



New Zealand

Full Contact Kickboxing Style Rules – 1st March 2015

Uniform: Full Contact competitors shall wear long trousers or shorts. Bare Torso for male, T shirt or Singlet for females.

Safety Gloves: Boxing gloves of 10oz.

Foot/Leg Protectors: For first fight Semi-Contact boots & shin guards following the first fight, it is advisable.

Head Protection: Head Protectors must be worn for the **first ring fight** and must cover the forehead, top of head, temples, Upper jaw and ear. Second or more fights head protectors may be not worn although it is advisable. TOP TEN style Head-guard advisable.

Mouth guards: Compulsory.

Groin Guards: Compulsory. (Male)

Competitors: All Fighters must hold a valid blood and Doctors certificate of less than 6 months old, and be subjected to a medical check on the day of the fight by the ring medics.

Fighting Rules:

3 x 2 Minute rounds, 5 x 2 Minute rounds for National Title

Legal targets:

Head: Face, Side, Forehead.

Torso: Front & Side.

Foot: Foot to foot sweep only.

Legal techniques:

Kicks: Front, Side, back, roundhouse, Hook, Crescent, Axe, Jumps, Spins.

Hands: Straight Punch, Hook, Uppercut.

Foot-sweeps: Allowed. Attacker must remain on his/her feet. If attacker touches floor with any part of body except feet, No score will be given. The opponent must touch the floor with any part of his/her body other than feet. No follow-up to foot-sweep will be allowed. If area un-matted (No Ring) No sweeps will be allowed.

Ground attacks: Not Allowed.

Grabbing/Trapping: Not Allowed.

Clinch: Not Allowed.

Throws: No throws permitted.

Illegal target/Techniques/behavior:

- Throat/Lower abdomen/kidneys/back/groin/back or top of head/neck.
- Elbow/Ridge-hand/Knife-hand/head-butt/Shoulder/Open hand strikes
- Turning ones back to the opponent. (except in spinning techniques) Running away. Falling down. Blind striking. Wrestling. Ducking below opponent's waist.
- Attacking while opponent is on the ground or through the ropes.
- Leave the ring.
- Continuing to fight after 'Break' or 'Stop' called or hitting/attempting to hit after 'Break' or 'Stop' called
- Excessive Oil/Grease to face/body.
- Hitting while hooking or pulling the opponent.
- Holding, hooking the arm of the opponent.
- Insulting, offensive, aggressive language either to the opponent, Coaches, spectators, Judges or referee.
- No biting
- All strikes, blows and punches executed with the palm side of the glove.
- All attacks (strikes, punches, kicks) against the joints
- Attacking a downed opponent or an opponent who touches the floor with his or her glove
- Spinning Backfist
- No throws permitted.
- No sweeps permitted
- No trapping or grabbing permitted
- All types of strikes with the elbow
- Any form of kicking with the knees
- All kicks against the thighs or under the waistline, excluding foot sweeps

Referee/Judges: Three judges will score each round. Referee will check the attire of each fighter. Ensure that a weakened fighter does not suffer unjust and unnecessary blows. Gather and check each judge's score at end of each bout. The referee will not announce the winner but will raise the hand of the winner on announcement.

Commands: Referee will only use three commands: **STOP** when ordering fighters to stop fighting. **BREAK** when ordering fighters to break apart. Fighters must then move apart until ordered to continue. **FIGHT** when ordered to fight.

SCORING

The judges shall score all contests and determine the winner through the use of the 10-Point Must System.

In this system the winner of each round receives ten points and the opponent receives a proportionately smaller number.

But in no circumstances shall a judge award the loser of each round fewer than seven points. If a round is judged even, each contestant shall receive ten points.

No fraction of points may be given.

Judges should base their scoring of each round on the following criteria, with each tier taking precedence over any item below it (thus, one tier's criterion must be equal in order for a judge to include the tier(s) below it in his or her evaluation):

- (1) Number of knockdowns
- (2) Effective striking technique, to be defined as the amount of damage legal strikes cause the opponent
- (3) Effective ring control
- (4) Style-specific technique

Scoring shall be based upon the effectiveness of any legal techniques used. The number of eight-counts shall be weighted first. If this criterion is equal, then effective striking shall be weighted second. If these two criteria are equal, effective ring control shall be weighted next. With all three criteria equal, judges shall then look to the use of style-specific techniques

Generally, sweeps should not be given the same weight as an official knockdown. Judges should watch for the technique's effectiveness in slowing down a contestant.

Further, a contestant who aggressively presses an opponent throughout a round, but cannot land a threatening kick or punch, should not be judged as favorably as the contestant who back-pedals throughout the round but counterattacks with visible impact.

More specifically, the judges shall award points to contestants on the basis of round-by-round outcomes and in accordance with the following scores

A 10 points to 10 points round is strongly discouraged, and judges should look through the judging criteria for more effective techniques, more effective pressing of the action, and more style-specific technique. An even round should only occur in the case of a loss of points by a contestant.

10 points to 9 points whenever the winning contestant dominates the losing contestant with a marginal superiority in effectiveness.

10 points to 8 points whenever the winning contestant dominates the losing contestant, or whenever the winning contestant dominates the losing contestant with a significant superiority in effectiveness as might be indicated by one knockdown.

10 points to 7 points whenever the winning contestant dominates the losing contestant with an overwhelming superiority in effectiveness as must be indicated by more than one knockdown.

Disqualification: A Disqualified Fighter will not receive any award, trophy or recognition in any way. The position will be reported as Disqualified. The fighter will not receive any refunds of fees paid. The Disciplinary committee will discuss any disqualification, and decide on any further penalty to the fighter, or club he/she belongs to.

If a fighter in Ring sports receives 3 Official warnings he/she will be disqualified. 1st official warning, 2nd official warning is minus 1point. 3rd official warning Disqualified. Private warnings are at referee's discretion.

Hand Shaking: hand shaking will take place before the start of the first round and at the end of the last round. Not required at any other time.

Age: No fighter younger than 16 or older than 45yrs of age (40 women) will compete in any full rules Ring bout unless agreed upon by all parties involved.

Safety: All fighters will be examined by a health professional prior to a bout. A health professional will be at ringside during official tournaments and will advise the referee of injuries sustained by a fighter.

Drug Testing: NZAMA/WKA follow the agreed rules produced by WADA

Additional Information:

No Duct tape or plastic Insulation tape to be used on wraps or external of gloves. Must be cloth / medical type tape.

Coach / Seconds. Two MAXIMUM. Must remain seated during bout.

No Banging on Ring to encourage Fighter. Encouragement to a fighter is understandable from a Coach however guiding and directing a fighter during a round must be kept to a reasonable level.

NOTE: A fighter who receives an 8 count loses a point off the 10 / 10 point score.

Once a fighter receives a total of 3 x 8 counts against him/her in the first round, the fight will be stopped at the completion of the count and the bout awarded to the other fighter. Once a total of 4 x 8 counts throughout the entire fight the fight will be stopped at the completion of the count and the bout awarded to the other fighter.

WKA – New Zealand

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