



# ISKA

**International Sport Kickboxing Association**

**OFFICIAL RULEBOOK**

## **Introduction**

*This rulebook replaces all previously issued rules and reflect the official ISKA competition rules.*

*These current rules are valid for all member states, whereas consideration can be given to local legal requirements, in case the law requires such adjustments.*

The official language of the IRC is English. This rulebook can be translated in other languages by the IRC. In case of any discrepancies, the official English version shall prevail.

*Without the specific written consent of either ISKA or the IRC this rulebook shall not be copied, published or distributed in any way (also electronically).*

*This rulebook can be ordered for free through the official website of the IRC ISKA-Europe.*

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## **I. Part – General**

### **1. ISKA / IRC**

#### **1.1 ISKA**

ISKA is the (International Sport Kickboxing Association) in Gainesville / USA. The affiliated National Federations are members of ISKA.

#### **1.2 IRC**

The IRC is the International Rules Committee in Switzerland. The IRC consists of several selected referees, which work out suggestions for rule changes and act as an arbitrary body in certain cases. The IRC also handles the referee affairs at bigger tournaments.

### **2. Amateur Status**

2.1 The term „amateur“ was previously used to group the fighters of the Full-Contact, Kickboxing or Thai-Box division. – It shall be used in this rulebook to describe all fighters that are not professionals.

2.2 As amateurs shall be considered all fighters, which do not meet one or more of the following conditions:

2.2.1 The fighter is under a professional contract.

2.2.2 The fighter has never participated in a tournament or gala of 5 rounds of 3 minutes (Thai-Box A-Class).

2.2.3 The fighter has never participated in a tournament or gala of more than 5 rounds.

2.2.4 The fighter is listed on a Pro-Rank list of one of the following, or similar organisations:

ISKA NASKA WAKO PRO WKA WKL WKN

Non-mentioned organisations with a similar character are also to be considered. The above list is just an extract, and not necessarily complete.

2.2.5 If a fighter thinks, that he is listed on a Pro-Rank list, and shouldn't be, then he has to report it to his/her national federation and applies for a confirmation of his amateur status. He is also responsible to contact the organization that listed him. The IRC will decide upon the application to remain classified as an amateur, the status will be granted while the application is pending.

2.3 Non-Amateurs cannot participate on Amateur events. Especially not on the amateur World Championships. If the IRC is informed about, one or more of the following actions can be taken:

- a) Disqualification of the Non-Amateur
- b) A ban on time to be determined by the IRC
- c) A fine of minimum 100 EUR
- d) Revocation of a won title, whereas a revocation of a world title requires the approval of the ISKA Executive Board

### **3. Doping**

3.1 It is not permitted to apply any substances to boost the performance, if such substance is banned by one of the appropriate organisations as a doping substance (IOC, Anti-Doping Agency, National Olympic Committee, WADA etc.).

- 3.2 ISKA, the IRC, the tournament promoter and the official doctor can and may perform controls. Where the local law dictates it, also other qualified and authorised organisations and persons may perform such controls.
- 3.3 Fighters that intentionally avoid or evade such controls, or which obstruct or manipulate them in any way, can be disqualified and banned for a time period to be determined by the IRC.
- 3.4 Privacy, especially of kids and female competitors has to be respected. – Doping controls have to be made by a qualified person of the same gender. Where this is not possible, a member of the IRC of the same gender supervises the collection of the test sample.

#### **4. Registration**

Fighters which want to be admitted to any competition, tournament or gala need to fulfil the following conditions:

- a) To possess a ISKA issued or accepted sport book (sport pass);
- b) To have a valid license stamp for the current year applied in the sport book;
- c) Proof of an appropriate entry in the sport 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.

Entries into the ISKA sport book

The promoters of a tournament, a competition or a gala are responsible to make the following entries to the ISKA sport book:

- a) Place, date and name of the event;
- b) Discipline and score of the fighter;
- c) The fact of a head knockout.

Instead of the Promoter, also the head referee, a ISKA supervisor, or in case of a head knockout also a doctor can make the entries.

