



*Revised Rules April 2014*

*Page 1 of 13*

## **K1 RULES**

### **1. CLOTHING**

- a) Shorts
- b) Bare Top (Male)
- c) Vest/Singlet (Female)
- d) Anklets may be worn

***LONG TROUSERS NOT PERMITTED***

### **2. PHYSICAL EXAMINATION**

All fighters must submit to a physical examination by the designated attending medical staff.

At the examination, the fighter must fill in any relevant paperwork and answer any relevant questions giving true and accurate information to the medical staff.

The attendance of a Doctor or Paramedics in Full Contact, Low Kick, Oriental, MMA and Thai Boxing is obligatory, a Standard First-Aid Team is not enough!

The Official medical staff, who mandatory attends every match, is the final authority in questions of the safety of the Fighters. He or she may, at any time, stop or terminate a match at his or her discretion.

Any match must be supervised by an approved medical staff. Any and all directions and/or orders from the attending medical staff must be immediately complied with.

The attending medical staff must follow the rules and regulation of the National Health Board in question as well as be approved by the authorities where such rules apply.

No match may start or proceed before the attending medical staff is in place, and the medical staff may not leave his/her place prior to the decision in the last match.

The attending medical staff shall be ready to assist if a serious emergency arises, and to administer First Aid in the event of less serious injuries.

The medical staff has the right, to interrupt or stop a contest by ringing the bell or calling “stop” to the Referee, if he /she thinks a Fighter is in danger, and the Referee has not stopped the fight.

He/she is also responsible to respond when a Referee calls him/her in case of an injured Fighter.

Nobody may attempt to aid a Fighter during a round before the attending medical staff has had the opportunity to see the injured fighter.

This includes Seconds. If the medical staff enters the ring or he/she must examine the presumed injury, the fight is over and the Judges have to finish the point sheets (point cards). Incomplete rounds must not be totaled.

The result is “won by TKO” or “Disqualification” by unanimous or majority decision.

Medical staff decisions are in any case final decisions, there is no protest possible.

### 3. **PROTECTIVE EQUIPMENT**

*All equipment must fit correctly and be in good condition and of a good standard.*

Appropriate 10oz Boxing Gloves, Head Guards (Amt), Shin & Instep Protectors (Amt), Mouth Guard, Chest Guard (Female) advisory, Groin Guard, Hand Wraps.

Items of Jewellery, Glasses, Dentures or other dangerous objects such as large Hair Grips etc are not to be worn.

### 4. **DURATION OF ROUNDS**

This may vary depending on type of event.

#### **Elimination or Tournament Basis:**

2 x 3 Minute (Amt)

3 x 3 Minute (Pro)

#### **Gala Event Single Contest: Non Title**

3 x 2 Minute (Amt)

3 x 3 Minute (Pro)

#### **Gala Event Single Contest: Title Fight**

5 x 2 Minute (Amt)

5 x 3 Minute (Pro)

### 5. **CLASS-GALA EVENT GUIDELINES FOR MATCHING**

Class N = (Novice shin pads compulsory!) NO knee to head After 3 FIGHTS they progress to:

Class C = shin pads optional No knee to head After 4 to 8 fights they progress to:

Class B = NO shin pads No knee to head After 8 fights + they progress to:

Class A = Pro with KNEE TO HEAD!

*A Fighter may be promoted or demoted at any time if the ICO deem it necessary.*

## **6. RULES OF CONDUCT INSIDE AND OUTSIDE OF RING**

It is the duty of every Fighter to show fair play in the ring. Should a Fighter not be ready to continue the match because his/her safety equipment is not working properly, or for other reasons, he shall retreat one step and raise an arm to request a pause in the time.

Should a fighter be sent down for the count or in any other way be incapacitated, his/her opponent shall immediately retreat to the nearest neutral corner and wait for the Referee to signal that the match can proceed again.

When a fighter receives a Warning or a reprimand from the Referee, he/she must acknowledge the Referee to indicate that he/she has understood the reason why.

At the conclusion of the fight, the Fighters shall approach the Referee, standing in the centre of the ring. Each Fighter shall stand either side of the Referee (nearest to their own corner) and await the Speaker's announcement of the verdict. The Referee then raises the arm of the winner.

