



K1 CONTINUOUS RULES IN BRIEF

K1 continuous is a controlled ring or mat based discipline.

The power level is **CONTROLLED STRIKES** to the head **ESPECIALLY FOR 12YRS AND UNDER**, heavier contact to the body is allowed but **NOT!** for **TKO or KO!**

A standing count can **ONLY** be given to a fighter for poor conditioning, i.e a fighter not fit or in good shape! For the fight and **NOT!** For a **knock down TKO or KO.**

Warnings are 2 x verbal then **YELLOW** card Then **RED** card = disqualification but referee may use discretion and jump to any level he or her see fit.

The above warnings are for any foul breaking of rules or excess power.

A yellow card may result in a minus point should Referee deem fit!

Scoring is based on clean offensive hits to a legal target, but defence, ring craft, fitness, range of technique applied may also be taken into account.

Scoring techniques = legal tech to legal target, Boxing. Kicks including Low kick **Thigh only!** , knee to **body only!**

No spinning heel kicks or heel axe kicks allowed

Single or double hand clinch one knee and instant release!

Catch or leg take instant strike or release to unbalance! No holding leg or moving opponent!

No elbows or spinning back fist

Scoring targets = front and side of head, front and side of body, inside and outside thigh's.

The SCORING is on a 10-9 must system and offensive and defensive fighting is scored.

Winner of round will get 10 points.

Loser of round will get 9 points.

A drawn round will see 10 points each.

An 8 count for poor condition will result in a 8 point round for that fighter.

A minus point will reduce score accordingly.

Duration of rounds: Elimination style competitions.

Kids 12yrs & under = 2 x 1 min

Jnr 13-15yrs = 2 x 1min

Cadet 16-18yrs = 2 x 1.5 min

Adult 19 -35yrs = 2 x 2 min

Adult 36yrs + Vets masters = 2 x 1.5 min

1 min rest may be used.

In event of a draw the 1 x extra round and decision must be made.

This may change on the day of competition at promoter's discretion!

Gala event titles will be contested over 5 rounds and time duration is the same as age limit stated above.

Equipment required:

Kids and Jnrs = 10 oz boxing gloves in good condition. **(NO SMALL COMPRESSED 10 OZ GLOVES ALLOWED)**

Adults = 10 oz Boxing gloves

Head Guard

Shin and instep

Groin guard Male/Female advisable

Mouth guard

Body armour(UNDER 16 yrs)

Shorts - no long pants

Club T shirt