Banning periods after a head knockout:

- a) 1 month after the first head knockout within 12 months
- b) 3 month after the first head knockout within 12 months
- c) 12 months after the third head knockout within 12 months (EEG required)

After being banned for 12 month due to three head knockouts within 12 months, the fighter has also to submit a medical attest with a negative EEG examination result before being admitted to any competition again.

Identification of the competitors

On international tournaments, competitions or galas, the competitors have to prove their identity and nationality by showing a government issued ID.

Competitors that show an ID card issued by ISKA displaying the 5-digit MAP number, and which have already had their passport or ID scanned, need not to produce further identification.

Exceptions from the requirement of nationality

Who can prove his/her special relations to a country other than the one of his/her nationality (the „chosen“ country) by submitting to ISKA one of the following documents:

- a) birth certificate of the country of choice
- b) marriage certificate with a citizen of the country of choice
- c) a permanent residence permit of the country of choice

can, after applying for, start for the country of choice. – The application has to be submitted in writing, through the national federation, which forwards the application to ISKA. Who has chosen a country of choice, can only change after obtaining a new citizenship, or after moving to another country for permanent residence there.

The ISKA Executive Committee decides upon such applications, which have to be submitted at least 1 month prior to the competition the fighter intends to participate.

### *Age Categories*

Cut of date is always one day after the last day of the competition.

#### **Kids**

A Kid can start, who is not 13 years old on the cut off day.

#### **Juniors**

A Junior can start, who is 13 years or older, but less than 18 years old on the cut off day.

#### **Adults**

An Adult can start who is 18 years or older on the cut off day, but no older than:

- a) 35 years for Full-Contact, Kickboxing with low kicks and Thai-Boxing
- b) 37 years for Light-Contact
- c) 40 years for Semi-Contact

#### **Veterans**

A veteran can start who is 35 years or older on the cut off day.

### **Weigh-Inn and medical examinations time**

The weigh-in has to be completed at least two hours prior to the first fight.

### ***International Tournaments, Competitions or Galas***

Whenever possible, a selection of volunteer referees, preferably from different countries, supervise the weigh-inn on international competitions on the day before.

### ***Male and Female participants***

Whenever there are male and female participants, the medical examinations have to be held in separate rooms, or if in the same room, then during different times. Furthermore, the examinations have to be done by medical staff of the same gender.

Tolerance

Generally, there is no tolerance.

### *Competition – Management*

Fighting Area / Ring

Fighting Area (Point-Fighting, Forms and Light-Contact)

- a) The fighting area has to be square, and each side must have a length of 8m.
- b) On two sides facing each other, 1m from the centre of the square to the outside, two parallel lines have to be marked, on which the competitors line up at the beginning of the fight.
- c) Around the fighting area, a safety strip of 2m has to be kept clear. No spectators or referee-tables are allowed to be placed within that strip. The strip can be marked.
- d) The time- and scorekeeper are located at the referee-table facing the head-referee.
- e) In case there is only one fighting area, sufficient space for the medics and/or emergency personnel has to be provided at the referee-table.
- f) The referee-table must be equipped with the following items:
  - pool lists
  - score displays
  - table stop watch, no hand stop watch
  - acoustic signal (Bell, Whistle, Horn)
  - permitted is also a „Bean-Bag“
  - spare papers / pencils
  - PC and printer permitted

