



K-1 Style

Regulations

K1 is a form of combat that uses all the techniques of full contact to which is added the possibility of using the tibia in kicking in every part of the body allowed and of attacking the opponent's thighs in all their parts. It is good to specify that the opponent's thigh can be hit in all its parts, but only with circular kicks, pulled with the instep or with the tibia. That is, it is forbidden to attack the thigh with frontal, lateral or any other type of kick.

STATUS OF THE ATHLETE

K1 athletes, with membership **WMKF**, fully accept the Statute and its regulations. They also undertake (*at the request of the federation*) to be available to compete in federal, regional, interregional, national and international competitions.

ART. 1

WMKF members can participate in K1 races from 16 years old, to 40 years old. They are divided on the basis of their experience, technical validity and weight. There **National Technical Commission** is the body responsible for the evaluation of K1 athletes. They are divided into:

Category Class A (Experts)

Category Class B (amateurs)

At the beginning of each sporting year, to regain membership, they must undergo a medical check-up, carried out at a Sports Physician and carry out the tests required by the current health regulations.

ART. 2

According to the National Technical Commission, Class A athletes who during the sporting year have not carried out an adequate activity, or are no longer physically or technically suitable to perform an appreciable competitive activity, in that class, will be downgraded.

Likewise, the CTN, evaluating the technical progress of an athlete, can raise it to the superior category (*Class A*).

ART. 3

In "**Class A**" tournaments, the matches will be played over 2 rounds of 2 minutes, with an interval of 1 minute between each round. The finals will be played over 3 2-minute rounds. in **Gala**, the matches will take place over the distance of 3 rounds of 2 minutes. The meetings for the "**National title**", Will take place over 5 rounds of 2 minutes. The meetings for the "**European title**" or "**Intercontinental**", Will take place over 6 rounds of 2 minutes. The meetings for the "**World title**", Will take place over 8 rounds of 2 minutes.

In "**Class B**" tournaments or championships, the matches will be played over 2 rounds of 2 minutes, with an interval of 1 minute between each round. The finals will be played over 3 2-minute rounds. in **Gala**, the matches will take place over the distance of 3 rounds of 2 minutes.

ART. 4

The application for membership for K1 athletes, who have not yet reached the age of 18, must be provided with "authorization" by those who exercise the country of power. The authorization must be presented at the time of the check, each time the athlete participates in federal competitions.

ART. 5

The K1 athlete cannot be admitted to the fight, unless after a specific training period in the gym, which must not be less than 12 months from the first membership date. The technical directors of the company and their chairman also respond to the strict observance of this rule. The Regional Committees or Delegates must carry out adequate supervision in this regard.

ART. 6

The athlete of K1 who suffers a KO with loss of consciousness, by blow to the head, must suspend the activity, both competitive and training. He is forbidden to hold any meeting, even if only on a demonstration level, on the basis of the following table:

1 °. KO - with loss of consciousness - *suspension for two months;*

2nd. KO - with loss of consciousness - *suspension for four months;*

3rd. KO - with loss of consciousness - *suspension for six months;*

4th. KO - with loss of consciousness - *permanent suspension from any activity.*

Fifteen days before the resumption of training, the athlete who has suffered a KO with loss of consciousness, will have to redo the electroencephalogram. The athlete, the technical directors of the club and their presidents also respond to the strict observance of this rule.

The Regional Committees or Delegates must carry out adequate supervision.

COMPETITIVE ACTIVITY - RULES

ART. 7

The male weight categories are set at 9, while the female ones 7 in number both nationally and internationally:

Male: up to 55/60/65/70/75/80/85/90 / + 90 kg.

Female: up to 45/50/55/60/65/70 / + 70 kg

ART. 8

Before each meeting, a weight check and a medical examination that will view the planned health certification is a must. This operation will take place at the time set by the organizers, under the control of the Race Commissioner.

ART. 9

It will be possible to proceed to the beginning of the competitions, only when the Race Commissioner and the Doctor, will have declared their respective control operations closed.

