



INTERNATIONAL SPORT KARATE & KICKBOXING ASSOCIATION

“Since 1986 Setting the Worldwide Standard for Professionalism and Integrity”

AMATEUR KICKBOXING STANDARDS AND PROTOCOLS

Event Advertising

- All advertising must make it clear and obvious that the event is an AMATEUR competition. All advertising is subject to approval of the sanction body

Insurance

- Health and Accidental Death Benefit Policy for Athletes: \$10K minimum / \$500 deductible. Claims forms with the promoter information and policy number already written in shall be provided to the ringside physician prior to the start of the event. The promoter is responsible for the payment of the deductible amounts for any injured athletes if their personal insurance doesn't cover said medical expense.
- General Liability Insurance Policy naming sanction body as co-insured: \$1 Million per claim / \$5 Million aggregate minimum

Medical

- All fighters will receive an onsite physical examination clearing them to compete performed by a medical doctor (MD or DO). All female fighters will be required to take a pregnancy test. Pregnant women will not be allowed to compete.
- There will be a minimum of one medical doctor (MD or DO) at ringside during all bouts. It is highly recommended that two physicians be in attendance so that if one must leave ring-side the event may continue. Competition may not occur in the ring if the physician is not present at ringside.
- There will be a minimum of two licensed paramedics or EMT's in attendance at the event with at least one of these present at ring-side while competition is occurring in the ring. These paramedics/EMT's will have in the facility, at ringside all equipment necessary for treatment and or transportation of an injured athlete, including: Oxygen, Backboard and Neck Collar.
- There will be an ambulance (mobile medical unit) on site at all times during the event. If an athlete needs to use the ambulance for transport to the hospital another unit must arrive before the competition can continue.

Fight Card

- The fight card (matches) will be submitted to the sanction body in advance for approval. The matches will be evaluated by the event supervisor to make certain that the matches are suitable. Any changes to the fight card will be subject to the approval of the event supervisor. The promoter is responsible for guaranteeing that each fight camp is fully informed regarding their opponent, the weight limit set for the match, the length of the match, the specific rules governing that match and the general event schedule (mandatory report times).

WEIGHT DIVISIONS AND PERMISSIBLE INTERDIVISIONAL WEIGHT SPREADS

<u>DIVISION</u>	<u>WEIGHT LIMITS</u>	<u>NO MORE THAN</u>
ATOM	(108 LBS/49.1 KG & BELOW)	4 LBS
SUPERATOMWEIGHT	(108.1 – 111 LBS 49.2 –50.5 KGS)	4 LBS
FLYWEIGHT	(111.1 – 114 LBS/50.6-51.8 KGS)	4 LBS
SUPERFLYWEIGHT	(114.1-117 LBS/51.9-53.2 KGS)	4 LBS
BANTAMWEIGHT	(117.1-120 LBS/53.3-54.5 KG)	5 LBS
SUPERBANTAMWEIGHT	(120-124 LBS/54.6-56.4 KG)	5 LBS
FEATHERWEIGHT	(124.1-128 LBS/56.5-58.2 KG)	5 LBS
LIGHTWEIGHT	(128.1-132 LBS/58.3-60.0 KG)	6 LBS
SUPERLIGHTWEIGHT	(132.1-137 LBS/60.1-62.3 KG)	6 LBS
LIGHT WELTERWEIGHT	(137.1-142 LBS/62.4-64.5 KG)	6 LBS
WELTERWEIGHT	(142.1-147 LBS/64.6-66.8 KG)	7 LBS
SUPERWELTERWEIGHT	(147.1-153 LBS/66.9-69.5 KG)	7 LBS
LIGHT MIDDLEWEIGHT	(153.1-159 LBS/69.6-72.3 KG)	7 LBS
MIDDLEWEIGHT	(159.1-165 LBS/72.4-75.0 KG)	8 LBS
SUPERMIDDLEWEIGHT	(165.1-172 LBS/75.1-78.1 KG)	8 LBS
LIGHT HEAVYWEIGHT	(172.1-179 LBS/78.2-81.4 KG)	8 LBS
LIGHT CRUISERWEIGHT	(179.1-186 LBS/81.5-84.6 KG)	9 LBS
CRUISERWEIGHT	(186.1-194 LBS/84.7-88.2 KG)	9 LBS
SUPERCRAISERWEIGHT	(194.1-202 LBS/88.3-91.8 KG)	9 LBS
HEAVYWEIGHT	(202.1-212 LBS/91.9-96.4 KG)	12 LBS
SUPERHEAVYWEIGHT	(212.1 LBS/96.5 KG & ABOVE)	20 LBS