Violation of ICO rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a Warning or Disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

## **7. THE FIGHTER**

All Fighters shall be clean and properly dressed and in a condition to fight.

It is the sole prerogative of the Referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the Fighters, or poses an obstacle to the unhindered observation of the match. The Referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net or tied back.

Excessive use of grease or similar substances is prohibited. The Referee can insist that Vaseline, grease or any other similar substances be removed before the fight can start or proceed.

## 8. **SECONDS**

The Second may give up on behalf of his/her Fighter if he/she deems it irresponsible to let the fight continue. This is indicated by the second throwing a towel into the ring.

Prior to every tournament the Head Referee shall call a meeting with all the Judges, Referees and Seconds to clear up any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

Seconds shall support and advise their Fighters during the intermission between rounds. Each fighter may have 3 seconds and only one of these may enter the ring during the intermission.

During the rounds neither of the Seconds may enter the ring, or in any other manner hinder or disturb the proper proceeding of the fight. Seconds shall comply with any and all directions by the Referee. Prior to each round the Seconds must remove buckets, stools, towels from the ring, and if necessary wipe the floor clean of spilt water.

The Seconds shall have at their disposal a towel, a sponge, water and grease for the fighter, cut and bruise management kit and a spare mouth guard.

During the rounds the seconds may give advice (just in a proper manner), help or in any way encourage the Fighter.

Should a Second violate this rule the Referee can issue a warning or expel the Second, or disqualify the Fighter.

A second may not give advice to a Fighter that has been sent to a neutral corner.

A Second who has been expelled may not function as Second in the remaining part of the tournament.

A match starts when the Referee gives the command “fight” to begin the first round, and it finishes when the Referee stops the fight in the last round.

Only the Fighters and the Referee may be present in the ring during the match. If any other person enters the ring, the fight is immediately over and cannot continue again.

## 9. **SCORING TECHNIQUES**

- a) Boxing – Western Boxing, Spinning BackFist only allowed in 5 Rounds Title Fights, Amt & Pro. 3 Rounds Pro Level. International Level elimination or tournaments Amt or Pro when stated at event.
- b) Kicks – All Kicks to Body, Head, Full Leg except Joints (No direct attacks to Joints or Spine allowed).
- c) Knee – Use of Knee to the Body and to the Head (**Pro ONLY**). No Knee to Head at Amt Level.  
A Fighter may hold the Head with one or both Hands to deliver Knee but the strike must go to target. Head cannot be pulled towards Knee strike.
- d) Elbows – **NO ELBOWS ALLOWED – PERIOD!**
- e) Catch – Fighters may catch Leg, use an instant counter strike (one only) then they must release.  
*NO PUSHING, PULLING OR MOVING OPPONENT ACROSS THE RING.*
- f) No Take Downs or Throws allowed unless it is a Kick or Sweep from a catch situation.
- g) No Full Clinch allowed.
- h) Scoring will be based on effective strikes causing damage to an opponent.

- i) A Fighter may win going backwards using defensive counter measures so long as their strikes are effective and causing damage to their opponent.
- j) **10 Points Must System** will be used. Win being 10-9. Even Round will be 10-10.

1 x Knock Down & Count in Round will be 10-8

2 x Knock Down & Count in same Round will be 10-7

3 x Knock Down & Count in same Round, Fight will be finished

4 x Knock Down in Whole Fight, Fight will be finished

Judges decisions are **FINAL!!**

If a Fighter gets counted, each Judge must deduct 1 point from the Scorecard, immediately when the round is over (i.e. 10:9 becomes 10:8 because of the Knockdown).

The Judges shall always mark this knockdown with the letter K (for Knockdown) under “KD” in the Scorecard to indicate that the Fighter has received a Knockdown.

At the conclusion of the match all rounds are added up to the final score (e.g. 30:27) and the Fighter with more points on the Scorecards shall be declared the winner.

Victory by attending medical staff stopping the contest or because of injury (DOD)

The attending medical staff is the supreme authority in questions relating to the safety of the Fighters, and may demand that the match be stopped.