ART. 10

Weight and health checks must normally take place at least 2 hours before the competitions are held. Unless otherwise provided for technical organizational needs.

ART. 11

At the weight control operations, only the athlete who will compete and his coach are allowed (*or, in his stead, a representative of the company he belongs to*).

He will have to present himself to this operation dressed only in his underwear (*if female athlete, she will have to wear shorts and a t-shirt*). If he is out of weight at the first operation, he will have a maximum of 60 minutes to fall into the desired category. If he does not succeed even after 60 minutes, he will be placed in the superior category or he will have to retire.

ART. 12

If at weight operations, both athletes exceed the category limit, neither of them has the right to refuse the meeting.

PROTECTIONS AND BANDAGES

ART. 13

K1 athletes will use 10-ounce gloves, approved by the WMKF. In the 90 and + 90 kg categories, 12 ounce gloves can be used. The referee of the match, at his unquestionable judgment, always has the right to order the replacement of the gloves if they are too deteriorated or irregular.

ART. 14

Hand bandaging for K1 athletes is mandatory. It can be formed by a bandage or an elastic bandage.

ART. 15

The bandages must slightly bandage the fist and be fixed with appropriate precautions, so that they do not come out of the gloves. It is absolutely forbidden to harden the bandage or to apply clips, pins or other ointments.

ART. 16

The bandage will be applied in the changing rooms and must be checked by the referee, before the athlete puts on the gloves, to fight.

ART. 17

It may happen, in a competitive event, that the organizer asks athletes to show up on the square already with the gloves on. In this case, a manager must be appointed to check the bandages in the changing rooms.

ART. 18

The use of the shin guard is mandatory in "Class B" competitions. While, it is prohibited in "Class A" matches. Under the shorts a shell must be worn (*para genitals*). For women a chest guard is mandatory (*optional para genitals*).

ART. 19

The shin guards of the K1 athlete must not contain any metal or plastic core. At the start of each fight, the referee has an obligation to check the protections worn by the fighters. The foot guards (*shin guard extension*) they must cover the top of the foot. Bringing a mouthguard is a must. Finally, athletes are required to " *Class B*", Use the protective helmet. The protective helmet is forbidden for athletes to " *Class A*".

ART. 20

The athlete of K1 who, during a fight, spits the mouthguard, undergoes a call official of the referee. The meeting will be stopped and after having it washed, it will put it back. The second time the referee will remove one point from him. The third time, he will stop the match and decree the athlete, loser for K.O.T.

CLOTHING OF ATHLETES

ART. 21

The K1 athlete has the obligation to wear shorts and regulatory protection. (*mouthguards, shin guards / foot, boxing gloves, bandages, shell, "Class B only" helmet*), *chest guard for women*.

ART. 22

The use of a grade belt is prohibited.

TOURNAMENTS AND GALA 'OF K1 STYLE

ART. 23

Any company, provided that it is regularly affiliated with WMKF, can organize tournaments or Gala of K1 and Combat Sports, as long as in possession of regular CLEARANCE issued by the Federation.

ART. 24

The request for NULLA OSTA must be sent to the Federal Secretariat, at least 60 days before the event takes place.

ART. 25

For regional tenders, on the other hand, the Company wishing to promote them, must request the AUTHORIZATION from the Regional Committee or Delegate to which it belongs, in the terms established in art. 24.

ART. 26

Who intends to promote an event, under the aegis of the WMKF, will have to request the Federal Arbitrators and provide, in the application to obtain the NULLA OSTA, all information regarding the event (*reimbursement of expenses for athletes, date and place of performance, time of weight and medical examination, start of competitions*).

The whole program must be agreed with the federal offices.

ART. 27

With no authorization granted, the Federal Secretariat will have the task of publicizing the event to the associates and designating the Race Commissioner. The Federal Secretariat will be responsible for indicating the arbitrators and judges to be assigned.

ART. 28

Any disputes relating to the admission or exclusion of any competitor, must be made by the interested parties, immediately, with a written complaint. The authorities in charge will decide immediately and without appeal.