- Amateur status as a kickboxer requires that the athlete HAS NOT competed as a professional (paid to perform) in ANY combat sport or full contact martial art. Amateur status is subject to approval of the sanction body.
- Matches will not be scheduled for more than five rounds with each round lasting no more than two minutes. There will be a rest period of one minute between each round. Generally, bouts will be scheduled for three, two-minute rounds with title bouts being scheduled for four rounds (state / regional titles) or five rounds (national / continental / world titles).
- Fighters 18 years and older do not fight minors (17 years and under). All minor matches are subject to approval. Minor matches must meet established weight spread requirements and age spread requirements (not more than 18 months difference in age). Minor match fighters must each provided a liability release signed by a parent or legal guardian.

- Fighters 35 and over may be subject to additional medical testing requirements.

The Weigh-in Event

- The weigh-in event will be scheduled in advance and held in a suitable facility. The promoter is responsible for providing pens for fighter registration, an approvable scale for the weigh-in, an approved Physician to administer the fighter physicals and a pregnancy test for each female athlete.
- All fighters are responsible for filling out a fighter license application, signing a liability waiver and providing complete and accurate medical information on the physician's form.
- Sanction body representative or must be present at the weigh-in event.
- A full rules-meeting for the fighters and trainers covering the rules of the ring as well as ring-side and locker room protocols must be provided.

Officials

- All officials will be assigned by the sanction body. Only certified officials will be used. This will include an Event Supervisor, at least one Referee, Three Judges, a Timekeeper, a Scorekeeper and approved Locker Room Inspectors. The sanction body will determine the fees for these officials and collect these fees in advance from the promoter for distribution after the event.

Security

- The promoter is responsible for arranging for enough security personnel to adequately guarantee a safe and controlled event environment.

Event Credentials

- Promoter will arrange for event credentials to be available for staff, officials, fighters, trainers and press. For the security of the event, anyone who enters ring-side should have an appropriate ring-side credential. The same is true for the locker-rooms. Only licensed fighter, trainers, event staff and officials will be allowed in the locker rooms. You may use credentials on lanyards, wristbands or a combination of both. Promoter should have personnel prepared to distribute these credentials at the venue entrance prior to the report time for the fighters.

The Ring

- The ring shall be a regulation Boxing ring not less than 17 feet (5.3m) square within the ropes. The ring floor shall extend beyond the ropes not less than 18 inches (.58m). The ring floor shall be padded in a manner as approved by the ISKA. The ISKA recommends a one inch (1") layer of Ethafoam which is a closed-cell product manufactured by Dupont. Padding must extend beyond the ring ropes and over the edge of the platform. The ring platform shall not be more than four feet (4') above the floor of the building and shall be provided with suitable steps for use by fighters. Ring-side tables must be no higher than ring platform level on elevated rings; no ringside tables will be permitted next to floor level on non-elevated rings. Ring posts shall be metal not more than four inches (4") in

diameter extending from the floor of the building to a height of 58 inches (1.6m), (4'10") above the ring floor, and shall be properly padded. The ring ropes shall be a minimum of three in number and not less than one inch (1") in diameter. The lower rope shall be 18 inches (.5m) above the ring floor, the middle rope 35 inches (.9m) above the floor, the upper rope 52 inches (1.3m) above the floor. The lowest rope shall have applied around it padding of a thickness not less than one-half inch (1/2") and of type and construction to be approved by the ISKA. All rope ties will be vertical, approximately 6 feet apart, made of a soft material.

- The ring should be surrounded on all sides by rectangular tables pressed up against the ring and chairs. These seats are reserved for officials, and production staff. The promoter will provide three raised chairs (bar stools with seat backs are suitable) for the judges. There will need to be a buffer zone of no less than 6 ft. measured from the back of the official's chairs at ring-side to the barricade separating ring-side from the paid spectators. This barricade safeguarding the ring-side area is required. During the event, no alcoholic beverages may be served or consumed with-in the ring-side zone. The Event Supervisor will designate the exact seating for the official ring-side personnel which will include the Event Supervisor, Time Keeper, Score Keeper, Three Judges, the "off" Referee, the Shadow Officials, the Event Physicians, the EMT's, The Fighter's Seconds and The Ring Maintenance Personnel. A space must be reserved within the barricaded ring-side area for the emergency stretcher and EMT medical supplies.

