

WOMAA Ring Sports Rules

Supplementary K1 Rules added at the end of this section

Art. 1 Definition

Full contact is a discipline of kickboxing where the intention of a fighter is to beat his opponent with full power and strength. Punches and kicks must be delivered to legal targets with focus, speed and determination and the intent of creating solid contact. Punches and kicks are allowed to the front and side of the head, the front and side of the body (above waist) and sweeping is also allowed. The fight is held in a ring. The Referee is responsible for fighter safety and keeping to the rules, judges count legal techniques and note the points on official score sheets. Or can score the fight using clickers.

Art 2. Legal Target Areas

The following parts of the body may be attacked using authorized fighting techniques:

- Head, front and side
- Torso, front and side
- Feet, only for sweeping (ankle level only)
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Art. 3 Target Areas, Prohibited Techniques and Behaviour

It is prohibited to:

- Attack the throat, lower abdomen, kidneys, back, legs, joints, groin and to the back of the head or neck.
- Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder.
- Turn one's back on the opponent, run away, fall down, intentional

clinchng, blind techniques, wrestling and ducking below opponent's waist.

- Attack an opponent who is caught between the ropes
- Attack an opponent who is falling to the floor or is already on the floor; that is, as soon as one hand or knee touches the floor.
- Leave the ring
- Continue after the command "stop" or "break" or end of the round has been given.
- Oil the face or the body
- Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.

Art. 4 Legal Hand Techniques



The following hand technique may be applied: all boxing punches & superman punch

Legal Foot Techniques

- Front kick
- sidekick
- roundhouse kick
- heel kick (sole of the foot, use of the heel not permitted)
- crescent kick

- axe kick (sole of the foot, use of the heel not permitted)
- hook kick (sole of the foot, use of the heel not permitted)
- spinning kicks (sole of the foot, use of the heel not permitted)
- jump kicks

Art. 5 Sweeps

Foot sweeps (ankle level only), from outside to inside and vice versa to unbalance the opponent and following up with hand/kicking techniques or to bring the unbalanced opponent to the canvas or to touch it with any part of body apart from feet

Art. 6 Number of Kicks per Round and procedure for missed kicks

Each fighter is obliged to deliver a minimum of 6 kicks per round. He must clearly show the intention to hit the opponent with any kick. After the first round, the kick counter has to report to the central Referee who must inform the fighter if any missing kicks. He will have the chance to recuperate the missing kicks in the following round. If the fighter does not recover the missing kicks from first round he will receive 1 minus point = 2 clicks on opponents score. If the fighter delivers 6 kicks in the first round but does not deliver 6 kicks in the second round, the central Referee only informs the fighter so he can recover the missing kicks in the third round. If the fighter does not deliver the missing kicks in the third round, the central Referee will give him 1 minus point = 2 clickers on opponents score , clearly signalled to the judges.

If the fighter delivered the minimum 6 kicks in the first round and 6 in the second round, but doesn't deliver 6 kicks in third round, no matter how many kicks over 6 they delivered in the first and second rounds, the central Referee will give them 1 minus point= 2 clickers on opponents score .

For violation of this rule the central Referee can give a fighter a maximum of 2 minus points. = 4 clickers on opponents score.

(this is separate to any other violations)

Art. 6. 1. Kick-Counter

A kick-counter is a Judge /a person appointed by the Chief referee, who sits in neutral ring corners. The coaches must be able to see the counter. It is mandatory to use kick-counter in all WOMAA World and Continental Championships. It is also recommended to use this in all other WOMAA sanctioned tournaments. The kick-counter reports to the Referee after every round reporting any missing kicks.

The only responsibility of the kick-counter is to assure that the fighters

have delivered enough kicks (6) in each round. It is recommended to use boards.