ART. 29

In tournaments, the sequence of matches must start from the most numerous categories. In this way, the athletes will have enough time for recovery.

ART. 30

The matches are judged by three judges who sit on three different sides of the ring who, in case of a tie, will have to express their preference.

ART. 31

In K1 tournaments, at least one Federal Representative must be present, in order to evaluate the participating athletes and promote deserving athletes to the superior category.

ART. 32

Each participant, at the athlete check, must show the Federal Card, with photo canceled with the WMKF stamp.

In open competitions, each athlete must show the Federation Card or the Body they belong to.

The Federal Card must be presented at the jury table before each meeting.

RESPONSIBILITY

ART. 33

WMKF assumes no responsibility for accidents of any kind that may occur to athletes during and after the matches. It will be the responsibility and obligation of the club to which they belong, of each athlete, to take out their insurance coverage.

TOURNAMENT REGULATIONS AND GALA '

ORGANIZATION AND PLANTS

ART. 1

The organizer is objectively responsible, even disciplinarily, for any disorder that occurs during the event and for the timely fulfillment of all its commitments towards athletes, their sports clubs and the Federal Authorities.

The organizer must therefore guarantee, during the whole course of the event, an adequate security service. He also has the obligation to make available to the Federation the seats and entrance tickets that will be required of him and advertising spaces for the official sponsors of the Federation.

ART. 2

The organizer must promptly provide the Federal Secretariat with a complete description of the facilities (*positioning of changing rooms, ring, etc.*).

In this regard, he is required to implement all the changes that will be arranged by the Federal Secretariat, to ensure the good order of the show and the smooth running of the race.

ART. 3

The organizer is required to make available:

- a scale, preferably a weighing machine;
- a ring and accessories;
- a gong and two stopwatches;
- the presence of a doctor and an ambulance, with relative rescue personnel throughout the event;
- a sufficiently large table for the timekeeper, the speaker, the race commissioner and the race doctor;
- adequate places for referees and judges;
- enough water at the corners of the contenders and at the jury table.

THE RING

ART. 6

The ring is a wooden surface, a square closed by ropes stretched between four equidistant poles. The surface must be perfectly flat, made of hard wood, covered with felt or tatami and with a sheet stretched to the ends of the edges. The strings must be at least three on each side of the square and " *pull* " by tie rods connected to the poles. The ropes must be horizontal and on the same plane. The ropes will be completely wrapped in plain fabric or equivalent material. They must be connected vertically by means of two strips of strong cloth, placed in the center of them.

The poles will be padded on the top and in the whole part that overhangs the upper rope of the ring.

The poles can be made of metal.

ART. 7

In K1 competitions, the use of an approved ring, completely similar in size and size, is a must conformation to that used in boxing.

ART. 8

Each ring must be equipped with two stools, placed opposite each other (*red corner and blue corner*), two spittoons or similar equipment, two plastic bottles of natural water and two buckets.

ART. 9

You will choose one side of the ring, in front of which the table they will sit at will be placed: one Speaker, the Race Commissioner, the Timekeeper and the Race Doctor. At the center of the other three sides, chairs must be placed, on which the three judges who will judge the meeting will sit. It is advisable to place the chairs of the judges away from the public. Preferably protected by barriers.

THE OFFICIALS OF SERVICE

ART. 1

They serve in events:

the race commissioner; the appointed arbitrators and judges; the tender doctor; the timekeeper; the speaker.

RACE COMMISSIONER

ART. 2

The "Race Commissioner" is the highest authority in the event to which he has been appointed and answers for his work directly to the WMKF. He is the only person who can give orders and directives regarding the conduct of the event. All are required to comply with its provisions, imparted according to the rules of this regulation.

The Competition Commissioner is directly designated by the Federal Secretariat.

