

# POINT FIGHTING

## OFFICIAL RULES V3

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### FIGHTING RULES - POINTS

#### BASIC RULES

##### Registration:

Fighters who want to be admitted to any competition OR tournament need to fulfil the following Conditions:

- a) To possess an accepted license book;
- b) To have a valid license stamp for the current year applied in the book;
- c) Proof of an appropriate entry in the book, or by showing a medical attest not older than 12 months, that they are "fit to fight" (Forms only competitors need not to comply with this rule)
- d) Not to be excluded for medical or any other reason from participating in the event;
- e) To be able to show a medical attest of a performed EEG examination, in case of experiencing 3 head knockouts within a period of less than 12 months, whereas the EEG must be made after the banned period.
- f) In case of female participants, not to be pregnant.

Each competitor must present him/herself to the referee suitably attired with proper uniform and equipment and physically prepared to compete. If he/she is not prepared to compete as **deemed by the centre referee**, the competitor may be penalised for delay of time.

# POINT FIGHTING

## OFFICIAL RULES V3



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#### CLOTHING AND OUTFIT

##### A) FIGHTERS

The fighter must be dressed in a clean and appropriate outfit.

The competitors should be wearing a clean T-shirt with long Kickboxing trousers. At least the top half of the upper arm must be covered and sleeves maybe up to the elbow.

The trousers must reach the feet and be open on the bottom. There should be no zip fasteners, pockets or buttons. Competitors cannot wear any metal objects that may cause injuries to the opponent. (no piercing, chains, watches or earrings are allowed). Eyeglasses are forbidden, soft contact-lenses are possible but at their own risk. Traditional Karate Gi or Taekwondo uniforms are permitted. Every fighter must wear a belt, to see the "waistline". They may fight without such a belt if the waistline is clearly visible due to a clearly recognisable colour. (for instance white shirt and black trousers)

Athletes may wear badges of their respective clubs, associations or sponsor. Names and slogans are permitted providing they do not offend public decency.

Because they may slip, headbands, hairnets and scarves are not permitted. Long hair must be tied together. This should be done with an elastic band, hair grips are not allowed.

All competitors have to wear compulsory:

helmet  
gumshield (mouthguard) - no football gumshield  
open hands ( in USA called foam gloves) must have the fingers and thumbs enclosed  
safety kicks (feet pads)  
groin protector (men and women) must be worn under the clothes  
shinguard must be worn under the clothes  
chest protector for female Juniors and adults

permitted

hand – bandages, maximum length 2,5 metres, no tape on the fist or knuckles  
elbow and knee protectors  
groin protectors, shin guards  
chest protector for female kids recommend, if needed

The coach must wear appropriate clothing and sporting-shoes which must be clean. He must behave in a disciplined manner. If the coach does not follow the referees instructions his athlete may be penalised by a warning and, if necessary, even disqualified.

# POINT FIGHTING

## OFFICIAL RULES V3

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### THE REFEREES POWER

- 1 The referee is the only person that can stop the bout.
- 2 The referee may if he wishes, have any, or all the officials in his area replaced.
- 3 The referee may deduct a point from a competitor leaving the fighting area 3 times in a bout.
- 4 The referee may disqualify a competitor for leaving the area on a 4<sup>th</sup> occasion during the same bout.
- 5 The referee may deduct a point from a competitor for dissension after he has been already warned
- 6 The referee may deduct a point from a competitor for dissension from his coach after he has been already warned
- 7 The referee may deduct a point from a competitor for serious not sportsmanlike behaviour by either himself or his coach.
- 8 The referee can disqualify a fighter if he does not turn up after he has been repeatedly called for his fight (usually one minute is allowed)
- 9 The referee can disqualify a fighter who turns up with improper safety equipment and can not replace it in the time allotted (usually one minute is allowed)

### What the referee cannot do

- 1 The referee cannot disqualify a competitor for any reason other than those stated in the chapter above.
- 2 The referee can not at anytime impose, change or alter any of the rules
- 3 The referee cannot overrule any score by a judge unless that score is a minority one. ( However, if a rule has been broken that the judge is unaware of, then they may be overruled.

# POINT FIGHTING

## OFFICIAL RULES V3



### BEGINNING, INTERRUPTION AND END OF FIGHTS

A contest is refereed by a main referee and two side-judges, who are always standing opposite to him. That says, the side-judges have to move during the fight and not stand on the same point.

