number of blows that each one has received. To count a punch or a kick as a blow must not be blocked or stopped. The value of registered blows in a fight will be counted at the end of each round and granted to the better Kickboxer, according to his degree of superiority. Blows given by a Kickboxer will not be taken into account:

If they are contrary to regulations if they land on the arms

If they are weak and do not come from legs, body or shoulders.

If they are partly deviated or blocked.

If they simply touch, brushes or pushes an opponent.

Art. 5.2 - Concerning Offences

- During each round a Judge cannot penalize each offence he sees, regardless of whether the Referee has noticed it or not. He has to call the Referees attention to that offence. If the Referee gives an official warning to one of the fighters, the Judges must note it, writing “W” on the FOULS column on the scoring paper, but that does not mean a minus point to the other fighter.
- When a Referee decides to give a minus point to a fighter, the Judge will put one minus (-1) in the appropriate column next to the points the same fighter will receive at the end of the round, certifying thus, that he has to take away that point for the final score of the round .

Art. 5.3 - Awarding Points (Using Electronic Scoring System)

For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance, power, the Judge will once push a button of his mouse indicating the correct fighter (red or blue corner). Points, starting from first round, will continuously be added from the Judges and they will be to everybody through a screen which is placed on the jury's table.

At the end of the fight, the winner is the competitor who scored more points (which will appear on the screen).

If the Referee inflicts a foul or a warning, he will indicate so in front of the Judges and the Chief Referee, and the Time-keeper has to put it in the electronic system. It will then be shown on the screen.

If the Referee inflicts a minus point he will indicate so in front of the Judges and the Chief Referee and the Timekeeper have to put it in the electronic system. It will then be shown on the screens, reducing 3 point from the total score from each Judge (total of 9 points).

The electronic system shows a running time score. In every moment of the fight everybody knows the situation of points.

Art. 5.3.1 In case of a Draw (Electronic)

If the match ends, by one or more Judges, in a draw (equal points after 3 rounds), to determine a winner, the electronic scoring system will automatically assign the win to the fighter, based on the fighter who scored the most points in the last round.

Art. 5.4 - Awarding Points (Using Clickers and Scorecards)

For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance and power, the Judge will give one point to a fighter using the clickers. The clicker score will be recorded on the paper after each round. Scores will be accumulated with the winner being the highest scoring fighter over the three rounds per referee.

It is mandatory if no digital system is available for all Judges to use clickers in National Championships. At the end of the match, the Judge will sum the total points given and name the winning fighter who has the larger number of points. The Judge must make a circle around the fighter's name.

Punch	= 1 Click
Kick to the body	= 1 Click
Kick to head	= 1 Click
Jumping kick to body	= 1 Click
Jumping kick to head	= 1 Click
Foot sweep leading the opponent to touch the floor with any other part of the body	= 1 Click

Art. 5.4.1 In case of a draw (Clickers)

If the match ends in a draw (equal points after 3 rounds), to determine a winner, a Judge has to take into consideration the remarks on the IAKO scorecard in appropriate order which is:

- Better in the last round
- More active
- More kicks
- Better defense
- Better style and techniques

In the end victory must go to the fighter who scored the most points in the last round.

Art. 5.5 - Penalty:

Official Warnings will be carried through the match to all rounds

- 1st violation - Official Warning
- 2nd violation - Award penalty point (-1)
- 3rd violation - Disqualification

When a fighter spits out his mouth-guard voluntarily, the Central Referee should stop the fight immediately and count him as per a Knock Down. If he does it the second time he gets an official warning.

Art. 5.6 Criteria for minus points

- Unclean fighting style Constant clinching
- Constant and continuous ducking,
- Turning of the back too few foot techniques
- Three warnings
- Any serious violation of the rules insufficient kicks

Art. 5.6.1 Offences

A fighter who does not obey the Referee's orders; who violates regulations, who demonstrates unsportsmanlike behavior or who commits offences, can receive a caution, warning or be disqualified by a Referee without an official warning. Only 3 Official Warnings can be given to a fighter in the course of the entire bout. The 3rd Official Warning will automatically mean DISQUALIFICATION .

Art. 5.6.2 Warnings given to the second count against the Kickboxer.

A Referee may, without stopping the fight, give a caution to a Kickboxer at any moment. If he wants to give a warning to a Kickboxer, he will stop the fight and announce the offence. He will show it to the three Judges, pointing with his finger to the Kickboxer at fault.

Art. 5.6.3 The following actions are considered fouls:

- Punching below the belt, hooking, tripping, and hitting with knees or elbows.
- Butting with head, shoulders, with forearms and elbows, strangling the opponent, crushing his face with arm or elbow, pushing his head outside the ropes.
- Hitting with open gloves, with the inside of the gloves, with a wrist.
- Hitting the opponent's back, and particularly on the nape of his neck, head and kidneys. Attacking while holding the ropes or using them improperly
- Lying down, wrestling or not fighting at all
- Attacking an opponent who is on the floor or getting up Clinching
- Using The Shin in an offensive manner
- Hitting while hooking the opponent, or pulling the opponent into the blow.
- Hooking or holding opponent's arm or putting an arm underneath the arm of the opponent.
- Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter.
- Using artificial means for a passive defense and falling down intentionally in order to avoid a blow.
- Using insulting and aggressive language during a round.
- Refusing to withdraw after the order "BREAK".
- Trying to land a blow on the opponent, immediately after a "BREAK" order and before withdrawing. Assailing or insulting the Referee at any time
- When a warning for a particular foul has been administered, for example a clinch
- The Referee will not caution the Kickboxer again for the same offence. An official warning will follow and a third caution for the same foul will go into a minus point. If a Referee thinks that an offence has been committed without his knowledge, he will have to consult the Judges