If one of the Fighters is injured, it is only the medical staff’s decision to stop the fight, or the Fighter him/herself or his/her Coach wants to retire from the fight.

The attending medical staff may stop any match regardless of it being a World or European Championship or any other important match.

Should the attending medical staff wish to stop a match to examine a fighter, he/she must first inform the Referee.

The Referee then stops the match until the medical staff has examined the Fighter, but only to decide that the fight can continue or not.

This examination must take place in the ring and have a maximum duration of one minute.

Any kind of treatment of the Fighter is explicitly forbidden and would finish the fight immediately. Should this time not be sufficient, the Referee shall stop the match and declare the opponent the winner.

If one of the Fighters is injured and the fight is over because of a foul, the innocent Fighter is declared the winner.

In case of an accident, the Judges have to finish their Scorecards, and the contestant with the highest number of points is declared the winner.

If both Fighters are injured or knocked-out simultaneously, and neither is able to continue the match, the Judges shall add up each Fighter's points, up to the time the fight was stopped, and the fighter leading on points shall be declared the winner.

Should this situation occur in the first round the match shall be declared "No Contest" and no winner declared.

### **Giving Up (SUR)**

In cases where a Fighter voluntarily gives up because of injuries, or for any other reason, or if he or she does not resume fighting immediately after the intermission between rounds, the opponent shall be declared the winner.

In these cases the Second shall throw a towel into the ring to signal that his/her Fighter gives up.

### **Victory by Referee stopping contest (RSC)**

The Referee may stop a match if a Fighter is clearly outmatched or if he/she is a hazard to his/her own safety after the following guidelines:



If a Fighter in the judgment of the Referee is clearly overmatched and will face unnecessary punishment in the ring, should the fight be allowed to continue.

If a Fighter in the judgment of the Referee is unable to continue the match due to injuries or for any other physical reasons, the Referee must stop the match and call the official medical staff to the ring.

No referee can decide how seriously a fighter is injured; He / She must call the medical staff!

### **No Contest (NC)**

A match may be stopped by the Referee before the prescribed time due to circumstances beyond the control of the Fighters or the Referee:

1. The Referee has to stop the match before the first round has finished.
2. The safety equipment of the ring has been damaged.
3. The ring is unsafe for use.
4. The lighting over the ring is failing.
5. Weather conditions force the referee to stop the match.

Under such circumstances the match shall be stopped and a “no contest”, with no winner is declared.

### **Victory by Walk-Over (WO)**

If one Fighter is present in the ring and ready to fight and his/her opponent fails to show after his/her name has been called over the loudspeaker or by the Fight Announcer verbally, the Referee shall signal the Referee's Table to start with the running of 1 minute.

If the opponent has not entered the ring within a time limit of 1 minute, the Timekeeper shall ring the bell to signal that the match has been stopped.

The Referee shall then announce the Fighter who was first in the ring & declare him/her the winner by “Walk-Over”.

The Judges shall note this on their cards, which are then collected. The Judges shall then summon the fighter who has won on Walk-Over to the centre of the ring, and thereafter the announcement of the decision, raise his/her hand and declare him/her the winner.

#### 10. **WARNINGS**

1 <sup>st</sup> Warning	Verbal
2 <sup>nd</sup> Warning	Minus 1 Point
3 <sup>rd</sup> Warning	2 <sup>nd</sup> Minus Point
4 <sup>th</sup> Warning	Disqualification

#### **Knockdowns**

Method of counting over a Fighter who has been downed

When a Fighter is knocked down, the Referee will send the standing fighter to the furthest neutral corner of the ring, pointing to that corner.

He will audibly announce the passing of the seconds, and continue the count holding up fingers in front of the Fighter who was knocked down.

If a Fighter is knocked down, the Referee will begin a mandatory eight count. If the Fighter then appears able to continue, he will allow the bout to resume.

The Referee's count is the only official count. The Referee shall not count past eight if a Fighter has risen to his feet.

A fighter may not be saved by the bell, even in the last round. However, if the bell sounds, ending a round, before a Fighter begins to fall, the Fighter will be allowed to return to his corner, being helped, if necessary, by only one of his Seconds.

