



Kick Boxing Low Kick Rules

ARTICLE 1 DEFINITION

1. Low-Kick can be defined as full contact style in which there is also the possibility of attacking the opponent's legs with clean kicks.
2. All other definitions are the same of full contact style.
3. Each fighter must have his own MEDICAL TEST, valid for 1 year, to be shown at medical visit procedures.

ARTICLE 2 COMPETITION AREA

Ring is competition area. The following ring equipment must be available:

1. A Boxing ring of international standard size.
2. 4 ropes.
3. Pads in all corners (1 red, 1 blue, 2 white)
4. Straps between the ropes
5. at least 2 stairs
6. 2 chairs
7. 2 foldaway stools for fighters between the rounds
8. 2 cups and bottles of water
9. 2 water buckets
10. At the neutral corners of the ring there must be a bag or a bucket tied up in the corner for all garbage.
11. Ring side:
 - A table and chairs for the officials
 - A sound gong or a bell
 - Stopwatches
 - Refereeing sheets according to the WMKF 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.

ARTICLE 3 DRESS AND SAFETY EQUIPMENT

Compulsory safety equipment is:

1. head protection,
2. mouth-guard,
3. breast protection for female fighters,
4. gloves for contact sports (10 Oz),
5. groin protection,
6. shin guards and foot protection.
7. Uniforms are the same for seniors and juniors – bare torso and shorts for men, sport top and shorts for women.

ARTICLE 4 ROUNDS

Fights in low kick, have 2 x2 minute rounds, for eliminary phase and 3x2 minute rounds, for finals, with a minute break between each round. It is for all WMKF tournaments.

ARTICLE 5 WEIGHT DIVISION

See Classes and Categories.

ARTICLE 6 AGE LIMIT OF CONTESTANTS

1. Competitors' age is from:
 - o 16 – 17 years old JUNIORS (men and women)
 - o 18 – 40 years old SENIORS (men and women)

ARTICLE 7 WEIGH-IN

1. Fighters of each weight category will be weighed the day before the competition or in the morning between 8 and 10 on the same day they have been drawn to fight.
2. International Tournaments Committee or any other WMKF official delegate will be allowed to modify these conditions in case of an inevitable postponement.
3. The Tournament Committee authorizes delegates to perform at weigh-in.
4. WMKF representatives of any National Association may be present, but are not allowed to intervene on any occasion.
5. 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.
6. In the case he cannot make the weight again, he is disqualified.
7. Before being weighed, each fighter must be declared fit for fighting by a qualified doctor.
8. The weight is what the scale shows when the fighter is undressed. The weight must be displayed in metric measures.
9. Electronic scales can be used.
10. A fighter is allowed to fight solely within the category defined at weigh-in.
11. Each fighter must be in possession of a card with a written decision of a medical doctor as well as the decision of the official in charge of weigh-in.

ARTICLE 8 LEGAL TARGET AREAS

1. head - front and side
2. torso - front and side
3. legs (thigh only from outside to inside and vice versa) which can be attacked using the shin.
4. foot – boot to boot - only for sweeping

ARTICLE 9 ILLEGAL TARGET AREAS. PROHIBITED TECHNIQUES AND BEHAVIOUR

It is prohibited to:

1. Attack the throat, lower abdomen, kidneys, back, legs, joints, groin and the back of the head or neck (not covered of headguard).
2. Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder.
3. Turn one's back to the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.
4. Attack an opponent who is caught between the ropes
5. 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.
6. Leave the ring
7. Continue after the command "stop" or "break" or the end of the round signal has been given.
8. Oil the face or the body
9. Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.

ARTICLE 10 LEGAL TECHNIQUES - SCORING

1. HAND TECHNIQUES:

The following hand technique may be applied:

- all boxing punches

2. FOOT TECHNIQUES:

- frontkick
- sidekick
- roundhouse kick
- heel kick (sole of the foot only)
- crescent kick
- axe kick (sole of the foot only)
- jump kicks
- the use of shins in kicking

3. THROWING TECHNIQUES:

- footsweeps (ankle level)

4. 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.

5. 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.

6. POINTS:

- For all legal techniques (punches, kicks and throwing), clearly landed on legal targets with speed, focus, balance, power, judge will note 1 point on the back side of the scoring card or on his clicker .
- At the end of each round, he will count the number of points and will give to the better fighter, who has more points, a mark of 10, and to his opponent who has fewer points he will mark 9. If the difference of points between the fighters is more than 8 (a real domination) , the judge will give the fighter with fewer points a mark of 8.
- For any knock downs, no extra point should be given to any fighter.
- At the end of the match, the judge will sum all the marks per round and name the winning fighter who has the larger sum of marks.
- In the event of draw, the judge will have to give his preference to the fighter that in his opinion showed (considering the three rounds):

_ better fighting techniques

_ better offence

_ better defence

_ more kicks

_ more powerful

_ better endurance.

