



# Point Fighting Rules

## **WMKF Rules Point fighting**

### **1. Definition**

Point fighting is a fighting sport where two fighters compete with the objective of scoring the most points by the end of the match. Points are scored using legal techniques to hit legal target areas of their opponent. Techniques are limited to kicks and punches with contact being made with the hands and the feet. The techniques in point fighting should be executed in its true sense of the word 'fight' and should hit with firm contact. At each valid point or infringement the main referee stops the fight and simultaneously, with the assistant referee(s), indicates the appropriate hand signal for the point or the penalty. A majority decision is made and the point or the penalty will be awarded where applicable and recorded by the table referee on the score board.

### **2. Match Rules**

Each match will be fought on a square area of 7m by 7m on a slip resistant matted surface. There will be one main referee and 3 assistant referees (please note this is for black belt divisions only, all other divisions will have just 1 main referee and 1 assistant referee). The main referee will stand in the centre facing the table and the 3 assistant referees will stand in 3 corners. All four referees will move around so that there will always be 2 referees on either side of the tatami. There will be 1 table referee and 1 overseeing referee who will be seated at the score table next to one another. Each match will be 2 x 2 minute rounds (please note this is just for black belt divisions, all other divisions will be 1 x 3 minute round).

Each fighter will be allowed 1 coach who will remain seated in the coach's seat provided at the edge of the tatami.

Each match will start when the athletes bow to each other, and touch gloves, and the referees command 'fight'. During any stoppage both athletes must return to their start line immediately and await direction from the referee. This includes when an athlete has to fix their equipment or when their opponent is injured.

The time can only be stopped by the central referee and will do so when they think it is appropriate. The time will not be stopped to award points, but will be stopped to award warnings and penalties.

The winner of the match is the athlete who has the majority of points at the end of the match. If the athlete manages to have a 10 point spread at any point of the match, the match will be ended and they will be awarded the win. In the event of a tied score after 2 rounds there will be a further 30 second round and if there is still a tie, it will go to first scored point to win. (First point)

The match will be ended by the referee announcing the scores and holding the winning athlete's hand aloft. The 2 athletes will then bow to each other and touch gloves.

### **3. Equipment**

All equipment will be checked at the start of each match by the assistant referees. Any equipment that is not suitable or is missing will be required to be worn or replaced within 2 minutes otherwise the fighter will be disqualified. The equipment must be recognized by the WMKF guidelines and be considered safe for use.

*The following equipment is mandatory for all **male athletes**:*

Headguard, mouth guard, closed finger point fighting gloves, groin guard, shin guards and feet protectors (which cover the toes and heels).

*The following equipment is mandatory for all **female athletes**:*

Headguard, mouth guard, closed finger point fighting gloves, shin guards and feet protectors (which cover the toes and heels) and chest protector.

The Groin Guard, for female athletes, is not mandatory but recommended.

Each athlete must wear appropriate semi contact clothing. Athletes can wear t-shirts but they must have their school's/country's name or logo visible. All tops should remain tucked in to the pants, meanwhile the chest guard has to be worn under the t-shirt or coat.

Belts are mandatory in all divisions except the black belt divisions where they are recommended.

### **4. Coaching Rules**

Each fighter will be allowed one coach who will remain seated in the coach's seat during each round of the match. The coach has to remain silent while each round is running (please note this is just for the black belt divisions; all other divisions coaches are allowed to be verbal but only to their athlete). Should the coach break any of these rules their fighter will receive a penalty immediately.

Each coach will receive a red card at the start of each match. Should they notice a mistake by any of the referees or table officials, they can stand up and hold the red card aloft. The match will immediately be stopped and the coach, the main referee, and the overseeing referee will discuss the point. Should the overseeing referee agree with the coach then the mistake will be rectified and the red card will be given back to the coach where they can use again if required. Should the overseeing referee disagree with the coach then the red card will be withdrawn for the remainder of that match. It is critical to recognize that the coach can only speak to the referee after the red card has been shown and the overseeing referee's decision is always final and will not be disputed.

