



RULES IN BRIEF – K1 - FULL

SCORING:

1, 10-9 MUST SYSTEM

2, NO ELBOWS ALLOWED

3, NO KNEE TO HEAD ALLOWED – BODY ONLY

4, NO EXTENDED CLINCH – 1 OR 2 HAND TO HEAD
INSTANT STRIKE THEN RELEASE- NO PULLING HEAD
DOWN!

5, CATCH OR LEG TAKE IS ALLOWED BUT FIGHTER MUST
STRIKE AND RELEASE INSTANTLY AND NO! MOVING OF
OPPONENT.

6, NO THROWING OR DUMPING OPPONENTS

7, NO DIRECT ATTACKS TO JOINTS - LOW KICK TO THIGH
AND CALF ONLY!

8, 3 KNOCK DOWNS IN 1 ROUND = FIGHT IS OVER AND
4 KNOCKDOWNS IN WHOLE FIGHT = FIGHT IS OVER

WARNINGS:

1ST = VERBAL

2ND = VERBAL

3RD = MINUS POINT

4TH = DISQUALIFICATION

NOTE: REFEREE CAN JUMP LEVELS IF HE DEEMS IT NECESSARY.

REFEREE/ JUDGE DECISION IS FINAL.

EQUIPMENT/CLOTHING

10 oz Boxing gloves

Shin and Instep protectors

Head Guard

Groin Guard

Mouth Guard (gum shield)

Shorts Thai or MMA style

Chest Protection Ladies (optional)

Male bare top/Ladies vest top.