Ring Equipment

- The promoter of the event will provide all necessary ring equipment including stools, subject to the approval of the ISKA, for use by fighters and seconds at all events. There will be a bell at the ring, no higher than the floor level of the ring. The bell will be clear in tone so that the fighters may easily hear it when it is sounded. There will be a clacker or hammer, a whistle and at least two stop watches.

Sanitation

- All promoters are held responsible for ensuring acceptable sanitary standards are met, with respect to dressing rooms, showers, water bottles, towels or other equipment. Physicians and ISKA Representatives are to make a particular examination at every event for violations of these rules. The ring must be swept, dry-mopped, or otherwise adequately cleaned before the event and prior to the fights.

Fighter Equipment

- The wrapping of hands or feet is not mandatory. Fighters who wish to wrap their hands or feet shall be responsible for their own gauze and tape or approved commercial hand wraps. Gauze shall be of the soft or soft-stretch type, and shall not exceed 2 inches in width. Tape shall be of the soft adhesive type and shall not exceed 1.5 inches in width. One ten yard roll of gauze, and not more than two yards of tape, is the maximum allowable amounts for each hand. Gauze shall be for the protection of the hand only, and the amount shall be the discretion of the Event Supervisor. Tape shall be present only to hold the gauze in place, with NO TAPE allowed over the front of the knuckles (striking surface) and only 1 strip between the fingers not to exceed 1/4 in width and 4" in length. Up to twelve (12) feet of tape may be used to wrap each foot and ankle. The Event Supervisor, or his designee, must inspect all hand and foot wrappings, and must sign across the knuckles of the hand wrappings before the gloves are secured on the hands.

- Neoprene or Elastic knee braces may be worn if there are no plastic or metal braces, hinges or joints.
- Neoprene or Elastic ankle supports may be worn or a moderate amount of tape may be used subject to the approval of the event supervisor.
- The Promoter will provide regulation 10 oz. boxing gloves in good condition will be worn. Minor fighters may be required to wear larger or more padded gloves subject to the approval of the event supervisor. All gloves will be secured by approved tape.
- The Promoter will provide all Amateur fighters with approved Headgear designed to lessen the impact of strikes directed to the head and reduce the likelihood of cuts.
- All fighters will wear an approved mouthguard.
- All male fighters will wear an approved groin protector
- The Promoter will provide approved shin and instep pads.
- No rings, jewelry, or items other than those authorized may be worn. Elbow pads and forearm pads shall not be worn. All piercing shall be removed prior to leaving the locker room.

Fighting Rules

Kickboxing is contested under several sets of rules representing unique “styles” of the sport including, Full Contact, Freestyle, Oriental, Muay Thai and San Shou. In all of the styles the following would be considered fouls (note some exceptions indicated below in parenthesis).

- Head butting.
- Striking with the elbow to any target
- Striking with the knee to the head.
- Striking or kicking to the groin.
- Intentional striking or kicking to the back of the head, the neck, or to the throat.
- Special foul rules exist concerning the spinning backfist. As with all other hand strikes, this technique must be executed with the padded knuckle section of the glove. On the first attempt that strikes with the forearm or bottom fist (hammerfist), the referee must declare a 1-point penalty; each successive similar foul will again result in at least a 1-point penalty. The first spinning backfist attempt that lands with the elbow will result in a 2-point penalty; any successive attempts that land with the elbow will result in a 2 or 3 point penalty, or disqualification.
- Striking the spine.
- Punching or kicking a fighter when he is down. A fighter is considered down when any part of his body other than his feet touches the floor. If a fighter is on his way to the floor, his opponent may continue to attack until he has touched the floor with any part of his body other than his feet.
- Take downs, other than legal sweeps.(Exception for Muay Thai and San Shou)
- Intentionally pushing, shoving or wrestling an opponent out of the ring with any part of the body.