Box ring

- a) full-contact fights are to be fought in the ring. The box rings must correspond to the norm of AIBA (Association International de Box Amateur).
- b) the Box ring, all side protections and the ropes must be inspected for suitability and safety prior to the first fight.
- c) the usual side length of the square is minimum 4.5m and maximum 6.10m (side length of the ropes), and consists of 4 ropes.
- d) the 4 corners must be of metal; the diagonal distance between them shall not exceed 10.6m (outside measurement).
- e) the height of the corners shall not be more than 1.32m (52“) above the platform of the ring.
- f) all corners must be covered with commonly used cushions in order to avoid possible injuries.
- g) none of the 4 ropes may have a diameter of less than 2.5cm (1“).
- h) the lowest rope must be placed 33.02 (13“) above the platform, the top rope no more than 1.32m.
- i) all ropes must be covered with a soft tightly fitted material.
- j) the platform itself may not be placed higher than 1.21m above the ground and must be covered with a filth or similar material below the ring floor layer.
- k) stairs have to be placed in the red and blue corner.
- l) for the coaches, sufficient chairs have to be provided.
- m) the referee-tables must be equipped with the following items:
  - pool lists
  - score cards
  - 6 clickers
  - table stop watch and hand stop watch (reserve)
  - acoustic signal (Bell, Whistle or Horn)
  - PC and printer are permitted
  - spare paper and pencils

- n) along the three other sides, tables and chairs for the judges are to be provided.
- o) if there is only one ring in use, sufficient space for the medics and/or emergency personnel is to be provided at the referee-table.
- P) to avoid possible injuries, camera-men are not permitted on the platform during the rounds.

## *Referees*

### Referee Categories

International referee categories:

- a) „IRC“ – Members of the International Rules Committee – equal to „A“
- b) „A“ – Entitled to be head referee on a world championship or to act as a Supervisor on international title fights.
- c) „B“ – Entitled to be a referee in the finals of a world championship or to act as a referee or judge on international title fights.
- d) „C“ – Entitled to be a referee in the elimination fights on a world championship or to act as a judge on national title fights.

Members of the ISKA Executive Committee and of the International Rules Committee (IRC) are identified by a „red“ ID-Card marked with „OFFICIAL“.

Referees of the categories „A“, „B“ and „C“ are identified by a „yellow“ ID-Card marked with „REFEREE“.

To be nominated as a „A“ – Referee, the majority of the IRC Members must support the nomination.

To be nominated as a „B“ – Referee, the IRC Chairman must support the nomination.

To be nominated as a „C“ – Referee, the appropriate country head referee or country representative must support the nomination.

The IRC can make the attendance of seminars and/or the successful passing of a test as well as sufficient knowledge of English (the official language of the IRC) as a condition for a „A“ or „B“ – Referee nomination.

The nominations are to be confirmed periodically, at least every 2 years.

Licensed referees will be registered in a central database. Their names, category, nationality and MAP-number will be published on the official IRC web site .

### Nationality

The following two variants are suitable for the composition of the referee team on continental and world championships:

- a) One referee of the nationality of the red opponent, one referee of the nationality of the blue opponent, and one or more referees neither from of the nationality of the red and blue opponent.
- b) All referees from of a different nationality than either the red or the blue opponent.

If a referee has several nationalities, or if he, based on the exception of the nationality principle, has chosen a country, he has to step down whenever an opponent is of either one of the referees' nationality or of the country of choice.

#### Conflict of interest

Who intends to be a referee on any event, cannot act as a judge or country representative at the same time.

The referees have the obligation to report themselves any possible conflict of interest. In case of an omission, the present IRC Members, after consulting with the Head Referee may impose one or more of the following measures:

#### Warning

Exclusion of a further participation as a referee on the event

Reduction of the referee compensation

Withdrawal of the referee's license for a by the IRC to be determined time

#### Head Referee

At every competition, a head referee has to be designated. He/She is responsible for the whole referee organisation, and supervises the work on all fighting areas and/or rings.

At a competition with several fighting areas or rings, he/she designates so-called „Ring-Inspectors“, which supervise all proceedings on their fighting area or ring.

The head referee can exchange referees who are obviously not neutral or who violate the official ISKA competition rules, and can „overrule“ their decisions.

#### Ring – Inspector / Supervisor

The ring inspector places the referees on his fighting area or ring according to their nationality or affiliation to a school, club or particular fighter. He reports the results according to the instruction of the head referee.

On events with only one fighting area or ring, the supervisor acts as a ring inspector.

#### Protests

The individual judgements of the referees/judges are not subject to protests.

