

WKU BC Kick Light Rules



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1. Contact

- **Kick Light Continuous Fighting is not full contact**
- Techniques must be controlled at all times.
- 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, penalty point or disqualification depending on the severity as determined by the center referee.
- Accidental contact will not be penalized if it is determined that the opponent's own actions contribute significantly to the contact.

2. 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
- The waistline must always be visible.
- In the absence of a belt, the uniform top needs to be tucked into the pants.
- 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 offend public decency
- Headbands, hairnets, durags and scarves are optional
- Long hair must be tied back with an elastic band.
- Hairgrips are not allowed.
- Fingernails and toenails must be trimmed and clean.

3. 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
- Headgear that covers the back of the head

4. Duration of a Bout

- One Two Minute Round

5. 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.

6. Referee's Responsibilities

- The center referee must check the competitor's safety equipment.
- Competitors who don't allow the referee to check their equipment will be disqualified.
- The wearing of breast and groin protection will be checked verbally.
- Only the center referee starts and stops the match, issues warnings and minus points.
- Communicates clearly with the umpires and timekeeper.
- 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 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)
- Only the center referee has the authority to stop the fight.
- The center referee has the authority to disqualify a competitor who receives four (4) warning points.
- 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.

7. Judging

- The winner of the bout is determined by the number of points scored and the number of minus points.
- Points will be recorded on handheld clickers
- 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
- The winning fighter of a round gets 10 points, his/her opponent 9 points.
- Judges must choose a winner for each bout (no ties)

8. Start of a Bout

- The center referee shall stand in the center of the fighting area/matts facing the timekeeper table.
- The three (3) umpires/judges shall be seated in the center of each side of the mat facing the timekeeping table.
- 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 seated 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”

9. 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 Competitors’ 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.

10. 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 and weight categories



11. Attacking Tools

- Fist (Front of Fist only)
- Foot (Instep, Heel, Sole, Ball of Foot)
- Shins are not a legal attacking tool

12. 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.

13. Legal Targets

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

14. Illegal Techniques

- Palm Hand
- Ridge Hand
- Spinning Back Fist
- 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



15. Illegal Targets

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

16. 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.

17. Penalties

- A penalty can be a warning, a minus point or disqualification.
 - First penalty – warning
 - Second penalty – warning
 - Third penalty – minus one point from each judge's final score
 - Fourth penalty - disqualification
- A minus point or 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)
 - Contact too strong – (Punch the palm)
 - Striking in an illegal area – (Show the illegal area)
 - Blind scoring – (Turn the body and strike a punch or kick)
 - Holding or Grappling – (Hold your own arm and pull)
 - Avoiding the fight – (Similar)
 - Running out of bounds (hand sweep toward outside)
 - Striking a downed opponent (punching downward)
 - Speaking during the fight – (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, caused by a “foul”, shall be marked with the letter W (warning) M (minus) or D (disqualification) under “fouls” on the scorecard to indicate that the competitor has received a penalty.



18. Injury

- The center referee 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 innocent 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 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)
- N.B.: This rule also applies for continuing crying in the KIDS Sections
- If an injury occurs and it is discovered that the competitor was not wearing the correct safety equipment, he/she will be disqualified.