Art. 6. On the floor

- A Kickboxer is considered "on the floor" if:
 - If he touches the floor with a part of his body other than his feet following a blow or series of blows.
 - If he hopelessly hangs on the ropes after a blow or a series of blows.
 - If he finds himself outside the ropes, partly or completely, after a blow or a series of blows.
- If, after a violent blow, he has not fallen to the floor or into the ropes, but is in a state of semi-consciousness and, in the Referees opinion, not able to continue fighting.
- In the case of a KO, the Referee must immediately start counting out the seconds. When a Kickboxer is on the floor, his opponent must instantly go the neutral corner, shown by the Referee. He will only continue the fight with his fallen opponent when the latter has risen, and when the Referee has ordered the continuation of fighting.
- If the opponent does not go to the neutral corner following the Referees order, the Referee will stop the count until that order is executed. The count will then be continued where it was left.
- When a Kickboxer is on the floor, the Referee will count from 1 to 10 with a second interval between each number, and will indicate each second with his fingers so that the fallen Kickboxer knows how many seconds have already been counted. One second must pass from the moment the Kickboxer falls down to the start of the count.
- When a Kickboxer is on the floor due to a blow, the fight will not continue before the Referee has counted to 8, even if the Kickboxer is ready to continue the fight before that time. If the Kickboxer doesn't raise his hands the Referee will continue to count until "10", the round will be finished and a KO declared.
- If a Kickboxer is on the floor at the end of a round, the Referee will continue the count even if the bell rings. If the Referee counts to 10, the Kickboxer will be declared loser via KO.
- If a Kickboxer is on the floor after having received a blow and the fight continues after the count out of 8 seconds, but the Kickboxer falls back on the floor without receiving a new blow, the Referee will resume the count, starting at 8.
- If both Kickboxers fall at the same time, the count will continue on as long as one of them is still on the floor. If they both remain on the floor after 10 seconds, the bout will be stopped and decision given, considering the points granted before the KO. This will not be applied in IAKO-PRO bouts unless the third round is over. Otherwise a NO CONTEST will be declared between the two fighters. A Kickboxer who does not resume the fight after the break or after a KO loses the fight.

Art. 7. Procedure after KO, RSC, RSC-H, Injury

- If a fighter gets injured in a fight the doctor is the only person that can evaluate the circumstances and decide if the fighter can continue or not. If a Kickboxer remains unconscious, only the Referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.
- A Kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.
- A quarantine period means that a Kickboxer cannot take part in any competition in kickboxing no matter what the discipline is. The quarantine periods are "minimum period" and cannot be overruled even though a head scan shows no visible injuries.
- The Referee will inform the Jury and Judges to mark KO or RSC-H or RSC on their score sheets and the same has to be reported by the Chief Referee on duty in that ring on the fighter's IAKO SPORT PASS. This is also the official result of the fight and it cannot be overruled.
- Kickboxer after a special medical examination, have to be declared fit to take part in competition by a sports doctor.

Art. 8. Hand shaking

Before and after a bout, the Kickboxers will shake hands as sign of pure sportsmanship and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision. No hand shaking is allowed between rounds.

Art. 9. Use of Drugs

Any drug or chemical substance ingested by a Kickboxer, that is not included in the Kickboxers normal diet, is forbidden. Any Kickboxer or official violating this code may be disqualified or suspended by IAKO.

Any Kickboxer refusing to submit to a medical examination or doping test after a fight, in order to verify that he has not broken this rule, may be disqualified or suspended. The same will occur for an official encouraging such a refusal.

The use of local anesthetics is allowed, if agreed by a doctor from the Medical Committee.

Art. 10. Medical attitude

A fighter will be allowed to fight in an National competition only after having been declared fit for it by a sports doctor, recognized by the host Organising Committee during Championships.

One-eyed, deaf, dumb and epileptic fighters are not allowed in kickboxing. Hard contact lenses are forbidden while the Kickboxer is in the ring.

A Kickboxer will not be allowed to take part in a bout if he has bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included.

Art. 10.1 Doctors Aide

A recognized sports doctor must be present throughout the competition and must not leave his place before the end of the last bout or before seeing the Kickboxers who have taken part in it. In a tournament there must be ambulance Personnel on site.

Art. 10.2 Age limit of Kickboxer

Kickboxer younger than 19 and older than 40 will not be allowed to take part in Senior National Championships/Open/Cups.

Also for Senior women the allowable ages are from 19 to 40.

Ring Sports specifications for Veterans: If any fighter in veteran division would like to fight in senior division must be in possession of all medical checkups and certification declaring he's fit to fight and ask for a special authorization released by IAKO headquarters.

Art. 11. Agreements

It is desirable that all IAKO affiliated Associations should follow IAKO Rules as far as possible, in order to ensure the uniformity of Kickboxing regulations in INDIA.

LOW KICK RULES



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LOW KICK RULES

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Art. 1. Definition

Low-Kick can be defined as Full contact Kickboxing in which there is also the possibility of attacking the opponent's legs with clean kicks. All other definitions are same as Full Contact rules.

Each fighter must have his own IAKO SPORT PASS to be shown at weigh-in procedures.

Art. 2. Legal Target Areas

The following parts of the body may be attacked using the authorized fighting techniques:

- Head** - Front, side and forehead.
- Torso** - Front and side
- Legs** - Thigh only from outside to inside and vice versa which can be attacked using the shin.
- Foot** - boot to boot - only for sweeping

Art. 2.1 Prohibited Techniques and Behavior

It is prohibited to:

- Attack the throat, lower abdomen, kidneys, back, legs, joints, groin and the back of the head or neck. Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder.
- Turn back to the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.
- Attack an opponent who is caught between the ropes
- Attack an opponent who is falling to the floor or is already on the floor; that is, one hand or knee touches the floor.
- Attacking the knees and the legs below the knees with kicks.
- Continuing after the command "stop" or "break" or the end of the round signal has been given.
- Oil on the face or the body
- Violations of the rules may, lead to warnings, minus points or even disqualification.