The decision of the official doctor is not subject to protests.

Protests are only possible in the following cases, and may be placed after depositing a fee of 100 EUR in cash with the Ring-Inspector or the Head Referee:

1. a proven agreement between the judges/referees
2. the mathematical addition of the scores is wrong
3. an obvious mix up between the blue and red corner occurs
4. the official ISKA Rules were violated

Video recordings cannot be used to justify a protest.

A protest does not hinder the ongoing of a competition. The head Referee can though interrupt the continuation of the fights for a short period, if the result of the protest has a significant influence on the proceeding.

After hearing protest from both parties and the referee involved , the head referee then makes the final decision

The protest fees flow into the general account of the IRC for future referee training and development

If in the case of a protest being put in after the competition, the IRC then makes the decision after hearing protest from both parties and the referee involved. The national federation has a limit of 30 days to make a statement in a matter of Protest.

If the decision of protest leads to a loss of a European - or World title, the final decision can only be given by the executive committee of the ISKA

### Clothing

During the pre-elimination fights up to semi finals, T-shirt with the print „OFFICIAL“ or „REFEREE“ are allowed.

For the finals or title fights all referees have to wear grey trousers, a blue shirt with ISKA print and a bow tie. If necessary a dark blue blazer with ISKA logo can also be worn.

To minimise injuries it's forbidden to wear any jewellery, watches or pens etc. With the exception of judges where no body contact is possible.

The use of medical gloves is recommended.

### Registration of referees per country for world championships

For every 25 competitors of a country, one referee must be present

- 1-25 competitors                      1 Referee
- 26-50 competitors                    2 Referee
- 51-75 competitors                    3 Referee
- 76-100 competitors                   4 Referee
- 101-125 competitors                 5 Referee
- 126 and more competitors           6 Referee

Each country that does not fulfil the requirements will be fined 150 Euro per each missing referee. This goes into the general account of the IRC.

Each country is responsible for training and licensing their own referees in time for world championships.

The training for the “C” graded referees is a matter of each country, however the IRC does offer seminars.

All countries which pre-register their referees for championships and get confirmation from IRC will receive priority

The referees payment which is equal to the starting fee of a single competitor each day , will be paid out on the morning before the finals start.

The organiser is responsible for taking care of the referees. Which also includes providing a separate room with food and beverages. It is also necessary that the referee tables are provided with mineral water.



# ISKA

## International Sport Kickboxing Association

### Part 2

### Point-Fighting

- § 1 clothing and outfit
- § 2 matches, weight – divisions & match time
- § 3 the referee's power
- § 4 beginning, interruption and end of fights
- § 5 rules of competition
- § 6 points and scoring
- § 7 warning and penalty-points
- § 8 the competition safety rules
- § 9 protest

## **§ 1 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 may be 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

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, maximal length 2,5 meters, 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.

## **§ 2 MATCHES, WEIGHT - DIVISIONS & MATCH TIME**

### ***A INDIVIDUAL MATCHES***

Cut off date is always one day after the last day of the competition.

Kids : as a Kid can start, who is not 13 years old on the cut off day.

Juniors: as a Junior can start, who is 13 years or older, but less than 18 years old on the cut off day.

	<i>Men All Disciplines</i>	<i>Women All Disciplines</i>	<i>all Kids 8-12 years</i>	<i>Junior girls 13 -17 years</i>	<i>Junior boys 13-17 years</i>
<b><i>Bantam weight</i></b>	- 54 Kg	- 50 Kg			
<b><i>Feder weight</i></b>	- 57 Kg	- 54 Kg	- 25 Kg		
<b><i>Light weight</i></b>	- 60 Kg	- 57 Kg	- 30 Kg	- 40 Kg	- 45 Kg
<b><i>Light welter weight</i></b>	- 63,5 Kg	- 60 Kg	- 35 Kg		- 51 Kg
<b><i>Welter weight</i></b>	- 67 Kg	- 63 Kg	- 40 Kg	- 45 Kg	- 55 Kg
<b><i>Light middle weight</i></b>	- 71 Kg		- 45 Kg	- 51 Kg	- 59 Kg
<b><i>Middle weight</i></b>	- 75 Kg	- 66 Kg	+ 45 Kg	- 55 Kg	- 63 Kg
<b><i>Light heavy weight</i></b>	- 81 Kg			- 59 Kg	- 67 Kg
<b><i>Cruiser weight</i></b>	- 86 Kg			- 63 Kg	- 71 Kg
<b><i>Heavy weight</i></b>	- 91 Kg	+ 66 Kg		+ 63 Kg	+ 71 Kg
<b><i>Super heavy weight</i></b>	+ 91 Kg				