_ coordination in fighting

- If the draw remains the judge will give the preference to the fighter who was more active, showing better conditioning.

ARTICLE 11 PENALTY

Warnings will be carried through the Match to all rounds

- 1st violation – Verbal Warning
- 2nd violation - Official Warning
- 3rd violation - Award penalty point -1
- 4th violation – Disqualification

ARTICLE 12 MATCH RULES

1. Coach and second rules:

- Only the coach and the second may get into the ring and only one of them at a time may be inside the ropes.
- No advice, help or encouragement can be given to the fighter during the match.
- 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 enter on the ring area.
- Any coach's unsportmanlike behaviour against rules will be punished by suspension from his functions in the competition in course.

ARTICLE 13 OFFICIALS

1. CHAIRMAN OF THE TECHNICAL COMMISSION: the Chairman of the Technical Committee shall act as member of the Appeals Board together with the Referee Committee and the Executive Committee members.
2. REFEREES AND JUDGES IN GENERAL: during World or other international championships, each bout in a ring must be supervised by a WMKF international acknowledged chief referee who can officiate in the centre, but will not fill out score sheets.
3. Each bout is graded by three International judges. The three WMKF judges will be seated away from the spectators and close to the ring. Each of the three judges must be seated in the middle of three respective sides of the ring.

ARTICLE 14 OFFICIALS DRESS CODE.

1. Every WMKF Officials will wear WMKF uniform:
 - o navy blue jacket with WMKF Logo on it,
 - o navy blue pants,
 - o white WMKF shirt,
 - o black gym shoes,
 - o WMKF bow-tie.

ARTICLE 15 REFEREES POWER AND DUTY

1. REFEREES DUTY:
 - o Check the safety equipment and clothes of the fighters.
 - o Make sure that the rules of fair play are strictly observed.
 - o Supervise the whole of the match.
 - o At the end of a bout, gather and check the score sheets of the three judges.
 - o The referee must not announce the winner by raising the Contestant's arms or in any other way announce decisions. If a referee (after having so decided by majority decision with the three judges) disqualifies a Contestant or stops the fight, he must first indicate to the Chief Referee the Contestant who has been disqualified and give the reasons for stopping the fight, so that the Chief Referee can inform the announcer, who will then, make a public announcement.
 - o He must use three command words:

- STOP when he orders Contestants to stop fighting.

- BREAK to break a body to body position.

- 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 Contestant's arm.
- He must indicate to the Contestants, by appropriate signs or gestures, any violation of the Regulations.

2. REFEREE'S POWERS:

- Stop a fight at any moment if one of the Contestants 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 Contestant.
- Warn a Contestant or stop the bout and give a minus point or warning to a Contestant for an offence.
- Disqualify a coach or a second who has broken the regulations or a Contestant himself if the coach or the second fails to follow to his orders.
- Disqualify, with or without a warning, a fighter who has committed an offence.
- In the case of a KO, suspend the count if a Contestant deliberately refuses to withdraw to a neutral corner.
- If a Contestant breaks the rules but does not necessarily deserve a disqualification, the referee must stop the fight and give a warning to the Contestant of a foul.
- Before the warning, the referee must order the Contestant to stop fighting.
- The warning must be given clearly, so that the Contestant understands the reason and cause of the penalty.
- The referee must hand signal to each judge that a particular warning has been given and clearly show which Contestant has been punished.
- After having given the warning, the referee orders the Contestants to fight. If a fighter has been given 3 official warnings within the same bout, he is disqualified.

3. 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 ringside there must be soft paper tissue to be used by the central referee on the fighters
- Soft paper tissue used on one fighter cannot be used on another fighter.
- A referee is not allowed to wear glasses, but he may wear contact lenses.
- The referee is obliged to attend the meeting organized by the Medical Committee, before each Championship.

ARTICLE 16 JUDGES POWER AND DUTY

1. Each judge must independently consider the merits of the two fighters, and must chose the winner, according to the regulations.
2. During the match, he will not talk to either fighter, other judges, or anybody else, with the exception of the referee.
3. He may, if necessary, at the end of a round, notify the referee about any incident that he has missed, for example tell him about the misbehaviour of a second, loose ropes, etc.
4. A judge will 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.
5. 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.
6. The points/recorded hits must be tallied separately by rounds.
7. He will not leave his place until the decision has been announced.
8. It is mandatory for all judges to use klickers in fights.

ARTICLE 17 TIMEKEEPER

1. The timekeeper have to keep track of the number and the duration of the rounds as well as of the break time.
2. He will be seated at ringside.
3. Ten seconds before the beginning of each round, he will clear the ring, giving order "Seconds out"
4. He will ring the gong at the beginning and at the end of each round.
5. He will announce the number of the round, before it starts.
6. He will stop the bout temporarily, when asked to do so by the referee.
7. He will keep track of extra time with a watch or a stopwatch
8. If, at the end of a round, a boxer 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.