#### A) EQUIPMENT CHECK

First of all the side-judges have to check the fighters safety equipment. Each judge is responsible for the fighter at his end. He starts from the head to the toes, also for women the chest protector and her groin protector by asking. If in case of an injury the fighter was found not to have the correct protective equipment he / she will be disqualified immediately.

The judge is also responsible too, that the fighter has no Jewellery or metal and that the nails on toes are short. No glasses (spectacles) are allowed to be worn during a fight. There are no exceptions to this rule. This includes specially made unbreakable sports spectacles. Also no face shields on helmets. Soft contact-lenses are possible but at their own risk.

Groin protectors, shin guards (and chest protectors for female Juniors and adults) must be worn under the clothes, chest protector for female kids recommended.

#### B) START

The main referee will take his place in the middle of the fighters, facing the official table. He must check that his side-judges are ready to start, that the timekeeper and scorekeeper are ready to begin and that the match doctor is by the referee table or close by in the hall. Finally he should keep an eye on the visual score cards, that they are not showing points or warning, except in a team competition.

After the command " shake hands " or " touch gloves " to the fighters he will start the match with the command " fight ".

#### C) INTERRUPTION

If the main referee acknowledges a point scored by one of the competitors he has to raise up his hand IMMEDIATELY then he will stop the fight saying " stop " and both competitors will return to their starting position. The match time is still running !

The main referee will also quickly return to his starting position and show with his hand in the direction of the fighter who has scored. He must look for his side-judges, and in case of a majority decision he will give the points and announce the score.

After giving the point he should start the fight again with the command "fight " . The main referee should always keep an eye on the referee table, to be sure that the visual scoreboard shows the correct points and warnings.

Important note : when the side-judges are not showing the point by raising their hands before the main referee stopped the fight the only possible decision : no score. To raise up the hand or to show a point after the command " stop " is too late and illegal.

Apart from the referee, only the doctor / medic can stop a fight. The coach may throw in the towel for his fighter, when he wants to retire from the fight, or having his protective equipment adjusted. The referee has to stop the time if the fighter is outside of the area, for giving warnings, penalty points or when the equipment is not fitting Well.

#### D) END OF THE MATCH

The time of the fight is over when the timekeeper whistles or rings a bell.

The fight is over in any case, when the main referee stops the fight finally with the command " stop " and not earlier.

If there is a score in the time between the "end of time" and "end of fight" that score is valid.

He turns to the referee table, take one hand of both fighters and show the winner , announcing the final score.

# POINT FIGHTING

## OFFICIAL RULES V3



### RULES OF COMPETITION

#### A) SEMI CONTACT TECHNIQUES

##### permitted techniques

jab and reverse punch  
Back fist  
ridge hand  
front kick  
side kick  
spinning back kick  
roundhouse kick  
hook kick  
crescent kick  
axe kick  
sweep

##### illegal techniques

inside hand  
spinning back fist  
knife hand  
elbow strike  
throws  
pushing with arms  
low kick  
knee butts  
head butts  
using thighs  
spinning sweep

#### B) SCORING AREA

front, back and side of the head  
front and side of the body,  
sweeps below mid calves  
every action must be controlled and well timed

#### C) PROHIBITED ACTIONS

sweep and kick to knee and thigh (low kick)  
kick and punch to the groin  
kick and punch to the back of the body or to the top of the head  
scratching, biting, spitting, verbal attacks to the referees or his opponent  
kick and punch after stop called  
uncontrolled actions  
disappearing from the fight or opponent, leaving the fighting area or falling down to waste time

It is not usual to stop the time to give points, but the referee will stop time to give a warning or minus-point.

In point fighting fights only one coach is allowed and he/she to be seated. If the coach feels, there has been an infringement of the rules, he may indicate to the centre referee using the sign " T " - for time. At no time may the coach enter the fighting area. The referee may give a penalty point.

On each fighting area the head of the referees is the " ring inspector " . He is responsible on his fighting area all the rules are correctly applied. He is also responsible, that neutral referees are on duty, depending on the fighters.

# POINT FIGHTING

## OFFICIAL RULES V3



### POINTS AND SCORING

#### A) POINTS

The correct definition of a score is when: a legal technique hits a legal target area, with reasonable power. Also, the fighter scoring, must remain on their feet. I.e. - the technique must be completed to score, unless the fighter is thrown or pushed to the floor.