#### **Time Out**

Each coach will be allowed 1 time out of 15 seconds per round, where they can speak with their athlete. To ask for a time out they must stand and form the 'T' sign with their hands. The match will be stopped by the main referee when no advantage is lost by either athlete

*(please note, the 'time out' is only available for the black belt divisions, coaching will be allowed in beginner and intermediate divisions and so it is not necessary)*

## **5. Legal Target Areas**

*The following parts of the body may be attacked using legal techniques:*

**Head:**-Face, side, back and top

**Torso:** Front and side

**Leg:** below mid-calf, below the ankle

*(Leg areas can only be attacked with foot sweep both standing and dropping)*

## **6. Illegal Target Areas**

*The following parts of the body may not be attacked:*

All areas of the neck, top of the shoulders, back of the torso, below the belt (except for foot sweeps)

## **7. Legal Techniques**

**Punches**- jab, reverse punch, backfist, hook punch, upper cut, ridge hand

*(please note the ridge hand is the only open hand technique that is legal)*

**Kicks**- front, side, roundhouse, back, hook, axe, crescent, jumps, spins, aerials, *(please note any aerial kick must be performed with no other part of the body touching the floor and the athlete must land on their feet)*

**Sweeps**- To score a point from a sweep the opponent must touch down with any other part of their body other than their feet.

A sweep can be performed either standing or dropping down to the floor and must make contact below mid calf or to the front of the foot.

The sweep should perform a trajectory from outside, compared to the opponent's leg.

Special note 1: Should an athlete fall to the ground, either from a trip, slip or attempting a drop sweep, the opponent standing can score with any legal technique while the opponent is on the floor. The technique has to be immediate and the referee will allow up to 2 seconds before calling 'stop' and the advantage will be lost.

Special note 2: To score any point the athlete must finish the technique by standing on their feet and landing with BOTH feet inside the tatami (if a drop sweep is successful the athlete will still score even though they are not on their feet).

## **8. Illegal Techniques and actions**

**Punches/kicks**- Any open hand punches other than "ridge hand." Any techniques where the athlete is not looking at the contact target. Any technique other than those mentioned in section 7. Any techniques aimed towards any of the illegal targets named in section 6.

**Sweeps**- Any foot sweeps above the front of the opponent's foot or above mid calf at the back of their leg.

**Other** - Avoiding or refusing to fight. Stepping out of the area.

Unsportsmanlike conduct. Grabbing or holding. Turning one's back to his opponent without doing a technique.

Special note 1: If an athlete is pushed out of the tatami then no penalty will be incurred. If an athlete has one foot out of the tatami, they cannot score but they can be scored upon, once again no penalty will be incurred and the referee will not stop the fight. If both feet are out of the area then the match will be stopped, no score will be given, but a penalty will be incurred by the athlete.

Special note 2: To be classified as inside the tatami the athlete must have at least one foot touching down on the mats. If they are to score while moving backwards they must land with both feet on the mat.

Special note 3: Should an athlete deliberately step out of the tatami to avoid combat the match will be resumed with the athlete starting from 1 metre inside the tatami from where they exited; the athlete will be deducted one penalty point. If an athlete is pushed or knocked out of the area, with a legal action, then it is counted as an exit. Both feet must be out of the area.

Special note 4: Athletes cannot touch or alter their protective equipment during the contest without the referee stopping the contest. This action will be penalized with a “warning” or with a point subtracted, in cases where there were two “warnings”.

Special note 5: If an athlete, during the match, falls to the ground or touches the floor, also with a hand, this will be counted as “warning” or with a point subtracted, in cases where there were two “warnings”. (*Other than if effecting a foot sweep*)

## **9. Scoring Criteria**

A score is awarded when a legal technique makes clean and firm contact with a legal target of their opponent. The fighter must be looking at the point of contact when executing the technique for it to score. All techniques must be with firm contact and those that simply touch, brush or push an opponent will not be scored. If a fighter jumps into the air to score a technique they must land with both feet inside the tatami and must keep their balance. If an athlete loses their balance due to their own instability following a score and touches the ground with any other part of their body other than their feet then the score will not count (except a successful drop sweep). If an athlete loses their balance following a score due to being pushed or tripped then the score will stand.

## **10. Points**

1pt- any legal punch to any of the legal target areas

1pt- any legal kick to any legal target of the torso

1pt- any legal and successful foot sweeps

1pt – any legal technique, within 2 seconds, after a foot sweep

3pts- any legal kick to any legal target of the head

2pts- any legal jumping kick to any legal target of the torso

4pts- any legal jumping kick to any legal target of the head

## 11. Penalties

When issuing any penalty the referee should ask for the time to be stopped. Firstly, the main referee should stand facing the offending athlete and issue the penalty and why. Any penalty should be given in a loud and clear voice so that both the athlete and the coach understand them. Then the main referee will face the table referee and issue the penalty to the offending athlete to be recorded on the score board. Any violation will be penalized and accumulated whether the offences are different or not. All penalties will be carried on through each round of the match.

For a penalty to be awarded the same penalty has to be signaled by a majority of the referees.