Art. 7 Decisions and correct terminology

The decisions will be reached as follows:

☒ Victory via points: At the end of a bout, the Kickboxer who has obtained a victory by a majority decision from the judges is declared the winner (victory via majority vote). If both Kickboxers are simultaneously injured or KO'd and cannot continue the fight, judges will total up the points obtained by each fighter to that point, and the Kickboxer ahead by points will be declared the winner.

Victory via abandonment: if a Kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.

☒ Victory via stoppage, upon order of the Referee (TKO).

☒ Relegation: if a Kickboxer is relegated on the Referees advice, or if they receives excessive punishment, the fight will be stopped and the opponent declared the winner.

☒ Injury: if the Referee judges a fighter unable to continue the fight, due to an injury or any other physical reason, the fight will be stopped and the opponent declared the winner: The right to make such a decision is incumbent upon the Referee who can consult the doctor. Having done so, the Referee will follow the doctor's advice. When a Referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.

☒ Victory via disqualification: if a Kickboxer is disqualified, his opponent will be declared the winner. If both Kickboxers are disqualified, the decision will be announced accordingly. A disqualified Kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title at that competition in the course of which he has been disqualified.

☒ Victory by default: When a Kickboxer is present in the ring and ready to fight, and his opponent does not appear when announced by the announcer. After two minutes, the bell will ring and the Referee will declare the first Kickboxer the winner by default. The judges will be asked to annotate the score sheets accordingly; he will gather them and call the Kickboxer to the ring centre, and raise his hand as the winner.

☒ The 3 knock-down rule is valid, until the final bell in the 3rd round. This means that the fight will be stopped if a fighter has been knocked down 3 times in the same fight. The Referee declares the fighter TKO after the 3rd knock down.

NB A count of 8 is scored as 1 point / 1 click

Art. 8. Changing an official decision

All public decisions are definitive and cannot be changed unless:

- ☒ Mistakes which occurred in calculating the points are discovered;
- ☒ One of the judges declares he has made a mistake and switched the scores of the fighters; ☒ There are evident violations of WOMAA rules.
- ☒

The Observer/Organizer of the ring, with the help of the Appeal Board, will immediately handle all protests. After discussions, the representative of the Appeal Board will announce the official result.

Art. 9. Awarding of points

In awarding points, the following rules must be respected: Hand and foot techniques should be used equally during the entire fighting period. Foot techniques are only recognised when they clearly show the intention to hit the opponent with power. All techniques must be used with full power. Any technique which is partially deviated or blocked, or that simply touches, brushes or pushes an opponent will not be scored.

Art. 10. Concerning blows and the registering of scored techniques only

During each round, a judge will mark the respective score for each Kickboxer, according to the number of blows that each one has received. To count a punch or a kick as a blow must not be blocked or stopped. The value of registered blows in a fight will be counted at the end of each round and granted the better Kickboxer, according to his degree of superiority. Blows given by a Kickboxer will not be taken into account:

- if they are contrary to regulations
- if they land on the arms
- if they are weak and do not come from legs, body or shoulders.

Art 11. Concerning committed offences

During each round a judge cannot penalize each offence he sees, regardless of whether the Referee has noticed it or not. He has to call the Referees attention to that offense. If the Referee gives an official warning to one of the fighters, the judges must note it, writing W on the FOULS column on the scoring paper, but that does not mean a minus point to the other fighter. When a judge decides to give a minus point to a fighter, the judge will put a "-1" in the appropriate column next to the points the same fighter will receive at the end of the round, certifying thus, that he has to take away that point for the final score of the round .

Art. 12. Awarding points

For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance, power, the judge will note 1 mark on the back side of the scoring card or at the clicker.

At the end of each round, the judge will count the number of points scored and will give to the better fighter his judgment according to following scale:

☒ 1-7 mark difference = 10-9 ☒ From 8 marks and up = 10-8

It is mandatory for all judges to use clickers. The judge must write the number of marks on the back of the scorecard after every round.

At the end of the match, the judge will sum the points given (all 10-10 or 10-9 or 10-8) per round and name the winning fighter who has the larger sum of points. The judge must make a circle around the fighter's name.