Adults: as an Adult can start who is 18 years or older on the cut off day, but no older than:

- d) 35 years for Full-Contact, Kickboxing with low kicks and Thai-Boxing
- e) 37 years for Light-Contact
- f) 40 years for Semi-Contact

Veterans

As a veteran can start who is 35 years or older on the cut off day.

Veterans men:

36 - 39 Years, two weight-classes only, - 75 Kg / + 75 Kg

40 Years and over, two weight-classes only, - 75 Kg / + 75 Kg

Veterans ladies:

36 Years and over, two weight-classes only, - 63 Kg / + 63 Kg

All world level competitions wherever rankings are available heats must be seeded.

matchtime :

elimination rounds 1 round two minutes, finals 2 rounds two minutes

Extra time rule in case of a draw :

There is no break, 1 minute extra time will be given. If still no decision, this is followed by sudden death.

## ***B TEAM-COMPETITION***

A team consists of five competitors (male kids, juniors & men) or three competitors (female kids, juniors & ladies) One fighter in reserve is permitted, if a member of the team is injured during competition. One of the fighters is chosen by the team captain.

Weight - classes for kids only:

male: - 30 Kg / - 40 Kg / - 50 Kg / - 55 Kg / + 55 Kg

female: - 30 Kg / - 40 Kg / - 50 Kg

There are no weight divisions in the team competition for juniors and adults.  
The team captains choose their fighters alternatively.

### **Score :**

Is based on wins. All warnings and penalty points are for the individual match only and are not carried on to the next match.

In the event of a draw, all match points are added up, the winner will be the team with the most points. In the event of a draw on points, the extra time rule applies to the last 2 fighters.

matchtime : all fights 1 round two minutes gross time (see above).

### § 3 the referee's 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.

## **§ 4 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.

## **§ 5 RULES OF COMPETITION**

### **A SEMICONTACT TECHNIQUES**

#### **permitted techniques**

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

#### **illegal techniques**

inside hand  
spinning backfist  
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 waist 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 pointfighting 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 must be an international ISKA A-Class referee and is responsible, that on his fighting area all ISKA rules will be correctly applied. He is also responsible, that neutral referees are on duty, depending on the fighters. (e.g. they are not from the same club/country)

## § 6 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	
footsweep	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.

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

<b>opinion:</b>	<b>sign:</b>
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 “

<b>opinion:</b>	<b>sign :</b>
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 pointfighting 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.

## **§ 6 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

## **§ 7 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 Semicontact 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.

## **§ 10 Protests and alteration of decisions in European and World Championships**

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 and **ISKA** IRC 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 of the **ISKA**, 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.- ( \$ 100.-) which will be returned if the protest is found to be valid.

The protest fee will be transferred to the account of the IRC for the promotion and training of future referees etc.

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.

## part 3

# FORMS

1. FHS – Forms Hard Style
2. FSS – Forms Soft Style
3. FFS – Forms Free Style
4. FWN – Forms Weapon no Music
5. FWM – Forms Weapon with Music
6. FKO – Forms Korean
7. FVT – Forms Veterans Traditional

A person performing a form must express a mental and physical realistic approach to the various imaginary opponents he is trying to demonstrate.

Techniques should be performed with full power, focus and explosiveness. When executing the form all basic techniques should be performed logically.

His own name, the name of the form and club must be announced to judges in all five styles.