ART. 3

The Race Commissioner must be well in advance at the race venue. It's his task is to be perfectly aware of the modalities of the event. He will have to check all the preliminary activities of the event, so that it takes place according to the rules of this regulation, such as:

1. Check the scales;
2. Inspect the ring;
3. Check the presence and work of the referees and judges appointed for that event;
4. Attending weight operations;
5. Check that the athletes and their coaches are appropriately dressed;
6. Assign their respective tasks to those attending the event;
7. During the course of the event, it is his right to remove or expel anyone who does not observe the necessary discipline or disturb. If necessary, you can ask for the intervention of the security staff;
8. Draw up, in a concise but detailed way, the final report of the event;
9. Check that there is an adequate ordering service, medical personnel and that there is an ambulance for the duration of the tournament.

ART. 4

The Race Commissioner must never abandon his seat during the whole course of the event. If necessary, he must be replaced by another federal officer. Except in exceptional cases, the CG must not exercise the function of arbiter or judge.

THE TIMEKEEPER

ART. 5

He takes his place at the race commissioner's table. It is his job to check the duration of rounds and intervals according to the following rules:

The timekeeper will start the first round, simultaneously with the order of " *fight* "

given by the central referee. He will stop him only when the central referee requests it with a clear gesture of the hands and saying " *time* ".

Before the start of each round, the timekeeper will communicate, through the speaker, the order to clear the ring, with the phrase " *the seconds out* "Spoken ten seconds before the start of the round.

It will communicate the order number of the rounds, giving the signal for the start and end of the round, through the gong.

THE SPEAKER

ART. 6

He takes his place at the race commissioner's table and is directly dependent on him. He has the task to disclose to the public, clearly, the communications that the Race Commissioner deems appropriate. He will directly announce the clearing of the ring when he is notified by the timekeeper. The same will announce the order number of the rounds.

THE REFEREES AND THE JUDGES

ART. 7

The referee, until he has gone up to the ring to direct the match, is employed by the Race Commissioner and has no right to leave without having been authorized. He must present himself in the established uniform and be able to fulfill his duties without delay. The above rules also apply to judges.

ART. 8

The referee and the judges, in the exercise of their functions, are autonomous and cannot receive orders and directives from anyone, except from the Race Commissioner, who has the right, at intervals, to recall them if the need arises, at the compliance with federal regulations.

The referee must always be the first to go up in the ring and the last to go down.

ART. 9

Both the referees and the judges are obliged to wear the federal uniform, which consists of a white shirt, blue trousers, a federal tie or a bow tie.

ART. 10

The central referee, in the " **Class B**", When an athlete suffers a Knock Down (knockdown) and remains lifeless, he must immediately remove the mouthguard, stop time and promptly call the duty doctor for the appropriate interventions, without providing for the regulatory count. Subsequently, the standing athlete must decree the winner. In " **Class A**", The athlete who suffered the Knock Down will count, up to 8 seconds. If the athlete does not bring his punches, in the guard position, he will continue to count up to 10 and will declare his defeat by KO or KOT

COUNTRY AND RACE HOLD OF ATHLETES

ART. 11

The athlete is held in the utmost respect towards the race commissioner, the referee and everyone else match officials. He must refrain from comments and discussions, always observing the rules of the most correct behavior also towards the spectators. Once in the ring, he is allowed to confer only with his coaches, in a low voice, during the intervals. **For no reason can he speak to the referee.**

ART. 12

During the meeting, he must observe the most absolute silence, being only allowed, when he intends to, to say the word " **abandonment.** "

He must promptly execute the orders given by the referee and respectfully listen to his observations.

He will use the most chivalrous demeanor towards the opponent and his coaches, refraining from any gesture or word that may appear disrespectful to them and to the public.

Invited by the referee, immediately before and immediately after the verdict is announced, he will shake the opponent's hand. Greetings during rounds or intervals are prohibited.

ART. 13

K1 athletes are prohibited from using any other clothing, other than those indicated, like this how it is forbidden to wear rings, watches, chains, earrings, pins or other accessories that can cause damage to yourself and your opponent.

I COACH

ART. 14

Athletes have the right to be followed by a maximum of 2 coaches on the corner. Coaches must wear a sports suit and gym shoes, under penalty of being removed from the ring.

Only one coach can assist the athlete inside the ring. While, the second assistant, will have to be at the foot of the corner of the ring.