Ground Attacks –

- A fighter cannot attack an opponent on the ground. The central Referee is responsible for stopping the match immediately when one of the two fighters touches the floor with any part of the body apart from his feet.
- Stomps to the head or body of a downed Fighter can lead to minus points or disqualification (Judges decide by majority decision).

Unsportsmanlike-like conduct. -

- A Fighter shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsmanlike conduct, the Fighter may be disqualified or deducted one point on the first offence, depending on the severity of the infringement.
- When a fighter spits out his mouth-guard voluntarily, the central Referee should stop the fight immediately and count him as per a knock down. If he does it the second time he gets an official warning.

Coaches/Coach Second:

- Inappropriately Arguing/ Commenting on a Referees/Judges decision
- Inappropriately arguing/ Commenting on a score not given
- Attacking or verbally abusing an Official either inside or outside the Ring.
- Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in the immediate removal from Coaching Area at Ring and possible permanent removal from Arena/Event following Technical Committee review.
- Warnings given to the coaches/seconds shall be counted against their kickboxer.

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Foot sweeps (ankle level only, from outside to inside and vice versa to unbalance the opponent and following up with hand/kicking techniques or to bring the unbalanced opponent to the canvas or to touch it with any part of body apart from feet).

Hand and foot techniques should be used equally during the entire fighting period. Foot techniques are only recognized when they clearly show the intention to hit the opponent with power.

All techniques must be used with full power. Any technique which is partially deviated or blocked, or that simply touches, brushes or pushes an opponent will not be scored.

Art. 3. Decisions

The decisions will be reached as follows:

Victory by points:

At the end of a bout, the Kickboxer who has obtained a victory by the decision of the majority of Judges is declared the winner (victory via majority vote). If both Kickboxer are simultaneously injured or KO and cannot continue the fight, Judges will mark the points obtained by each fighter to that point, and the Kickboxer ahead by points will be declared the winner.

Victory by abandonment:

If a Kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.

Victory by stoppage,

Upon order of the Referee (TKO).

Victory by Relegation:

If a Kickboxer is relegated on the Referees advice, or if he receives excessive punishment, the fight will be stopped and his opponent declared the winner.

Victory by Injury:

if a fighter unable to continue the fight, due to an injury or any other physical reason, the fight will be stopped and his opponent declared the winner: The right to make such a decision is incumbent upon the Referee will follow the doctor's advice. When a Referee asks the doctor to intervene, they will be the only officials present in the ring. No third will be admitted.

Victory via disqualification:

If a Kickboxer is disqualified, his opponent will be declared the winner. If both Kickboxer's are disqualified, the decision will be announced accordingly. A disqualified Kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title of the competition in the course of which he has been disqualified, except in the case when the decision may be made by the Appeal Board, or if none, by an official responsible for the event.

Victory by default:

When a Kickboxer is present in the ring and ready to fight, and his opponent does not appear when announced by the loud speaker. After two minutes, the gong will ring and the Referee will declare the first Kickboxer the winner by default.

Victory by 3 Knock-Down(KD) rule

The fight will be stopped if a fighter has been knocked down 3 times in the same fight. The Referee declares the fighter TKO after the 3rd knock down.

Art. 4. Changing a Decision

All public decisions are definitive and cannot be changed unless:

Mistakes which occurred in calculating the points are discovered;

One of the Judges declares he has made a mistake and switched the scores of the fighters; if there are evident violations of IAKO rules.

The Chief Referee/Arbitrator of the ring, with the help of the IAKO Appeal Board, will immediately handle all protests. After discussions, the representative of the IAKO Appeal Board will announce the official result.

Art. 5. Awarding of points

In awarding points, the following rules must be respected:

Art. 5.1 - Concerning Blows

During each round, a Judge will mark the respective score for each Kickboxer, according to the number of blows that each one has received. To count a punch or a kick as a blow must not be blocked or stopped. The value of registered blows in a fight will be counted at the end of each round and granted to the better Kickboxer, according to his degree of superiority.

Blows given by a Kickboxer will not be taken into account:

If they are contrary to regulations if they land on the arms

If they are weak and do not come from legs, body or shoulders.

If they are partly deviated or blocked.

If they simply touch, brushes or pushes an opponent.

Art. 5.2 - Concerning Offences

During each round a Judge cannot penalize each offence he sees, regardless of whether the Referee has noticed it or not. He has to call the Referees attention to that offence. If the Referee gives an official warning to one of the fighters, the Judges must note it, writing W on the FOULS column on the scoring paper, but that does not mean a minus point to the other fighter. When a Referee decides to give a minus point to a fighter, the Judge will put a "-1" in the appropriate column next to the points the same fighter will receive at the end of the round, certifying thus, that he has to take away that point for the final score of the round .

Art. 5.3 - Awarding Points (Using Electronic Scoring System)

For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance, power, the Judge will push a button of his mouse once indicating the correct fighter (red or blue corner). Points, starting from first round, will continuously be added from the Judges and they will be on a screen which is placed on the jury's table.

At the end of the fight, the winner is the competitor who scored more points declared by Chief Jury after any deductions or corrections , which will appear on the screen.

If the Referee inflicts a foul or a warning, he will indicate so in front of the Judges and the Chief Referee, and the Time-keeper has to put it in the electronic system. It will then be shown on the screen.

If the Referee inflicts a minus point he will indicate so in front of the Judges and the Chief Referee and the Timekeeper have to put it in the electronic system. It will then be shown on the screens, reducing 3 point from the total score from each Judge (total of 9 points).

The electronic system shows a running time score. In every moment of the fight everybody knows the situation of points.

Art. 5.3.1 In case of a Draw (Electronic Scoring)

If the match ends, by one or more Judges, in a draw (equal points after 3 rounds), to determine a winner, the electronic scoring system will automatically assign the win to a fighter, based on the fighter who scored the most points in the last round.