Every clean, and well controlled technique to a permitted target area and executed with light contact scores, according to the degree of difficulty, as follows:

all punches	1 point	
Foot sweep	1 point	(follow up is not allowed)
kick to the body	1 point	
kick to the head	2 points	
jump kick to the body	2 points	
jump kick to the head	3 points	

The difference of 10 points in elimination fights end a fight by TKO. i.e- 10 – 0, 12 - 2

#### B) SCORING

The referees upon scoring will now count opinions not flags. The scoring is done by the main referee following a majority system only.

When the referee or judges see a score they must indicate IMMEDIATELY. After each acknowledged technique the fight has to be stopped and the score announced. Points are awarded only by unanimous or majority decision of the referee and the judges. ( score 3:0 or 2:1 )

**If there is no majority decision the only possible score is : no score**

The main referee must in any case show his own opinion, he can not give a score without raising up his own hand to show the point before he stops the fight, if there is no majority.

For instance: If just one judge gives a point, the second judge shows " saw nothing " or " no score " and the main referee did not raise up his hand BEFORE he stopped the fight the only possible decision is no score

example : if two judges see a clash and give points for both fighters, but the third judge gives points to just one of the fighters the score is " no score " or the referee has to give score for both. We are counting the opinions of

the judges but not their " arms and fingers ", that says, the majority decide " clash " (2:1)

Important note : when the side-judges are not showing the point by raising up their hands before the main referee stopped the fight the only possible decision : no score .

To raise up the hand or to show a point after the command " stop " is too late and illegal.

Exit rule: exit means the whole foot must be out. In case of exit: the attacking fighter must remain in the area to score if the defender steps out of the area the score is valid.

If the main referee is not sure about his judges, he has to stop time and ask his judges again, afterwards command " score " and that score is final. This situation should not be very often.

# POINT FIGHTING

## OFFICIAL RULES V3



Following opinions for referees and judges are possible and must be shown with clear signs:

<u>opinion:</u>	<u>sign:</u>
1. Yes, I saw the points	raising up the hand and show the score
2. No, I saw nothing	both hands are crossed in front of the face
3. Yes, I saw the movement but there was no score	both hands are crossed in front of the legs
4. competitor stepped out of the area	show to the area line and move the arm
5. both fighters scored ( clash )	raising up both hands and show all points
6. illegal techniques	raise up the arm and circle the hand

In case of a clash where both fighters have scored, the referee will give one point to each fighter.

For the main referee the following signs are additionally possible:

To give a warning or a penalty point ( minus point ) to a fighter he must inform the fighter, why he was penalised. He has to do this clearly and in an authoritative way.

First mention the foul and show the sign , whip your finger and say loud and clear : “ NO “

<u>opinion:</u>	<u>sign :</u>
1. contact to strong	punch the fist in his own hand
2. legal technique to a forbidden area	show the forbidden area
3. blind score	turn the body and strike a punch
4. holding or grappling	holding his own arm and pull
5. turning the body or run away	similar
6. speaking during the fight	fingers and thump open and close

In point fighting is no count.

In the event of a strike that dazes an opponent the referee first of all has to stop the time, then he has to ask his judges “ what did you see, was there a foul or not “. If the majority decide for “ foul “ the referee will penalise the offender. If they decide on “ accident “ there is no penalty.

If one of the fighters is injured, it is only the doctors decision to stop the fight or the fighter himself or his coach wants to retire from the fight.

No referee can decide, how serious a fighter is injured, they must call the doctor !

If one of the fighters is injured and the fight is over because of a foul the innocent fighter is declared as winner. In case of an accident the contestant with the highest number of points is declared as winner, if drawing the uninjured fighter is the winner.

If an athlete is out of condition the referee will declare RSC, after discussion with his judge.

# POINT FIGHTING

## OFFICIAL RULES V3

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### WARNING AND PENALTY-POINTS

All infringements of the rules, depending on how serious they are, may or will result in warning, penalty (minus) point or even disqualification. Warnings will be carried throughout the match. Only team fights start again without warning from the fight before. Warnings for “ Exit ” will be kept separate from warnings for other offences.

It is up to the referee to give a minus-point instead of a warning, when in his opinion the violation was too tough.

(always falling down or wasting time)

It is not usual to stop the time to give points.

The warnings and penalty (minus) points are given for using all illegal techniques or doing prohibited actions, as well as any illegal action from coaches.