- Attacking on the break when both fighters have been instructed to take a step back by the referee.
- Attacking after the bell has sounded to end the round.
- Holding and hitting; such as holding with one hand, especially behind the neck, and hitting with the other hand.
- Grabbing or holding onto an opponent's foot or leg, followed by a takedown, strike or kick. (Exception Oriental Rules, Muay Thai and San Shou)
- Holding the ropes with one hand while striking or defending with the other hand or the legs.
- Leg checking in Full Contact or Freestyle rules - extending the foot to check an opponent's leg to prevent him from kicking.
- Purposely going down without being hit, which will result in referee automatically administering an 8-count, as specified in the rule on knock downs (no points will be subtracted from the score card by the scorekeeper in this case, but the judges will consider this just as any knockdown).
- The use of abusive language in the ring or corner, as determined by the referee.
- Hitting or flicking with an open glove or thumb, or striking with the inside, or bottom of the glove.
- Intentionally evading contact or failing to compete.
- Clinching - holding or otherwise tying-up an opponent's arm to prohibit him from punching.
- Intentionally delaying the contest through improper equipment, seconds remaining in the ring after the start of the round, beginning around without a mouthpiece or by intentionally dropping or spitting out the mouthpiece, etc.

Kickboxing Styles and General Rules

ALL BOUTS / ALL STYLES

- You may not be saved by the bell in any round.
- Spinning Backfist is allowed (but penalized immediately for illegal contact)
- Mouthpiece should be replaced if it falls out (at an appropriate break in the action)
- In case of a accidental foul stopping the bout we go to the score cards after two full rounds of a three rounder and after three full rounds of a four or five rounder
- No Three Knockdown Rule

FULL CONTACT RULES (American Style)

- Kicks to above the belt only
- No Clinching or Holding of any kind
- Sweeps are boot-to-boot, front foot only, outside to in or back to front
- You May Not grab the leg
- No Knee Strikes

FREE STYLE RULES (International / Kickboxing)

- Kicks to above the knees only (above the belt and to the thighs)
- No Clinching or holding of any kind
- Sweeps are allowed in any direction against either leg
- You May Not grab the leg
- No Knee Strikes

ORIENTAL RULES (similar to K-1)

- Kicks above the belt and to the entire leg except the knee (excluding linear kicks)
- Knee strikes allowed to the body and legs
- Limited neck wrestling in order to throw a single knee strikes (no clinching or holding) (fighters will be separated as soon as the attack or counter is concluded)
- All Sweeps are allowed
- No throwing or off-balancing
- You may grab the leg and launch one attack with one full step

MODIFIED MUAY THAI RULES

- Kicks above the belt, to the hips and to the leg above and below the knee (excluding linear kicks)
- Knee strikes are allowed to the body and legs
- Extended Neck Wrestling to set up knee strikes and to off-balance opponents (should be broken after ~5 seconds of inactivity)
- No Sweeps are allowed
- You may grab the leg and take one step forward for each strike that you throw

SAN SHOU RULES

- Kicks above the belt, to the hips and to the leg above and below the knee (excluding linear kicks)
- Knee strikes are allowed to the body and legs
- Extended Neck Wrestling to set up knee strikes and to off-balance opponents (should be broken after ~5 seconds of inactivity)
- Sweeps, Throws and Take-downs are allowed
- You may grab the leg execute a take-down or take one step forward for each strike that you throw

Locker Room and Ring-side Protocols

- Only water and electrolyte drinks in their sealed original containers in the dressing room. No food, vitamins or supplements of any kind in the dressing room.
- Any alcohol, “energy” drinks, controlled substances or any illegal enhancing substance is grounds for immediate suspension.
- Only licensed individuals working the corners are allowed in dressing room. Exceptions require prior permission.
- Offensive clothing, placards, emblems, etc. are prohibited.
- No hard contact lenses
- Toe nails to be trimmed, Henna type tattoos are prohibited, Piercing accessories are prohibited, Use only soft materials to tie hair.
- Hand wraps will need to be inspected before you put your gloves on
- Only pre-approved gloves provided by the promoter are allowed. Do not tamper with the gloves in any way.
- Only form fitted supports are allowed (neoprene or elastic for the ankles and knees only) no elbow supports. Supports may not have braces, metal, plastic, etc. of any kind.
- Anti social behavior of any kind to include name calling, gestures, vulgar/offensive language, etc. will result in disciplinary action.
- Only light coat of Vaseline on the face applied at ringside under the supervision of the referee or inspector; nothing else anywhere.
- Ice in a bag only; no loose ice at ringside.

- No excessive coaching from corner. Cornermen must remain seated in the designed chairs throughout the entire round. Only one cornerman will be allowed in the ring during the rest periods.
- When a Contestant is down/knocked out/stopped, no one is allowed in the ring until authorized by a referee or physician.
- No photography or video by corner during contest.
- Questions or protests will be posed in a calm, courteous and respectful manner