If the match ends in a draw (equal points after 3 rounds), to determine a winner, a judge has to take into consideration (in the following order):

☒ Who was better in the last round: If a fighter has scored 1 or more marks in the last round, meaning that he actually won the round 10-9, he will be declared the winner. The reason is that this fighter shows better offensive style, condition, endurance and stamina.

☒ Number of total marks: If all the rounds are equal the judges will add up the total number of click points throughout the bout. (If no difference go to line below.... **Using Remarks**

☒

These remarks according to the official scorecards are: ☒ Better in the last round

☒ More active/ aggressive

☒ More kicks

☒ Better defence

☒ Better style and techniques

Art. 12. 1. Using the back of the scorecards:

If the number of points scored in a round are equal, the judge uses the remark section on the back of the scorecard to express his opinion after each round.

When a fighter spits out his mouth-guard voluntarily, the central Referee should stop the fight immediately and count him as per a knock down.

12. 2. Penalty:

- Warnings will be carried through the match to all rounds
- Verbal Warning may be given at any time by the referee

- 1 st violation - Official Warning

- 2nd violation - Award penalty point -1 3rd violation - Award penalty point -1 4th violation - Disqualification

Art. 12. 3. Criteria for minus points

- unclean fighting style
- constant clinching
- constant and continuous ducking, turning of the back too few foot techniques
- three warnings
- any violation of the rules
-

Art. 13 Offences

A fighter who does not obey the Referee' s orders; who violates regulations, who demonstrates unsportsmanlike behaviour or who commits offences, can receive a caution, warning or be disqualified by a Referee without an official warning. Only 3 official warnings can be given to a fighter in the course of the entire bout. The third warning will automatically mean DISQUALIFICATION (the procedure starts from warning, 1st official warning, 2nd official warning 1 minus point and, third official warning and consequent disqualification of the fighter).

Art. 14. Warnings given to the second count against the Kickboxer.

A Referee may, without stopping the fight, give a caution to a Kickboxer at any moment. If he wants to give a warning to a Kickboxer, he will stop the fight and announce the offence. He will show it to the

three judges, pointing with his finger to the kickboxer at fault.

The following actions are considered fouls:

- Punching below the belt, hooking, tripping, and hitting with knees or elbows.
- Butting with head, shoulders, with forearms and elbows, strangling the opponent, crushing his face with arm or elbow, pushing his head outside the ropes.
- Hitting with open gloves, with the inside of the gloves, with a wrist.
- Hitting the opponent' back, and particularly on the nape of his neck, head and kidneys. Attacking while holding the ropes or using them improperly
- Lying down, wrestling or not fighting at all
- Attacking an opponent who is on the floor or getting up
- Clinching
- Hitting while hooking the opponent, or pulling the opponent into the blow.
- Hooking or holding opponent's arm or putting an arm underneath the arm of the opponent. Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter.
- Using artificial means for a passive defence and falling down intentionally in order to avoid a blow. Using insulting and aggressive language during a round.

Refusng to withdraw after the order "BREAK". (definition of difference of break and stop, Break both fighters take a step back and then fight on straight away, Stop fighters stop until instructed to fight again by Referee)

- Trying to land a blow on the opponent, immediately after a "BREAK" order and before withdrawing. Assailing or insulting the Referee at any time
- When a warning for a particular foul has been administered, for example a clinch

The Referee will not caution the kickboxer again for the same offence.