Art. 5.4 Awarding Points (Using Clickers and Scorecards)

For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance and power, the Judge will initially note points to each fighter using the clickers. The clicker score will be recorded on the paper after each round. Scores will be accumulated with the winner being the highest scoring fighter over the three rounds per Referee.

It is mandatory if no digital system is available for all Judges to use clickers in National Championships. At the end of the match, the Judge will sum the total points given and name the winning fighter who has the larger number of points. The Judge must make a circle around the fighter's name.

Punch	1 Click
Kick to the body	1 Click
Foot sweep leading the opponent to touch the floor	
with any other part of the body apart from feet	1 Click
Kick to head	1 Click
Jumping kick to body	1 Click
Jumping kick to head	1 Click

Art. 5.4.1 In case of a Draw (Clickers/Scorecard)

If the match ends in a draw (equal points after 3 rounds), to determine a winner, a Judge has to take into consideration the remarks on the IAKO score card in appropriate order.

These remarks according to IAKO Scorecards are:

- Better in the last round
- More active
- More kicks
- Better defense
- Better style and techniques

In the end though, Judges should apply rule 5.3.1, i.e. victory must go to the fighter who scored the most points in the last round.

Art. 5.5 Using the back of the score cards:

If the number of points scored in a round are equal, meaning from 0 – 2 marks more, a Judge uses the remark section on the back of the scorecard to express his opinion after each round.

When a fighter spits out his mouth-guard voluntarily, the Central Referee should stop the fight immediately and count him as per a Knock down(KD). If he does it the second time he gets an official warning.

Art. 5.6 - Penalty

- Warnings will be carried through the match to all rounds
- 1st violation – Official Warning
- 2nd violation - Award penalty point as minus one point (-1)
- 3rd violation - Disqualification

Art. 5.7 Criteria for minus points

- Unclean fighting style
- Constant clinching
- Constant and continuous ducking, turning of the back too few foot techniques
- Three warnings
- Any serious violation of the rules

Art. 5.7.1 Offences

A fighter who does not obey the Referee's orders, who violates regulations, who demonstrates unsportsmanlike behavior or who commits offences, can receive a caution, warning or be disqualified by a Referee without an official warning. Only **3** official warnings can be given to a fighter in the course of the entire bout. The **third** warning will automatically mean **DISQUALIFICATION (the procedure starts from official warning, 1st minus point, and consequent disqualification of the fighter)**.

Art. 5.7.2 Warnings given to the second count against the Kickboxer

A Referee may, without stopping the fight, give a caution to a Kickboxer at any moment.

If he wants to give a warning to a Kickboxer, he will stop the fight and announce the offence.

He will show it to the three Judges, pointing with his finger to the Kickboxer at fault.

The following actions are considered fouls:

- Punching below the belt, hooking, tripping, and hitting with knees or elbows.
- Butting with head, shoulders, with forearms and elbows, strangling the opponent, crushing his face with arm or elbow, pushing his head outside the ropes.
- Hitting with open gloves, with the inside of the gloves, with a wrist.
- Hitting the opponent's back, and particularly on his neck, head and kidneys.
- Attacking while holding the ropes or using them improperly
- Lying down, wrestling or not fighting at all
- Attacking an opponent who is on the floor or getting up Clinching
- Hitting while hooking the opponent, or pulling the opponent into the blow.
- Hooking or holding opponent's arm or putting an arm underneath the arm of the opponent.
- Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter.
- Using artificial means for a passive defense and falling down intentionally in order to avoid a blow.
- Using insulting and aggressive language during a round.
- Refusing to withdraw after the order "BREAK".
- Trying to land a blow on the opponent, immediately after a "BREAK" order and before withdrawing.
- Assailing or insulting the Referee at any time
- When a warning for a particular foul has been administered, for example a clinch
- Spitting out mouth guard

The Referee will not caution the Kickboxer again for the same offence. An official warning will follow and a third caution for the same foul will go into a minus point. If a Referee thinks that an offence has been committed without his knowledge, he will have to consult the **(the procedure starts from verbal warning, official warning, 2nd official warning and 1st minus point, forth official warning and consequent disqualification of the fighter)**.

Art. 6. On the floor

A Kickboxer is considered "on the floor" if:

- If he touches the floor with a part of his body other than his feet following a blow or series of blows.
- If he hopelessly hangs on the ropes after a blow or a series of blows.
- If he finds himself outside the ropes, partly or completely, after a blow or a series of blows.
- If, after a violent blow, he has not fallen to the floor or into the ropes, but is in a state of semi-consciousness and, in the Referee's opinion, not able to continue fighting.
- In the case of a KD, the Referee must immediately start counting out the seconds. When a Kickboxer is on the floor, his opponent must instantly go to the neutral corner, shown by the Referee. He will only continue the fight with his fallen opponent when the latter has risen, and when the Referee has ordered the continuation of fighting.
- If the opponent does not go to the neutral corner following the Referee's order, the Referee will stop the count until that order is executed. The count will then be continued where it was left.
- When a Kickboxer is on the floor, the Referee will count from 1 to 10 with a second interval between each number, and will indicate each second with his fingers so that the fallen Kickboxer knows how many seconds have already been counted. One second must pass from the moment the Kickboxer falls down to the start of the

count.

- When a Kickboxer is on the floor due to a blow, the fight will not continue before the Referee has counted to 8, even if the Kickboxer is ready to continue the fight before that time. If the Kickboxer doesn't raise his hands the Referee will continue to count until "10", the round will be finished and a KO declared.
- If a Kickboxer is on the floor at the end of a round, the Referee will continue the count even if the bell rings. If the Referee counts to 10, the Kickboxer will be declared loser via KO.
- If a Kickboxer is on the floor after having received a blow and fight continues after the count out of 8 seconds, but the Kickboxer falls back on the floor without receiving a new blow, the Referee will resume the count, starting at 8.
- If both Kickboxers fall at the same time, the count will continue on as long as one of them is still on the floor. If they both remain on the floor after 10 seconds, the bout will be stopped and decision given, considering the points granted before the KO. Otherwise a NO CONTEST will be declared between the two fighters. A Kickboxer who does not resume the fight after the break or after a KD loses the fight.