ARTICLE 18 POINTS EVALUATION

1. Each judge separately evaluates every round. The evaluation of a round should be made following these criteria:
 - the number of targets really hit by punches and kicks
 - the effectiveness of the attack
 - the delivery of clean techniques
2. In case of a draw at the end of three rounds, each judge must give his preference to one of the two fighters considering:
 - the effectiveness of the defence.
 - the effectiveness of the attacks.
 - the balance of hand and foot technique.
 - the correct number of kicks delivered.
 - the overall impression of the athletic performance.
 - better stamina and endurance.
 - more action, especially in last round.
3. The judges use the "Remarks" section on scorecard to explain their decision of the winner.

ARTICLE 19 CRITERIA FOR MINUS POINTS

1. no balance and no coordination in fighting
2. constant clinching
3. avoid to fight (turning of the back..)
4. too few foot techniques
5. three warnings
6. any violation of the rules

ARTICLE 20 DECISIONS

The decisions will be reached as follows:

1. Points:
 - at the end of a bout, the Contestant who has obtained a victory by the decision of the majority of judges is declared the winner.

- If both Contestants are simultaneously injured or KO'd and cannot continue the fight, judges will mark the points obtained by each fighter to that point, and the Contestant with more points will be deemed the winner.
2. Abandonment:
 - if a Contestant voluntarily gives up, due to an injury or any other reason, or if he refuse to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.
 3. Stoppage, upon order of the referee:
 - Relegation: if a Contestant is relegated on the referee's advice, or if he receives excessive punishment, the fight will be stopped and his opponent declared the winner.
 4. 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.
 - No other persons will be admitted in the ring area.
 5. Disqualification:
 - if a Contestant is disqualified, his opponent will be declared the winner.
 - If both Contestants are disqualified, the decision will be announced accordingly.
 6. Default:
 - when a Contestant 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 Contestant the winner by default and raise his hand as the winner.
 7. The Third knock-down:
 - The fight will be stopped if a fighter has been knocked down 3 times in the same fight.
 - The referee declare the fighter TKO after the 3rd knock down.

ARTICLE 21 CHANGING A DECISION

1. 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 WMKF rules.
 - The chief referee of the ring, with the help of the WMKF Appeal Board, will immediately handle all protests. After discussions, the representative of the WMKF Appeal Board will announce the official result.

ARTICLE 22 AWARDING OF POINTS

In awarding points, the following rules must be respected:

1. During each round, a judge will mark the respective score for each Contestant, according to mentioned criteria.
2. 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 Contestant, according to his degree of superiority. Blows given by a Contestant 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.
3. Points will be given per round. No fractions of points will be given. At the end of each round, the better (the more skilful) Contestant, the one who has scored more , will receive 10 points and his opponent proportionally less (10-9) - (10-8). When the Contestants are judged on the same level, each one will receive 10 points.
4. If, at the end of a bout, after having judged each round according to points 1 and 2, both Contestants have an equal number of points, the judge will give advantage to the Contestant who, in his opinion showed, in the whole match, i.e. considering the three rounds:

_ better fighting techniques

_ better offence

_ better defence

_ more kicks

_ more powerful

_ better endurance and stamina.

5. If the result is the same in all three rounds, which is possible but very rare, the judge will give the preference to the fighter who was more active, had more kicks, better style or technique, better conditioning.
6. One extra point can be given in each round to one of the two fighters if a Contestant has dominated the round by 8 points difference.
7. When a fighter spits out his mouth-guard on purpose, the central referee should stop the fight immediately and count him as if for a knock down.
8. If the fighters are equal on points after three rounds the fighter who won the last round will win the fight.
9. If the last round is equal the judges will use the remarks to choose a winner.

ARTICLE 23 OFFENCES

1. A fighter who doesn't observe the referee' s orders; who violates regulations, who demonstrates unsportsmanlike behaviour or who commits offences, can receive a caution, warning or be disqualified by a referee without an official warning.
2. Only 3 official warnings can be given to a fighter in the course of the entire bout.

3. The third warning will automatically mean DISQUALIFICATION (the procedure starts from warning, 1st official warning, 2nd official warning and 1 minus point, third official warning and consequent disqualification of the fighter).
4. A referee may, without stopping the fight, give a caution to a Contestant at any moment. If he wants to give a warning to a Contestant, he will stop the fight and announce the offence.
5. He will show it to the three judges, pointing with his finger to the Contestant at fault.
6. 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' 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
 - 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 defence 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.

NOTE: The referee will not caution the Contestant 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.