Freestyle is open for all competitors. In all sections 4 people will qualify for the final in reverse order. All world level competitions wherever Rankings are available heats must be seeded.

A referee for forms must have traditional background, minimum 1<sup>st</sup> degree Black Belt.

Cut of date is always one day after the last day of the competition.

Kids : as a Kid can start, who is not 13 years old on the cut of day.

Juniors: as a Junior can start, who is 13 years or older, but less than 18 years old on the cut of day.

It is at the host country's discretion i.e. the promoter, to decide if mats are to be used on the area or not.

## Scoring :

Five judges scoring with the highest and lowest scores taken away. Points are given to one decimal place. In preliminary rounds will range between 6 and 8 ( starting point 7 ), in the final between 8 and 9,9 ( starting point 9 )

In all sections only 4 people will qualify for the finals. Current world ranked competitions will be seeded. E.g. world ranked No. 1. will go last. In the finals the competitors will be seeded according to their score in the heats.

In the case of a draw in hardstyle and softstyle will the competitor will be asked to do a second form. At international level all competitors should be able to perform at least two different forms. If the competitor does not show a different form he can repeat the first form with a penalty of 0,5 being deducted by each judge. Only in all freestyle forms /Kata is performing the same form possible.

If the competitor is using a weapon and the weapon is dropped, this will be deemed a lack of control and no marks will be awarded.

If the competitor is using a pair of weapons ( e.g. Kama or Sai ) they may not clash together clumsily or a penalty of 0.5 will be deducted by each judge. This does not apply in freestyle.

A time keeper will be appointed, if necessary. Judges will not be blinded by shouting at every technique; this does not constitute strength.

Presentation : dress / clean and proper outfit / announcing style, club or country if international, Kata or Form / good etiquette at all times / application of Kata or form

## TRADITIONAL JAPANESE HARDSTYLE

Hardstyle forms must be using traditional moves only. A traditional form / Kata must resemble a traditional work, an adaptation will be acceptable if added moves are traditional. A high kick cant be higher than the top of his/her own head. A freestyle form is not acceptable (no machine-gun kicking etc...). A traditional GI or Dobok must be worn, no use of weapons, no music is allowed, no time limit.

**scoring, judges should be looking for:**

Basic techniques , Stances , Punches , Kicks executed with balance , Blocks , Balance , Strength Focus

## TRADITIONAL KOREAN HARDSTYLE

Hardstyle forms must be using traditional moves only. A traditional form / pomse / hyong / Tul must resemble a traditional work, an adaptation will be acceptable if added moves are traditional. A high kick cant be higher than the top of his/her own head. A freestyle form is not acceptable (no machine-gun kicking etc...). A traditional GI or Dobok must be worn, no use of weapons, no music is allowed, no time limit.

scoring, judges should be looking for:

Basic techniques , Stances , Punches , Kicks executed with balance , Blocks , Balance , Strength Focus

## SOFT STYLE

Gymnastic type moves are permissible, provided that they are within the style for i.e. Wu-Shu, but they must be practical. An adaptation is acceptable if added moves are traditional to soft styles .A traditional uniform must be worn, no use of weapons, no music is allowed, 3 min time limit. A time keeper will be appointed.

This is not a freestyle section, a freestyle form is not acceptable (no machine-gun kicking etc...).

**scoring, Judges should be looking for:**

Good flowing techniques, punches, kicks, blocks, balance and stances. Strength and focus are important.

## MUSICAL FORM - free style empty hand

Music must be used and the choreography to the music is of high importance. The use of weapons is strictly forbidden.

The use of stage props such as Lasers, Smoke, Fire or “ dry Ice “ is not permitted .

No dance moves or theatrical costumes are allowed. No stage props such as lasers, smoke, fire, or dry ice.

The duration of a freestyle form must be between 1 and 3 minutes. The time starts from the first move of the form, not the announcement. A time keeper will be appointed.

This is NOT a gymnastic contest and only three gymnastic moves will be permitted or a penalty of 0.5 will be deducted by each judge.