The procedure is usual:

first warning	
second warning	
third warning	equal with the first minus point
second minus point	equal with disqualification, the fight is over

This procedure for voluntary Exit

first warning	
second warning	
third warning	equal with the first minus point
second minus point	equal with disqualification, the fight is over

# POINT FIGHTING

## OFFICIAL RULES V3

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### THE COMPETITION SAFETY RULES

The attendance of a doctor is recommended and a first-aid team is compulsory.

In the interest of health and safety of contestants at Kickboxing events the doctor / first -aid team has the following responsibilities:

A medical examination in Semi contact is recommended by the association, also an ambulance.

Contestants may only participate if they are completely healthy. Upon suspicion of illness a contestant must be examined by the doctor who will decide whether that contestant may participate or not.

The head referee will not permit any contestant with a head or leg bandage or anyone with a plaster on their head, arms or legs to compete. Eyeglasses are forbidden, soft contact-lenses are possible but at the fighters own risk.

No local anaesthetics may be administrated immediately before or during a contest.

During any competition the doctor must remain at the fighting area near the timekeeper. Should the doctor not be present, the fight has to be discontinued until he returns.

The doctor / first - aid team may not leave the venue of a competition until the last contest has finished and after he has assured himself that no further medical attention is required.

Doctor / first - aid team decisions are in any case final decisions, and there can be no protest.

# POINT FIGHTING

## OFFICIAL RULES V3

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### PROTESTS AND ALTERATION OF DECISIONS

The scoring of the referee and judges is final

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's verdict, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee deem that one of the following circumstances has occurred:

A conspiracy has taken place or an illegal agreement has been entered into to affect the result of the match.  
The addition of the scorecards is faulty, one judge has mixed up the corners, resulting in the victory being given to the wrong fighter.

A clear violation of the rules and regulations, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the head referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made. The protest must be accompanied by a processing fee of £ 100.00 which will be returned if the protest is found to be valid.

The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. (Video will not be accepted). His/her decision is final.

A protest against a doctor's decision is not possible.

# POINT FIGHTING

## OFFICIAL RULES V3

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### TEAM FIGHTING

#### Teams

Normal points scoring and rules, 3 person team open grade, team wins on accumulated points (not wins).

#### Tag Teams:

The same rules apply as the 'Teams' rules above.

Each team member should be active in the fighting area for 20 seconds minimum during a round. Team members can only tag each other in by touching glove to glove - no tagging with any other body part is permitted.

As soon as a team member is tagged they are a legal scoring target for the active fighter on the opposing team. Inactive fighters must remain with their feet off the mat before they are tagged (inactive fighter is not allowed on the mat until he or she is tagged in by the active fighter, as outlined above)

# POINT FIGHTING

## OFFICIAL RULES V3

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### All V ALL

#### All v ALL Notes

We suggest that there is a maximum of 6 fighters per pool. This gives each competitor 5 fights.

To ensure accurate scoring each side of the mat will be either red or blue (as used in Taekwondo). This allows the scorekeeper to be sure of giving the correct score to the correct competitor.

The score/draw sheet will also be colour coded.

The centre referee must make sure that the fighter is on the correct side by referencing with the score sheet.

The scorekeeper will record whether the fighter Won (W) or Lost (L) and also the number of points scored.

Score/draw sheets are set up to allow 3, 4, 5 or 6 fighters.

All rounds are 1 minute except for finals in multiple pool divisions.

#### **To determine 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place (From 2106 there will be two bronzes awarded)**

**If there is only one pool** then the placings will be decided on number of wins. No additional fights will be needed. This speeds up the day.

If there are competitors with an equal number of wins then the competitor with the **most points scored overall** the fights is the winner.

If this is still tied then the competitor with the **least number of points scored against** them is the winner. In the very unlikely event that this is still tied then the two fighters would fight off for 1<sup>st</sup> and 2<sup>nd</sup> place.

**If there are two pools.** The winner and second place in each pool is determined as above. We think it's fairer to take the winner of each pool rather than the most wins from both. This means in an uneven division with say 6 in one pool and 5 in the other there is no advantage in being in either pool.

Then the two pool winners will fight off for 1<sup>st</sup> and 2<sup>nd</sup> place. The two 2<sup>nd</sup> place competitors receive a 3<sup>rd</sup> place each.

**If there are three pools.** The winners of each pool are determined as above. They then fight each other in a 'mini' round robin with the winner being determined as above.

We suggest the fight offs for the placings are over 1.5 or 2 minutes rather than 1 min.