Should the opponent fail to stay in the furthest neutral corner, the Referee will cease counting until he has returned to it, and then resume the count at the point from which it was interrupted.

If the Fighter does not rise before the count of ten, he will be declared Knocked Out and the bout will be awarded to his opponent.

If, in the Referee's opinion, the downed Fighter will not be able to rise by the count of ten, and he believes the fighter requires more immediate attention, he may signal the end of the bout before the count of ten by waving his arms in front of his face and immediately summoning the Fighter's corner personnel and the medical staff to attend the downed Fighter.

No referee can decide how seriously a fighter is injured; He / She must call the medical staff!

A Fighter will be declared Knocked Down if any portion of his body other than his feet, touch the floor.

A Fighter will not be declared Knocked Down if he is pushed or accidentally slips to the floor.

The decision as to whether a contestant has been pushed or slipped to the floor, rather than being knocked down, will be made by the Referee, they may consult their judges on this matter.

If the fighter taking the count is still down when the Referee calls the count of ten, the Referee will wave both arms to indicate that he has been Knocked Out and will signal that the opponent is the winner. A round ending before the Referee reaches the count of ten, will have no bearing on the count. There is no saving by the bell.

In all bouts, the fallen Fighter must rise before the count of ten to avoid being knocked out. The Referee may determine during the rest

period between rounds, that a Fighter is unable to continue the bout safely and is thus the loser of the bout by Technical Knockout.

The Referee may, at his discretion, request that the medical staff examine a Fighter during the bout.

Should the examination occur during the course of a round, the clock shall be stopped until the examination is complete.

If both Fighters go down simultaneously, counting will be continued as long as one of them is down.

If both Fighters remain down until the count of ten, the bout will be stopped, and the decision will be a Technical Draw.

If one Fighter rises before the count of ten and the other Fighter remains down, the first Fighter to rise shall be declared the winner by Knockout.

If both Fighters rise before the count of ten, the round will continue if the referee deems they are fit to continue.

If a Fighter gets counted, each Judge must deduct 1 point from the scorecard, immediately when the round is over.

The Judges shall always mark this knockdown with the letter K (for knockdown) under “KD” in the Score-Card to indicate that the Fighter has received a knockdown.

#### **IMPORTANT NOTE:**

**ICO Officials reserve the right to jump to any level of penalty should they deem it necessary.**

**Warnings that result in minus points will obviously have an effect on the 10 Point Must System and Judges will adjust score accordingly.**

**A Fighters coaching staff may also be included in the warning system for improper behavior and ultimately could get their fighter disqualified.**

#### **11. FOULS AND BEHAVIOUR**

- a) Acting in a vicious and malicious manner
- b) Unsportsmanlike behavior
- c) Attacking after 'break' command
- d) Attacking fallen opponent
- e) Head Butts, Biting, Spitting, Choking or Gouging
- f) Attacks to illegal targets
- g) Using illegal techniques
- h) Turning away, running or avoiding combat
- i) Inactivity or poor conditioning
- j) Holding the ropes
- k) Needless or offensive verbal abuse by fighters or coaching staff
- l) Any other offense deemed inappropriate by the ICO Officials

#### **12. HAND WRAPPING & GLOVES**

**Hand Wraps and Gloves will be checked and signed off by ICO Officials or Supervisors.**

**ICO Officials reserve the right to refuse the use of any Wraps or Gloves deemed unfit for purpose.**

Bandages recommended for hand wrapping are Pro Hand Wrap Approved by the British Boxing Board of Control or similar. This is to be combined with Zinc Oxide Taping ONLY! No other Tape is allowed.

#### **13. TAPING**

Taping the hand for protection is allowed as follows:

One continuous winding on the hand at the wrist, strip taping the  
Back of the hand is permitted twice but must finish 1 inch  
(2.54cm) away from the knuckles. No tape or bumpers of any  
Kind is to be placed over the knuckles.

**ICO K1 RULES TITLE FIGHTS OR ELIMINATION BOUTS WILL  
HAVE NO DRAW! AND EXTRA ROUND MUST BE FOUGHT AND  
A DECISION MADE!**