Art. 7. Procedure after KO, RSC, RSC-H, Injury

If a fighter gets injured in a fight the doctor is the only person that can evaluate the circumstances.

If a Kickboxer remains unconscious, only the Referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.

Art. 7.1 Procedure if KO, RSC, RSC-H, Injury

- A Kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.
- A Kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, will not be allowed to take part in another competition or bout for a period of at least 4 weeks after the KO.
- A Kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, two times in a period of 3 months, will not be allowed to take part in another competition for a period of at least 3 months after the second KO or RSC-H.
- A Kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO or RSC-H.
- To above mentions quarantine periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can further on extend the quarantine period.
- A quarantine period means that a Kickboxer cannot take part in any competition in kickboxing no matter what the discipline is. The quarantine periods are "minimum period" and cannot be overruled even though a head scan shows no visible injuries.
- The Referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or Referee has stopped the bout due to the Kickboxer's inability to resume the fight because of head blows. The same has to be reported by the Chief Referee on duty in that ring on the fighter's IAKO SPORT PASS. This is also the official result of the fight and it cannot be overruled.
- Before resuming kickboxing after a ban, as described in the above paragraphs, a Kickboxer will, after a special medical examination, have to be declared fit to take part in competition by a sports doctor.
- When registered a KO or RSC-H a Kickboxer must get a CT-Scan of the head.

Art. 7.2 Procedure if Injuries in general

In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.

A doctor can require immediately treatment at hospital

If a Kickboxer or delegates from Kickboxer's State denies doctors medical advice, the doctor report in written form immediately to Chief Referee or to a IAKO delegate that all medical responsibility are denied and are in the hands of

the Kickboxer and his team. However the official result and a quarantine given is valid

Art. 8. Hand Shaking

Before and after a bout, the Kickboxes will shake hands as sign of pure sportsmanship and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision. No hand shaking is allowed in between rounds.

Art. 9. Use of Drugs

Any drug or chemical substance ingested by a Kickboxer, that is not included in the Kickboxer's normal diet, is forbidden. Any Kickboxer or official violating this code may be disqualified or suspended by IAKO.

Any Kickboxer refusing to submit to a medical examination or doping test after a fight, in order to verify that he has not broken this rule, may be disqualified or suspended. The same will occur for an official encouraging such a refusal.

The use of local anesthetics is allowed, if agreed by a doctor from the Medical Committee. IAKO refers to and adopts NADA/WADA Doping Rules if desired.

Art. 10. Medical attitude

A fighter will be allowed to fight in an National competition only after having been declared fit for it by a sports doctor, recognized by the Organising Committee/Federation under whose name the competition takes place.

All Kickboxer's will need to have a certificate established by a medical doctor, certifying that the athlete, before leaving his native place was in good physical condition and had no injuries, infections or medical problems that could affect his ability to fight in the National Competition. This certificate will be attached to the IAKO Sport pass of the Kickboxer, according to the practice of his association and presented during the medical examination which will proceed weigh-in.

One-eyed, deaf, mute and epileptic fighters are not allowed in kickboxing. Hard contact lenses are forbidden while the Kickboxer is in the ring.

A Kickboxer will not be allowed to take part in a bout if he has bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included. This decision will be made by the doctor who examines the Kickboxer on the day of the competition.

Art. 10.1 Doctors Aide

A recognized sports doctor must be present throughout the competition and must not leave his place before the end of the last bout or before seeing the Kickboxer's who have taken part in it. In a tournament there must be ambulance personnel on site.

Art. 11. Age limit of Kickboxer

Kickboxer younger than 19 and older than 40 will not be allowed to take part in Senior National Championships. Also for women the allowable ages are from 19 to 40.

Ring Sports specifications for Veterans: If any fighter in veteran division would like to fight in senior division must be in possession of all medical checkup and certification declaring he's fit to fight and ask for a special authorization released by IAKO headquarters.

Art. 12. Agreements

It is desirable that all IAKO affiliated Associations ensure that their rules agree with those of IAKO, as far as possible, in order to ensure the uniformity of Kickboxing Rules and regulations in and around India.

K-1 RULES



K-1 RULES

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Art. 1. Definition

K-1 originated directly from Japan. As per its rules

ELBOW techniques are **forbidden**

Clinching is less than 5 seconds, it is allowed to hold opponents neck with both hands in order to attack

ONLY with KNEE. You are only allowed one knee strike per clinch exchange.

Should not enter the ring wearing Muay Thai shorts or any other apparel of that discipline .

It Is not allowed to grab the leg and punch or kick at the same time

Punching techniques reaching legal targets have the same value for Judges as knee, leg or any other technique in the repertoire

K-1 is a sport, like the other Ring Sports and applies the same ring, the same weight classes and the same general rules regarding coaches or fighters behavior that are used in FULL CONTACT or LOW-KICK.

Each fighter must have his own IAKO SPORT PASS with MEDICAL TEST in it, valid for 1 year, to be shown at weigh-in procedures.

Art. 2. Legal Target Areas

The following parts of the body may be attacked using the legal fighting techniques as follows:

Head, front and side Torso, front and side Legs, any part, which can be attacked using the shin.

Foot, only for sweeping

Art. 2.1 Prohibited Techniques and Behavior

It is prohibited : For Fighters

- Attack the throat, lower abdomen, kidneys, back, joints, groin and the back of the head or neck.
- Grabs the opponent leg.
- To perform front kick to the front side of the thigh, knee and shin, this is valid also for the knee attacks.
- While holding opponent's neck to perform more than one knee attack.
- Screwing, lifting and turning the opponent from side to side.
- Elbow, knife-hand, head-butts, thumb and shoulder.
- Foot sweeps that is done over the ankle.
- Turn one's back to the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.
- Attack an opponent who is caught between the ropes
- Attack an opponent who is falling to the floor or is already on the floor; that is, as soon as one hand or knee touches the floor.
- Leave the ring
- Continue after the command "stop" or "break" or the end of the round signal has been given.
- Oil the face or the body
- Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.

