

WKU BC Kick Light Rules



1. **Contact**
2. **Appropriate Power**
3. **Competitors Uniform**
4. **Required Equipment**
5. **Duration of Bout**
6. **Availability to Compete**
7. **Referee's Responsibilities**
8. **Judge's Responsibilities**
9. **Start of the Bout**
10. **End of a Bout**
11. **What is a Point?**
12. **Attacking Tools**
13. **Legal Techniques**
14. **Legal Targets**
15. **Illegal Techniques**
16. **Illegal Targets**
17. **Point Values**
18. **Competitor Safety Penalties**
19. **Unsportsmanlike Conduct Penalties**
20. **Injury**



1. Contact

- **Kick Light Continuous Fighting is not full contact.**
- Techniques must always be thrown with appropriate power as defined in Section 2.
- Excessive contact is defined as any contact that:
 - Snaps the opponent's head back.
 - Causes injury.
 - Dangerous techniques that miss.
- Excessive contact may result in a warning or disqualification depending on the severity as determined by the center referee.
- A maximum of two contact warnings can be given before mandatory disqualification.
- Accidental contact will not be penalized if it is determined that the opponent's own actions contribute significantly to the contact.

2. Appropriate Power

- Ages 12 and under
 - Head: **No Contact**
 - Body 30% power
- Ages 13-17
 - Head: 20%
 - Body: 40% power
- Ages 18+
 - Head: 30% power
 - Body: 60% power

3. Competitor's Uniform

- The competitors must be wearing a clean and proper uniform
- T Shirts are permitted
- Muay Thai Shorts or equivalent are permitted.
- Traditional uniforms are permitted
- In the absence of a belt, the uniform top needs to be tucked into the pants. The waistline must always be visible.
- Competitors are not allowed to wear any metal objects that may cause injury to their opponent; piercings, chains, watches, or earrings are not allowed.
- Badges of the respective club, associations, or sponsor along with names, slogans are permitted if they do not offensive
- Long hair must be tied back with an elastic band.
- Hairgrips are not allowed.
- Fingernails and toenails must be trimmed and clean.

4. Required Equipment

- Adults – 16oz boxing gloves (Velcro only, no ties)
- Note: WKU Nationals and WKU Worlds will require 10oz gloves for adults
- Juniors – 10oz boxing gloves (Velcro only, no ties)
- Mouthguard
- Cup (males)
- Shin and instep (vinyl or leather, no cloth)
- Headgear that covers the back of the head

5. Duration of a Bout

- One Two Minute Round

6. Availability to Compete

- Once the Centre Referee calls a competitor that is not ready or is missing or does not have the proper equipment, the four (4) minutes rule applies.
 - After the first minute, the competitor receives the first warning.
 - After the second minute, the competitor receives a second warning.
 - After the third minute, the competitor receives a minus point.
 - After the fourth minute, the competitor shall be disqualified.
 - Time starts when the competitors name is announced over the PA



7. Referee's Responsibilities

- The center referee's primary responsibility is to ensure the safety of both fighters.
- The center referee shall ask the medic to inspect a competitor's injuries even if they seem minor and try to monitor the injury throughout the competition.
- The center referee has the sole authority to disqualify a competitor (See Sections 18 and 19)
- The center referee must check the competitor's safety equipment or assign one or more judges to do the check.
- Competitors who don't allow the referee to check their equipment will be disqualified.
- The wearing of groin protection will be checked verbally.
- Only the center referee starts and stops the match, issues warnings or disqualifications.
- Center referees must communicate clearly with the judges and timekeeper.
- The clock must continue to run throughout the match until the center referee requests from the Timekeeper to "Stop the Time". (In case the competitor needs to fix their gear or when a warning is being issued)
- The center referee may "break" the fight momentarily without stopping time if the fighters are clinched or out of bounds.
- If a competitor is out of condition they will receive a warning, at a second time the center referee shall stop the clock and consult the judges. The center referee then has the option to stop the competition with an RSC (Referee Stopping Contest)
- The center referee has the power to call time-outs. A Competitor can ask for a time-out (to fix safety gear or a possible injury) but it is the decision of the Centre Referee to issue one.
- A center referee must verify that the winner of each match is correctly recorded by the scorekeepers.

8. Judge's Responsibilities

- Determines the winner of the bout is using a 10 point must based on the fighter who demonstrates the best technique and scores the most points.
- Judges will record points on handheld clickers to help in making an informed decision.
- If the points are even at the end of a match judges will consider the following two criteria to determine the winner:
 - Fighting spirit and initiative
 - Effective parries and counterattacks
 - Which fighter demonstrated the best technique.
- Judges must choose a winner for each bout (no ties)
- In the event of a time out due to equipment or injury one judge will ensure the other fighter stands in a neutral corner and is not being coached.

9. Start of a Bout

- The center referee shall stand in the center of the fighting area/matts facing the timekeeper table.
- The three (3) judges shall be seated in the corners of the mat.
- Once the Competitors have been approved by the center referee on their safety equipment the bout is ready to begin
- The center referee shall check that the coaches and the judges are in their respective positions and the Timekeeper is ready to start.
- The center referee shall ask that the Competitors to touch gloves and then back up to their red or blue starting positions.
- The center referee shall demand to start the time and immediately order the competitors to “Fight”.