An official warning will follow and a third caution for the same foul will go into a minus point. If a Referee thinks that an offence has been committed without his knowledge, he will have to consult the judges

Art. 15. On the floor

A kickboxer is considered "on the floor" if:

- ☒ If they touch the floor with a part of their body other than their feet following a blow or series of blows.
- ☒ If they hopelessly hang onto the ropes after a blow or a series of blows.
- ☒ If they find themselves outside the ropes, partly or completely, after a blow or a series of blows.
- ☒ If, after a violent blow, they have not fallen to the floor or into the ropes, but is in a state of semi-consciousness and, in the Referees opinion, not able to continue fighting.
- ☒ In the case of a KO, the Referee must immediately start counting out the seconds. When a kickboxer is on the floor, his opponent must instantly go to the neutral corner, shown by the Referee. They will only continue the fight with his fallen opponent when the latter has risen, and when the Referee has ordered the continuation of fighting. If the opponent does not go to the neutral corner following the Referees order, the Referee will stop the count until that order is executed. The count will then be continued where it was left.

When a kickboxer is on the floor, the Referee will count from 1 to 10 with a second interval between each number, and will indicate each second with his fingers so that the fallen kickboxer knows how many seconds have already been counted. One second must pass from the moment the kickboxer falls down to the start of the count.

When a kickboxer is on the floor due to a blow, the fight will not continue before the Referee has counted to 8, even if the kickboxer is ready to continue the fight before that time. If the kickboxer doesn't raise his hands the Referee will continue to count until "10", the round will be finished and a KO declared. If a kickboxer is on the floor at the end of a round, the Referee will continue the count even if the bell

rings. If the Referee counts to 10, the kickboxer will be declared loser via KO.

If a kickboxer is on the floor after having received a blow and the fight continues after the count out of 8 seconds, but the kickboxer falls back on the floor without receiving a new blow, the Referee will resume the count, starting at 8.

If both Kickboxers fall at the same time, the count will continue on as long as one of them is still on the floor. If they both remain on the floor after 10 seconds, the bout will be stopped and decision given, considering the points granted before the KO. This will not be applied in PRO bouts unless the third round is over. Otherwise a NO CONTEST will be declared between the two fighters. A kickboxer who does not resume the fight after the break or after a KO loses the fight.

Art. 16. Procedure after KO, RSC, RSC-H, Injury

If a fighter gets injured in a fight the doctor is the only person that can evaluate the circumstances.

If a kickboxer remains unconscious, only the Referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.

Art. 16.1. Procedure if KO, RSC, RSC-H, Injury

A kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.

A kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents them from continuing, they will not be allowed to take part in another competition or bout for a period of at least 4 weeks after the KO.

A kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, two times in a period of 3

months, will not be allowed to take part in another competition or bout for a period of at least 3 months after the second KO or RSC-H. A kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents them continuing three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO or RSC-H.

To above mentions quarantine periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can further on extend the quarantine period.

A quarantine period means that a kickboxer can not take part in any competition in kickboxing no matter what the discipline is. The quarantine periods are "minimum period" and can not be overruled even though a head scan shows no visible injuries.

The Referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or Referee has stopped the bout due to the Kickboxer's inability to resume the fight because of head blows.

The same has to be reported by the Chief Referee on duty in that ring on the fighter's WOMAA SPORT PASS. This is also the official result of the fight and it can not be overruled. Before resuming kickboxing after a ban, as described in the above paragraphs, a kickboxer will, after a special medical examination, have to be declared fit to take part in competition by a sports doctor.

When registered a KO or RSC-H a kickboxer must get a CT-Scan of the head.

Art. 16.2 Procedure if injuries in general

In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.

A doctor can require immediate treatment at a hospital

If a kickboxer or delegates from the Kickboxers nation denies doctors medical advice, the doctor reports in written form immediately to chief Referee or to a WOMAA delegate that all medical responsibility are denied and are in the hands of the kickboxer and his team.

However the official result and a quarantine given is valid

Art. 17. Use of Drugs

Any drug or chemical substance ingested by a kickboxer, that is not included in the Kickboxer's normal diet, is forbidden. Any kickboxer or official violating this code may be disqualified or suspended.

Any kickboxer refusing to submit to a medical examination or doping test after a fight, in order to verify that he has not broken this rule, may be disqualified or suspended. The same will occur for an official encouraging such a refusal.