For Coaches/Coach Seconds:

- Inappropriately Arguing/ Commenting on a Referees/Judges decision Inappropriately Arguing/ Commenting on a score not given.
- Attacking or verbally abusing an Official either inside or outside the Ring.
- Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in the immediate removal from Coaching Area at Ring and possible permanent removal from Arena/Event following Technical Committee review.
- Warnings given to the coaches/seconds, counted against the Kickboxer.

Art. 2.2 Legal Techniques/Scoring Criteria

A score must be awarded when a legal technique is performed with the following criteria

- Good Form (good technique with absolute balance)
- Vigorous Application (full power and speed)
- Awareness (total concentration and not turning away the face during delivery of the technique)
- Good Timing and Correct Distance (when technique has the most potential effect)
- Sporting Attitude (non-malicious attitude during delivery of technique).

Art. 2.2.1 Hand Techniques

- Punches (all boxing techniques)
- Back fist and spinning back fist
- Clinching with two hands around neck not longer than 5 seconds but throwing only one knee

Art. 2.2.2 Foot Techniques

- Knee Techniques
- Front kick
- Side kick
- Roundhouse kick
- Heel kick also to the thigh of the opponent and also spinning on Crescent kick
- Axe kick
- Jump kick
- Using the shin to attack any part of the leg or the body (legal targets areas only)
- Knee can be used to attack any part of body and head as defined in Article 2, legal target areas.
- Clinching the opponent by using the two hands around the neck for 5 seconds only in order to attack only with knee.
- Foot sweeps as long as it is foot to foot (meaning ankle/mid calf)

Art. 2.2.3 Throwing Techniques:

- K-1 fighter cannot throw his opponent using torso, hips, ankles, feet or the legs.
- Hand and foot techniques should be used equally during the entire fighting period.
- Foot techniques to be clearly show the intention to hit the opponent with power.
- All techniques must be used with power.
- Any technique which is partially deviated or blocked, or that simply touches, brushes or pushes an opponent will not be scored.

Art. 2.2.4 Number of Kicks per Round

Because of K-1 character and style it will not be necessary to count kicks like in Full Contact.

Art. 3. Decisions

The decisions will be reached as follows:

Victory via points:

At the end of a bout, the Kickboxer who has obtained a victory by the decision of the majority of Judges is declared the winner (victory via majority vote). If both Kickboxer are simultaneously injured or KO and cannot continue the fight, Judges will mark the points obtained by each fighter to that point, and the Kickboxer ahead by points will be declared the winner.

Victory via abandonment:

If a Kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.

Victory via stoppage:

Upon order of the Referee (RSC – RSCH - TKO).

Relegation:

If a Kickboxer is relegated on the Referees advice, or if he receives excessive punishment, the fight will be stopped and his opponent declared the winner.

Injury:

If the Referee Judges a fighter unable to continue the fight, due to an injury or any other physical reason, the fight will be stopped and his opponent declared the winner: The right to make such a decision is incumbent upon the Referee who can consult the doctor. Having done so, the Referee will follow the doctor's advice. When a Referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.

Victory via disqualification:

If a Kickboxer is disqualified, his opponent will be declared the winner. If both Kickboxers' are disqualified, the decision will be announced accordingly. A disqualified Kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title of the competition in the course of which he has been disqualified, except in the case when the Board of Directors decides differently (in its absence, the decision may be made by the Appeal Board, or if none, by an official responsible for the event).

Victory by default:

When a Kickboxer is present in the ring and ready to fight, and his opponent does not appear when announced by the loud speaker. After two minutes, the gong will ring and the Referee will declare the first Kickboxer the winner by default. He will ask the Judges to annotate the score sheets accordingly; he will gather them and call the Kickboxer to the ring centre, and raise his hand as the winner.

The 3 Knock-Down rule is valid(KO).

This means that the fight will be stopped if a fighter has been knocked down 3 times in the same fight. The Referee declares the fighter (RSC – RSCH), after the 3rd knock down.

Art. 4. Changing a decision

- All public decisions are definitive and cannot be changed unless:
- Mistakes which occurred in calculating the points are discovered;
- One of the Judges declares he has made a mistake and switched the scores of the fighters; There are evident violations of IAKO rules.
- The Chief Referee/Arbitrator of the ring, with the help of the IAKO Appeal Board, will immediately handle all protests. After discussions, the representative of the IAKO Appeal Board will announce the official result.

Art. 5. Awarding of points

In awarding points, the following rules must be respected:

Art. 5.1 - Concerning Bows

- During each round, a Judge will mark the respective score for each Kickboxer, according to the number of blows that each one has received.
- To count a punch or a kick as a blow must not be blocked or stopped.
- The value of registered blows in a fight will be counted at the end of each round and granted to the better Kickboxer, according to his degree of superiority.

Blows given by a Kickboxer will not be taken into account:

- if they are contrary to regulations
- if they land on the arms
- if they are weak and do not come from legs, body or shoulders
- if they are partly deviated or blocked
- if they simply touch, brushes or pushes the opponent.

Art. 5.2 - Concerning Offences

During each round a Judge cannot penalize each offence he sees, regardless of whether the Referee has noticed it or not. He has to call the Referees attention to that offence. If the Referee gives an official warning to one of the fighters, the Judges must note it, writing W on the FOULS column on the scoring paper, but that does not mean a minus point to the other fighter.

When a Referee decides to give a minus point to a fighter, the Judge will put a "-1" in the appropriate column next to the points the same fighter will receive at the end of the round, certifying thus, that he has to take away that point for the final score of the round.