The two coaches must observe absolute silence during the fight. They can speak to the assisted athlete, only during the intervals between rounds.

ART. 15

The coaches, in command of “ **the seconds out** ”, They must get out of the ring promptly and stay close to the corner assigned to them. In the meantime, they will have to clear the ring of all the accessories (*bucket, bottle, etc.*).

ART. 16

Coaches are required to adhere to and strictly enforce federal and federal laws instructions given to them by the referee and the competition commissioner.

ART. 17

It is a must for coaches to assist their athlete in the changing rooms, before and after the match. They are responsible for his behavior, inside and outside the ring. They must ensure that athletes are not given alcoholic or exciting drinks of any kind. They must refrain from any comment about the work of the referee and the judges, avoiding any discussion about it. The coach who does not respect the rules described above, will be removed from the ring for the duration of the event. The referee can also pronounce the athlete's disqualification for infringements committed by his coaches.

ART. 18

The coach is authorized to throw in the towel inside the ring if he realizes that his athlete is unable to continue the fight. This immediately stops the encounter.

THE MEETING OF K1 AND ITS RULES

ART. 1

The Federal Referee or the Competition Commissioner will check in the locker room, or directly in the ring in tournament case, the athletes' bandage, before the match.

ART. 2

The referee will go to the ring first, then the athletes with the coaches. Thus they will occupy the assigned corners. The first athlete called, will go to the red corner. The second athlete called will occupy the blue corner.

If one of the athletes is late to climb, the speaker will have to call him in the ring and, after 2 minutes from the call, he will be given a forfeit loser.

ART. 3

Before starting the match, the referee must proceed as follows:

- checking the athletes' tightness, making sure that they also have a shell, mouthguard and their respective coaches;
- checking all the protections and the regularity of the bandages;
- summon the two contenders to the center of the ring, who must be completely dressed for the match and give them the appropriate warnings; above all, he must inform the athletes that he will be inflexible in the event of irregularities in the conduct of the race;
- invite the contenders, at the beginning of the first round, to touch their gloves in greeting, and then return them to their corner;
- **make sure that the ring is perfectly regular and that, at the " the seconds out ", On the same there are no bottles, stools or anything else and that the coaches have actually left the ring;**
- at the beginning of the round, invite the athletes to the center of the ring, draw the attention of the judges and the timekeeper and start the meeting with the command of " *fight* ".

BODY PARTS USED TO HIT

ART. 4

In K1, kicks, punches and knees are used. With the lower limbs, it is valid to strike with the forefoot, with the cut of the foot, with the instep, with the heel, with the tibia and the knees. It can be hit with circular kicks to the thigh, only with a circular path. With the upper limbs it is valid to hit with the fists **tightly closed in their frontal part (*metacarpal bones*), using all boxing techniques.**

ART. 5

With the aforementioned parts of the body, it is valid to hit only the front and side of the body. The same also applies to the head.

ART. 6

Permitted techniques :

all boxing punch techniques (*the blow with the back of the rotating hand is prohibited*);

all football techniques from the waist up; pull circular kicks to the thigh with a circular path; knees to the face, only as a single blow; knees to the trunk, also in clinch (*placing one hand on the shoulder*);

hold the opponent's kicking leg to bring a single punch, kick or knee strike;

the low sweep in the direction of the joints: under the ankle (*malneolo*).

ART. 7

The following actions are deemed prohibited : hitting

without technique;

attack with the head and elbows; bite;

hit the genital triangle, the throat, the kidneys, the neck, above and behind the head, the back, behind the shoulders and with the back of the hand in rotation (*Spinning back fist*);

it cannot be struck with an open hand, either in the palm or in the cut, but only with a clenched hand, with the part of the knuckles; grab the ropes to hit the opponent;

throw the opponent on the ground with his arms, or do tricks; use fighting techniques;

lower the opponent's head;

hold the opponent's kicking leg for obstruction purposes; deliberately tying the opponent's arms; perform the grip at the level of the lumbar vertebrae (*called "bear"*);

perform joint levers.