The use of local anaesthetics is allowed, if agreed by a doctor from the Medical Committee.

The WOMAA Int'l organization refers to and adopts all WADA Doping Rules.

Art. 18. Medical aptitude

A fighter will be allowed to fight in an International competition only after having been declared fit for it by a sports doctor, recognized by the WOMAA recognized Organization under whose name the competition takes place, or by the Medical Committee of the organization during International Championships.

All Kickboxers fighting abroad will need to have a medical and weight check prior to the competition . One-eyed, deaf, mute and epileptic fighters are not allowed in kickboxing. Hard contact lenses are forbidden while the kickboxer is in the ring.

A kickboxer will not be allowed to take part in a bout if he has a bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included.

Art. 19. Doctors Aide

A qualified doctor must be present throughout the competition and must not leave his place before the end of the last bout or before

seeing the Kickboxers who have taken part in it. In a tournament there must be ambulance personnel on site.

Art. 20 Age limit of Kickboxer

Kickboxer younger than 18 and older than 45 will not be allowed to take part in Senior Championships. For the women the allowable ages are from 18 to 45 also.

Kickboxer younger than 16 and older than 18 will not be allowed to take part in WOMAA Junior Championships. For the women the allowable ages are from 16 to 18 also.

Additions to Rules above are listed below in respect of the **K1 Ring sports**

Art. 21 K1 RULES

K1 rules will follow the same rules as Full contact apart from

The fighter will:

Wear shorts, not long pants

Wear shin and instep NO SHIN AND SEPERATE BOOT ALLOWED

Fighters can administer legal kicks roundhouse style to all parts of the legs ,which maybe any area on the thigh . Can use the knees to thighs, body or head (No head contact for Juniors)

Can use spinning backfist (Not allowed for Juniors)

Can clinch with both hands for a maximum of 5 seconds , however the fighters will be stopped if the clinch is deemed to be a non working clinch

(1 strike is only allowed in clinch), Clinch can be around the neck or the upper back.

No throwing allowed.

No elbows allowed .

No Thai oils etc allowed ,

No contact to the front of the face with forearms or elbows

Fighters can not enter the ring with any Thai regalia such as Mongkon or prajeet.

The Referee may:

put the hands on the back of each fighter to give the command of break when in a clinch

Ensure ALL Ring sport fighters take one step backwards when told to break

ALL RINGSPORT BOUTS WILL BE 3 X 2MIN ROUNDS

Art. 22 Ring Sports / Obligatory safety equipment:

Obligatory safety equipment: head protection, mouth-guard, breast protection (mandatory for female fighters), gloves for contact sports (10 Oz), groin protection, shin guards and foot protection. No taping of foot protection allowed, no metal parts allowed in any fighting equipment.

Hand wraps are used for wrapping the fist to avoid injuries. Using hand wraps are mandatory. Hand wraps are 250 cm long and 5 cm wide cotton strips without sharp edges. Hand wraps will be fastened on the upper part of fighter's wrists with self-adhesive cotton-base strips; maximum length 15 cm and width 2 cm. No taping allowed across the knuckles.

Uniforms are the same for seniors and juniors, naked torso for men and long pants, sport top and long pants for women. **All K1 fighters must wear shorts.**

Art. 23. Male weight categories

Light bantam -51 kg

Bantam weight -54 kg

Feather weight -57 kg

Light weight -60 kg

Light welter-weight -63.5 kg

Welter weight -67 kg

Light middle-weight -71 kg

Middle weight -75 kg

Light heavy weight -81 kg

Cruiser weight -86 kg

Heavy weight -91 kg

Super heavy weight +91 kg

Art. 24 Female weight categories

Bantam weight - 48 kg

Feather weight - 52 kg

Light weight - 56 kg

Middle weight - 60 kg

Light heavy weight - 65 kg

Heavy weight - 70 kg

Super heavy + 70 kg

Juniors weight classes are the same as for seniors