Art. 5.3 - awarding points (Using Electronic Scoring System)

- For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance, power, the Judge will push a button of his mouse once indicating the correct fighter (red or blue corner). Points, starting from first round, will continuously be added from the Judges and they will be on a screen which is placed on the jury's table.
- At the end of the fight, the winner is the competitor who scored more points declared by Chief Jury after any deductions or corrections, which will appear on the screen.
- If the Referee inflicts a foul or a warning, he will indicate so in front of the Judges and the Chief Referee, and the Time-keeper has to put it in the electronic system. It will then be shown on the screen.
- If the Referee inflicts a minus point he will indicate so in front of the Judges and the Chief Referee and the Timekeeper have to put it in the electronic system. It will then be shown on the screens, reducing 3 point from the total score from each Judge (total of 9 points).
- The electronic system shows a running time score. In every moment of the fight everybody knows the situation of points.

Art. 5.3.1 In case of a Draw (Electronic)

If the match ends, by one or more Judges, in a draw (equal points after 3 rounds), to determine a winner, the electronic scoring system will automatically assign the win to a fighter, based on the fighter who scored the most points in the last round.

Art. 5.4 - Awarding Points (Using Clickers and Scorecards)

For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance and power, the Judge will initially note give points to each fighter using the clickers. The clicker score will be recorded on the paper after each round. Scores will be accumulated with the winner being the highest scoring fighter over the three rounds per Referee.

K-1 matches are on a continuous scoring system. It is mandatory if no digital system is available for all judges to use clickers in National Championships/IAKO opens/Cups.

At the end of the match, the Judge will sum the total points given and name the winning fighter who has the larger number of points. The Judge must make a circle around the fighter's name.

Punch to body or head	= 1 Click
Kick to body or head	= 1 Click
Foot sweep leading the opponent to touch the floor with any other part of the body apart from feet	= 1 Click
Jumping kick to body	= 1 Click
Jumping kick to head	= 1 Click
Knee or jumping knee attack to Body	= 1 Click
Knee or jumping knee attack to Head	= 1 Click
Knee attack to upper leg	= 1 Click

Art. 5.4.1 In case of a draw (Clickers)

If the match ends in a draw (equal points after 3 rounds), to determine a winner, a Judge has to take into consideration the remarks on the IAKO score card in appropriate order.

These remarks according to IAKO Scorecards are:

- Better in the last round
- More active
- More kicks
- Better defense
- Better style and techniques

In the end though, Judges should apply rule 5.3.1, i.e. victory must go to the fighter who scored the most points in the last round.

Art. 5.4.2 Using the back of the scorecards:

If the number of points scored in a round are equal, meaning from 0 – 2 marks more, a Judge uses the remark section on the back of the scorecard to express his opinion after each round.

When a fighter spits out his mouth-guard voluntarily, the Central Referee should stop the fight immediately and count him as per a Knock down(KD). If he does it the second time he gets an official warning.

Art. 5.4.3 - Penalty:

Warnings will be carried through the match to all rounds

- 1st violation - Official Warning
- 2nd violation - Award penalty point as minus one point (-1)
- 3rd violation - Disqualification

Art. 6. Criteria for minus points

Unclean fighting style constant clinching

Constant and continuous ducking, turning of the back too few foot techniques

Three warnings

Any serious violation of the rules

Art. 6.1.1 Offences

A fighter who does not obey the Referee's orders, who violates regulations, who demonstrates unsportsmanlike behavior or who commits offences, can receive a caution, warning or be disqualified by a Referee without an official warning. Only **3** official warnings can be given to a fighter in the course of the entire bout. The **third** warning will automatically mean **DISQUALIFICATION (the procedure starts from official warning, 1st minus point, and consequent disqualification of the fighter)**.

Art. 6.1.2 Warnings given to the second count against the Kickboxer.

A Referee may, without stopping the fight, give a caution to a Kickboxer at any moment.

If he wants to give a warning to a Kickboxer, he will stop the fight and announce the offence.

He will show it to the three Judges, pointing with his finger to the Kickboxer at fault.

The following actions are considered fouls:

- Punching below the belt, hooking, tripping, and hitting with elbows.
- Butting with head, shoulders, with forearms and elbows, strangling the opponent, crushing his face with arm or elbow, pushing his head outside the ropes
- Hitting with open gloves, with the inside of the gloves, with a wrist
- It is prohibited to attack with a front kick the front side of the thigh and knee
- Hitting the opponent's back, and particularly on his neck, head and kidneys
- Attacking while holding the ropes or using them improperly
- Lying down, wrestling or not fighting at all
- Attacking an opponent who is on the floor or getting up
- Unnecessary clinching
- Screwing, lifting and turning the opponent from side to side
- Hitting while hooking the opponent, or pulling the opponent into the blow.
- Hooking or holding opponent's arm or putting an arm underneath the arm of the opponent.
- Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter. Using artificial means for a passive defense and falling down intentionally in order to avoid a blow. Using insulting and aggressive language during a round.
- Refusing to withdraw after the order "BREAK".
- Trying to land a blow on the opponent, immediately after a "BREAK" order and before withdrawing. Assailing or insulting the Referee at any time
- When a warning for a particular foul has been administered, for example a clinch Spitting out Mouth Guard

The Referee will not caution the Kickboxer again for the same offence. An official warning will follow and a third caution for the same foul will go into a minus point. If a Referee thinks that an offence has been committed without his knowledge, he will have to consult the **(the procedure starts from verbal warning, official warning, 2nd official warning and 1st minus point, forth official warning and consequent disqualification of the fighter)**.