### **Fighters penalties-** *athletes can receive a penalty for the following:*

Illegal techniques, striking illegal targets, exiting the tatami, turning their back or ducking below waist height, techniques with malicious intent, speaking to the referee, time wasting, unsportsmanlike conduct, throwing techniques after the referee has said 'stop' and throwing techniques without seeing his opponent.

### **Coaches penalties-** any coach penalties will be added to their athlete's penalties.

*A penalty can be issued for the following:*

Standing out of the coach's chair, any verbal communication with their fighter (only in black belt divisions) when not during a 'time out', any verbal communication with any of the referees when not using the 'red card',

*Penalties are accumulated in the following way:*

1st offence- penalty recorded on the score board

2nd offence- penalty recorded on the score board

3rd offence- minus 1 point

Each offence from here on will result in a point deducted; the athlete will not be disqualified for minor infractions

**Disqualifications-** athletes can be disqualified for major infractions by either themselves or their coaches. In this instance all referees will discuss the offence and agree on the disqualification which will be clearly explained to the fighter and the coach. No warnings need to be given for major infractions. The athlete, the coach and the rest of their team can be disqualified from the entire event should the organizer deem it reasonable.

This extreme decision, should be defined by the courts and the Federal Supervisor.

Offences which can be accountable for disqualification are:

Verbal or physical abuse to the opponent, opponent's coach, or referee; malicious attacks, "refusing to fight", and/or repeated minor infractions which cause danger or unsportsmanlike conduct.

## 12. Referees roles

**Main referee**- to control the whole match, when to start, when to stop, who to issue points and penalties to. To be the communicator to the assistant referees, the table referee, and the overseeing referee

**Assistant referee**- to signal for points and penalties and to communicate with the main referee. Also to check all safety equipment is worn and appropriate at the start of and during the match

**Table referee**- to add points, penalties to the visible score board and to keep time. To communicate with the main referee and to end the match by throwing a soft and visible item into the tatami when the match time has elapsed.

**Overseeing referee**- calls the fighters.

To oversee all aspects of the rules of each match, including correct scoring, penalties and time keeping. The overseeing referee communicates with the main referee only and can ask them to stop time for a discussion at any time during the match when no fighter has an advantage.

Special note 1: any point or penalty will only be given by majority decision and has to have at least 2 signals (this rule applies to black belt divisions with 4 referees and for all other divisions with 2 referees). For a point or penalty majority to take place it has to be for the same technique or infraction. In situations where there are the same number of arms raised, both Fighters shall be awarded a score. No point can be scored by either athlete if a penalty is given, however referees should give preferential treatment to scoring points over giving warnings to the other athlete.

Special note 2: when the main referee says stop each referee has to show a sign immediately and not change their mind even if it is no score, warning or penalty. Each referee has to see a legal technique hit a legal target area to score a point and cannot score a technique or penalty blindly or by sound. If an assistant referee sees a score, warning, or penalty, they should sign and the main referee should stop the fight to see if there is a majority decision.

The referee or assistant, who brings both hands before his eyes, signals that he had not seen and therefore, he cannot give an assessment.

**13. Main referees: verbal commands**- all commands must be loud and clear so that all athletes, coaches and referees can hear.

**“Fight”** - at the start of each match, round and after any stoppage to resume the match

**“Stop”** - to stop the match for any reason, after a score or penalty or when appropriate

**“Stop Time”** - instructs the table referee to stop the time; it will resume when the referee says ‘fight’

Commands to sign point

**1 point red/blue-** to issue a point to the scoring athlete

**2 points red/blue-** to issue a point to the scoring athlete

**3 points red/blue-** to issue a point to the scoring athlete

**4 points red/blue-** to issue a point to the scoring athlete

**1<sup>st</sup> penalty red/blue-** to issue a 1<sup>st</sup> penalty for an offence by an athlete

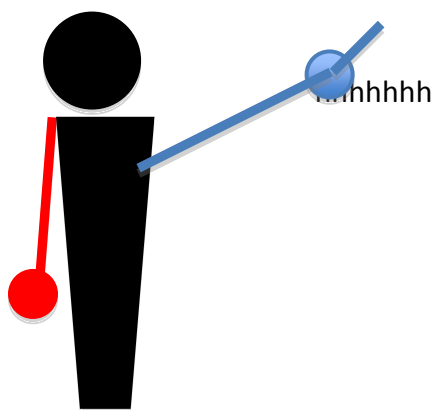
**2<sup>nd</sup> penalty red/blue-** to issue a 2nd penalty for an offence by an athlete