ARTICLE 24 ON THE FLOOR

1. A Contestant 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.
2. In the case of a KO, the referee must immediately start counting out the seconds.
3. When a Contestant is on the floor, his opponent must instantly go the neutral corner, shown by the referee.

4. 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.
5. The count will then be continued where it was left.
6. When a Contestant is on the floor, the referee will count from 1 to 10, and will indicate each second with his fingers so that the fallen Contestant knows how many seconds have already been counted.
7. One second must pass from the moment the Contestant falls down to the start of the count.
8. When a Contestant is on the floor due to a blow, the fight will not continue before the referee has counted to 8, even if the Contestant is ready to continue the fight before that time.
9. If the Contestant doesn't raise his hands the referee will continue to count until "10", the round will be finished and a KO declared.
10. If a Contestant is on the floor at the end of a round, the referee will continue the count even if the bell rings.
11. If the referee counts to 10, the Contestant will be declared loser via KO.
12. If a Contestant is on the floor after having received a blow and the fight continues after the count out of 8 seconds, but the Contestant falls back on the floor without receiving a new blow, but due to last blow the Referee will stop the match and the contestant will be declared loser.
13. If both Contestants 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 assigned before the KO.
14. A Contestant who does not resume the fight after the break or after a KO loses the fight.

ARTICLE 25 AFTER KO OR INJURY SITUATIONS

1. If a fighter gets injury in a fight the doctor are the only person that can evaluate the situation.
2. If a Contestant remains unconscious, only the referee and the doctor in charge will be allowed to stay in the ring.
3. A Contestant 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.
4. A Contestant 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.
5. A Contestant 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 or bout for a period of at least 3 months after the second KO.
6. A Contestant 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.
7. To above mentioned no fighting periods the doctor at place can extend the periods if necessary.

8. Also doctors at hospital due to tests/scan of head can extend the above mentioned periods.
9. No fighting period means that a Contestant can not take part in competition in kickboxing no matter what the discipline are, without any exception.
10. The referee will tell the Jury and Judges to mark KO or Injury on their score sheets, when he or referee has stopped the bout due to the Contestant'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 WMKF SPORT PASS.
11. This is also the official result of the fight and it can not be overruled.
12. Before resuming kickboxing after a KO or Injury, as described in the above points, a Contestant will, after a special medical examination, have to be declared fit to take part in competition by a sports doctor by medical certificate that declares athlete's kickboxing competition fitness.
13. When registered a KO or injury.
14. In case of injuries besides KO the doctor can give a minimum of quarantine period and recommend treatment at hospital.
15. After KO or Injury the doctor can require immediately treatment at hospital
16. If a Contestant or delegates from Contestants nation denies doctors medical advice, the doctor report in written form immediately to chief referee or to a WMKF delegate that all medical responsibility are denied and are in the hands of the Contestant and his team.
17. However the official result and no fighting period given are valid.

ARTICLE 26 SPORTMANLIKE BEHAVIOUR

1. Before and after a bout, the Contestants will shake hands as sign of pure sportsmanship and friendly rivalry, according to kickboxing and sport regulations. Hand shaking takes place before starting the first round and after the decision.

ARTICLE 27 DRUGS

1. Any drug or chemical substance ingested by a Contestant, which is not included in the Contestant's normal diet, is forbidden.
2. Any Contestant or official violating this code will be disqualified and suspended by the WMKF.
3. Any Contestant refusing to submit to a medical examination or doping test, after a fight, in order to verify that he has not taken doping substances, will be disqualified and suspended.
4. The use of local anesthetics is allowed, if agreed by a doctor from the Medical Committee.
5. WMKF refers to Olympic Committee Doping Rules.

ARTICLE 28 MEDICAL PROCEDURES

1. A fighter will be allowed to fight in an International competition only after having been declared fit for it by a sports doctor, recognized officially in his country.
2. Then all Contestants fighting abroad will need to have a certificate established by a medical doctor, certifying that the athlete, before leaving his country, was in good physical condition and had no injuries, infections or medical problems that could affect his ability to fight in the visiting country.
3. This certificate will be attached to the WMKF passport of the Contestant, according to the practice of his association and presented during the medical the examination which will precede weigh-in.

4. Hard contact lenses are forbidden.
5. A Contestant will not be allowed to take part in a match 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.
6. He may be allowed to fight if the ulceration is protected by Collodion. This decision will be made by the doctor who examines the Contestant on the day of the competition.

ARTICLE 29 DOCTORS' STAFF

1. 2 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 Contestants who have taken part in it.
2. In a tournament there must be present 2 ambulance with complete paramedics staff.

ARTICLE 30 UNREGULATED SITUATION

1. In the event of unregulated situation the Competition Director, Referees and Judges will determine the most correct and logical solution.
2. This solution will be studied by WMKF Federal Council and will be included in WMKF Competition Rules.