10. End of a Bout

- The match is over only if the Centre Referee says “time” due to
 - Elapsed Time
 - Injury of a competitor
 - Surrender of a competitor
 - Disqualification of a competitor
- The decision by the medic on the fitness of a fighter to not continue is final.
- The Timekeeper can also throw in a belt close to the Center Referee’s feet when the time expires.
- Three (3) judges will determine the winner as previously described.
- When the match is over, the Centre Referee will take the hand of each Competitor and raise the hand of the winner while announcing his/her name.

11. What is a Point?

- To score points all effective legal kicks or punches must hit directly without being blocked or parried on any legal area. For punches, the technique must be issued from the striking zone of the closed glove.
- A point(s) is a Martial Art technique executed by a competitor.
 - Dynamically
 - with control & recoil
 - with accuracy (targeting a legal area while having that area in clear vision)
 - with the correct attacking tool
 - Speed
 - Balance (if a competitor is pushed, he/she can still score if executing a correct technique while losing balance)
 - Appropriate Power according to the age as defined in Section 2



12. Attacking Tools

- Fist (Front of Fist only)
- Foot (Instep, Heel, Sole, Ball of Foot)
- Shins

13. Legal Techniques

- Jab, Cross/Reverse Punch
- Hook
- Uppercut,
- Back Fist
- Front Kick
- Side Kick
- Spinning Back Kick
- Roundhouse/Turning Kick
- Hook Kick
- Crescent Kick
- Axe Kick
- Sweeps and spinning sweeps (no higher than the ankle)
- All previously listed kicks while jumping or spinning.
- Low Roundhouse/Turning Kick with the instep to the opponent's thigh.
- Holding the leg for one second

14. Legal Targets

- Front and sides of head and face
- Front and sides of the body above the waist.
- Sweeps below the ankle.
- Outside and inside of the thighs (kicks only)

15. Illegal Techniques

- Palm Hand
- Ridge Hand
- Blind techniques (eg. Spinning Backfist)
- Knife Hand
- Elbow and
- Knee Strikes
- Throws
- Pushing with arms or gloves,
- Head Butts
- Biting
- Spitting
- Verbal abuse to the Referees or his/her opponent
- Excessive contact
- Aggressive behavior
- Running out of the ring
- Strikes with Shins
- Foot Sweeps above the ankle

16. Illegal Targets

- Groin
- Punches below the waist
- Back of the body
- Back of the head

17. Point Values

- Points will be recorded on the handheld clicker.
- Any hand techniques scores as 1 point
- Foot Sweep scores as 1 point (a foot sweep or spinning sweep must be made in an upright position and make contact to their opponent's leg below the ankle and ONLY to the inside of the foot or heel to heel. The opponent is swept if his/her balance is broken and at least three (3) parts of his/her body touch the mats.
- Kick to the body scores 1 point
- Kick to the head scores 2 points
- Jump kick to the body scores 2 points.
- Jump kick to the head scores 3 points.



18. Competitor Safety Penalties

- A penalty can be a warning or disqualification.
 - First penalty – warning
 - Second penalty – warning
 - Third penalty – automatic disqualification
- A disqualification can occur on any infraction if it is deemed dangerous or excessive by the center referee.
- A penalty will be issued for the following (hand signal)
 - Excessive Contact– (Punch the palm)
 - Striking an illegal area – (Show the illegal area)
 - Blind technique – (Turn the body and strike a punch or kick)
- Penalties should also be verbalized.
- The center referee must tell the timekeeper to “Stop Time” to issue a penalty.
- Every official penalty given to a competitor shall be recorded with the letter W (warning) or D (disqualification) under “Safety Penalties” on the scoreboard to indicate that the competitor has received a penalty.

19. Unsportsmanlike Conduct Penalties

- A penalty can be a warning or disqualification.
 - First penalty – warning
 - Second penalty – warning
 - Third penalty - warning
 - Fourth penalty – automatic disqualification
- A penalty will be issued for the following (hand signal)
 - Running out of bounds (hand sweep toward outside)
 - Avoiding the fight – (hand sweep toward outside)
 - Repeated clinching – (hold your own arm and pull)
 - Striking a downed opponent (punching downward)
 - Speaking during the fight – (Fingers and thumb open and close)
 - Verbal abuse by a coach - (Fingers and thumb open and close)
- Penalties should also be verbalized.
- The center referee must tell the timekeeper to “Stop Time” to issue a penalty.
- Every official penalty given to a competitor shall be recorded with the letter W (warning) or D (disqualification) under “Conduct Penalties” on the scoreboard to indicate that the competitor has received a penalty.



20. Injury

- The center referee, the competitor or the coach is not to determine the seriousness of an injury – the judgment of the injury will always lie with the medic.
- If one of the competitors is injured and the fight is over because of a foul, the injured competitor is declared the winner.
- In the case of an accident, the competitor with the highest number of points is declared the winner. If the score is a draw, the uninjured competitor is declared the winner.
- If an injury occurs and it is discovered that the competitor was not wearing the correct safety equipment, he/she will be disqualified.