**Minus 1 point red/blue-** to deduct a point from an athlete after an offence for the 3<sup>rd</sup> time and so on

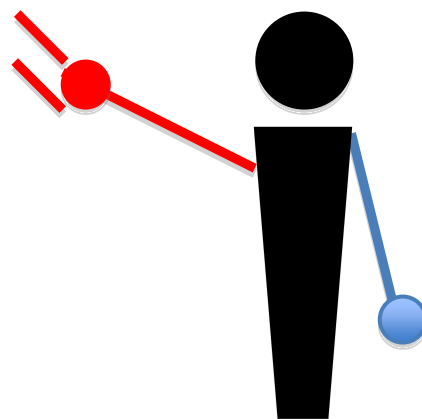
**Disqualification red/blue-** to disqualify an athlete for a major infraction of the rules

Special note: all warning commands will be given with a concise reason to the athlete and the coach

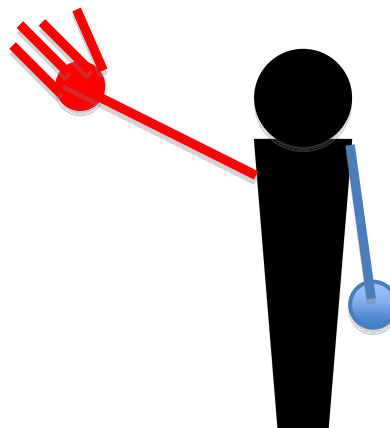
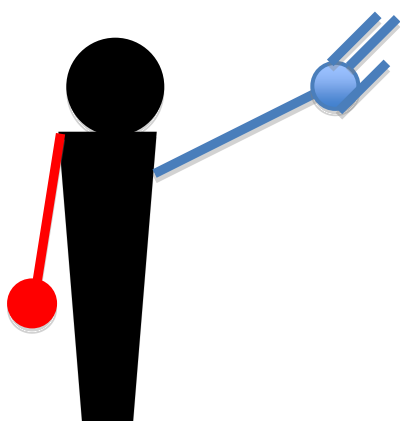
**14. Referees visual signals**



1 point blue



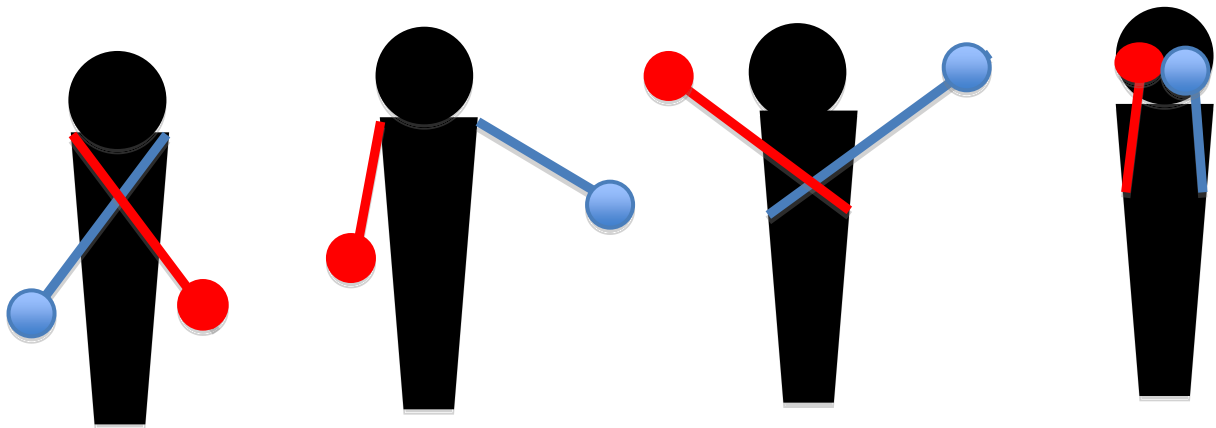
2 points red





3 points blue

4 points red



No point

Warning blue

Disqualification

Don't see

## 15. Injuries

If an athlete receives an injury, the match shall be stopped for up to 2 minutes. Within this time the medic/doctor will decide whether or not the injured fighter can continue and treat for a maximum of 2 minutes. The medic/doctor is the only person who can decide whether the athlete should continue the match or not and their decision is final. If the athlete can continue then the match will resume as normal. If the match must be terminated because of the injury, then the referees must decide who caused the injury and who should be awarded the victory. If there were no rule violations by the uninjured athlete, then they will be awarded the win. However if the injury was caused by a violation of the rules, then the injured athlete will be declared the winner.