Art. 7. On the floor

A Kickboxer is considered "on the floor" if:

- If he touches the floor with a part of his body other than his feet following a blow or series of blows.
- If he hopelessly hangs on the ropes after a blow or a series of blows.
- If he finds himself outside the ropes, partly or completely, after a blow or a series of blows.
- If, after a violent blow, he has not fallen to the floor or into the ropes, but is in a state of semi-consciousness and, in the Referees opinion, not able to continue fighting.
- In the case of a KD, the Referee must immediately start counting out the seconds. When a Kickboxer is on the floor, his opponent must instantly go the neutral corner, shown by the Referee. He will only continue the fight with his fallen opponent when the latter has risen, and when the Referee has ordered the continuation of fighting.
- If the opponent does not go to the neutral corner following the Referees order, the Referee will stop the count until that order is executed. The count will then be continued where it was left.
- When a Kickboxer is on the floor, the Referee will count from 1 to 10 with a second interval between each number, and will indicate each second with his fingers so that the fallen Kickboxer knows how many seconds have already been counted. One second must pass from the moment the Kickboxer falls down to the start of the count.
- When a Kickboxer is on the floor due to a blow, the fight will not continue before the Referee has counted to 8, even if the Kickboxer is ready to continue the fight before that time. If the Kickboxer doesn't raise his hands the Referee will continue to count until "10", the round will be finished and a KO declared.
- If a Kickboxer is on the floor at the end of a round, the Referee will continue the count even if the bell rings. If the Referee counts to 10, the Kickboxer will be declared loser via KO.
- If a Kickboxer is on the floor after having received a blow and fight continues after the count out of 8 seconds, but the Kickboxer falls back on the floor without receiving a new blow, the Referee will resume the count, starting at 8.
- If both Kickboxers fall at the same time, the count will continue on as long as one of them is still on the floor. If they both remain on the floor after 10 seconds, the bout will be stopped and decision given, considering the points granted before the KO. Otherwise a NO CONTEST will be declared between the two fighters. A Kickboxer who does not resume the fight after the break or after a KD loses the fight.

Art. 8. Procedure after KO, RSC, RSC-H, Injury

If a fighter gets injured in a fight the doctor is the only person that can evaluate the circumstances.

If a Kickboxer remains unconscious, only the Referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.

Art. 8.1.1 Procedure if KO, RSC, RSC-H, Injury

- A Kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.
- A Kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, will not be allowed to take part in another competition or bout for a period of at least 4 weeks after the KO.
- A Kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, two times in a period of 3 months, will not be allowed to take part in another competition for a period of at least 3 months after the second KO or RSC-H.
- A Kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO or RSC-H.
- To above mentions quarantine periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can further on extend the quarantine period.
- A quarantine period means that a Kickboxer cannot take part in any competition in kickboxing no matter what the discipline is. The quarantine periods are "minimum period" and cannot be overruled even though a head scan shows no visible injuries.
- The Referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or Referee has stopped the bout due to the Kickboxer's inability to resume the fight because of head blows. The same has to be reported by the Chief Referee on duty in that ring on the fighter's IAKO SPORT PASS. This is also the official result of the fight and it cannot be overruled.

- Before resuming kickboxing after a ban, as described in the above paragraphs, a Kickboxer will, after a special medical examination, have to be declared fit to take part in competition by a sports doctor.
- When registered a KO or RSC-H a Kickboxer must get a CT-Scan of the head.

Art. 8.2 Procedure if Injuries in general

- In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.
- A doctor can require immediately treatment at hospital
- If a Kickboxer or delegates from Kickboxer's State denies doctors medical advice, the doctor report in written form immediately to Chief Referee or to a IAKO delegate that all medical responsibility are denied and are in the hands of the Kickboxer and his team. However the official result and a quarantine given is valid

Art. 9. Hand shaking

Before and after a bout, the Kickboxes will shake hands as sign of pure sportsmanship and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision. No hand shaking is allowed in between rounds.

Art. 10. Use of Drugs

Any drug or chemical substance ingested by a Kickboxer, that is not included in the Kickboxer's normal diet, is forbidden. Any Kickboxer or official violating this code may be disqualified or suspended by IAKO.

Any Kickboxer refusing to submit to a medical examination or doping test after a fight, in order to verify that he has not broken this rule, may be disqualified or suspended. The same will occur for an official encouraging such a refusal.

The use of local anesthetics is allowed, if agreed by a doctor from the Medical Committee. IAKO refers to and adopt NADA/WADA Doping Rules if desired.

Art. 11. Medical aptitude

A fighter will be allowed to fight in an National competition only after having been declared fit for it by a sports doctor, recognized by the Organising Committee/Federation under whose name the competition takes place.

All Kickboxer's will need to have a certificate established by a medical doctor, certifying that the athlete, before leaving his native place was in good physical condition and had no injuries, infections or medical problems that could affect his ability to fight in the National Competition. This certificate will be attached to the IAKO Sport pass of the Kickboxer, according to the practice of his association and presented during the medical the examination which will proceed weigh-in.

One-eyed, deaf, mute and epileptic fighters are not allowed in kickboxing. Hard contact lenses are forbidden while the Kickboxer is in the ring.

A Kickboxer will not be allowed to take part in a bout if he has bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included. This decision will be made by the doctor who examines the Kickboxer on the day of the competition.

Art. 11.1 Doctors Aide

A recognized sports doctor must be present throughout the competition and must not leave his place before the end of the last bout or before seeing the Kickboxer's who have taken part in it. In a tournament there must be ambulance personnel on site.

Art. 12. Age limit of Kickboxer

Kickboxer younger than 19 and older than 40 will not be allowed to take part in Senior National Championships. Also for women the allowable ages are from 19 to 40.

Ring Sports specifications for Veterans: If any fighter in veteran division would like to fight in senior division must be in possession of all medical checkup and certification declaring he's fit to fight and ask for a special authorization released by IAKO headquarters.

Art. 13. Agreements : All IAKO affiliated Associations ensure that they must follow IAKO Rules in order to ensure the uniformity of Kickboxing Rules and regulations in and around India.