**scoring, Judges should be looking for:**

Synchronisation to the music , showmanship , speed of the techniques degree of difficulty , basics hand and foot technique. Balance, basic stances, strength and focus

All the above are to be executed with strength and power according to the basic technique.

## MUSICAL FORM - free style weapon

Music and weapons must be used and the choreography to the music is highly important

The use of stage props such as Lasers, Smoke, Fire or “ dry Ice “ is not permitted . No dance moves or theatrical costumes are allowed.

The duration of a freestyle form must be between 1 and 3 minutes. The time start with the first move of the form, not the announcement. A time keeper will be appointed. All used weapons must be safe and clean and recognised within martial arts. The judges have the right to inspect weapons prior to starting a form.

This is NOT a gymnastic contest and only three gymnastic move will be permitted or a penalty of 0.5 will be deducted by each judge.

**scoring , Judges will mark the form on:**

**The form will be scored on the use of the weapon, not Kicks and other techniques.**

Synchronisation to the music , manipulation of the weapon , speed of the techniques, degree of difficulty , Showmanship. Balance, basics stances, strength and focus.

## WEAPON TRADITIONAL ( no music )

Weapon traditional forms must use traditional moves only. A traditional form / Kata must resemble a traditional work, an adaptation will be acceptable if added moves are traditional. A high kick cant be higher than the top of his/her own head. A freestyle form is not acceptable (no machine-gun kicking etc...). A traditional GI, Dobok or Wu-Shu uniform must be worn, use of weapons is compulsory, no music is allowed.

The use of stage props such as Lasers, Smoke, Fire or “ dry Ice “ is not permitted . No dance moves or theatrical costumes are allowed.

The duration of a weapon traditional form must be between 1 and 3 minutes. The time starts with the first move of the form, not the announcement. A timekeeper will be appointed. All used weapons must be safe and clean and recognised within martial arts. The judges have the right to inspect weapons prior to starting a form.

scoring, Judges will look for:

**The form will be scored on the use of the weapon, not Kicks and other techniques.**

Manipulation of the weapon , speed of the techniques, degree of difficulty , good control, showmanship, balance, basics stances, strength and focus.

## VETERANES TRADITIONAL

Hardstyle forms must be using traditional moves only. A traditional form / pomse / hyong must resemble a traditional work, an adaptation will be acceptable if added moves are traditional. A high kick cant be higher than the top of his/her own head. A freestyle form is not acceptable (no machine-gun kicking etc...). A traditional GI or Dobok must be worn, no use of weapons, no music is allowed, no time limit.

scoring, judges should be looking for:

Basic techniques , Stances , Punches , Kicks executed with balance , Blocks , Balance , Strength Focus

## **Part 4**

# **AMATEUR-RULES AND REGULATIONS**

for

*LIGHTCONTACT, FULLCONTACT, KICKBOXING and THAIBOXING*

- § 1. **ISKA AMATEUR WEIGHT CLASSES**
- § 2. **PHYSICAL EXAMINATION & DOPING**
- § 3. **DIVISIONS, AGE LIMITS AND ROUNDS**
- § 4. **RULES OF CONDUCT INSIDE AND OUTSIDE OF THE RING**
- § 5. **FIGHTER & SECONDS**
- § 6. **MATCHES IN FULLCONTACT, KICKBOXING, THAIBOXING**
- § 7. **ISKA AMATEUR DIVISION SCORING RULES**
- § 8. **PROTEST AND ALTERATION OF DECISIONS IN AMATEUR EVENTS**

## § 1. ISKA AMATEUR WEIGHT CLASSES

LIGHTCONTACT FULLCONTACT KICKBOXING (with low kicks) THAIBOXING  
according to AIBA standard, rules and weight classes.

Cut of date is always one day after the last day of the competition.

Kids : as a Kid can start, who is not 13 years old on the cut of day.

Juniors: A Junior can start, who is 13 years or older, but less than 18 years old on the cut off day.

Kids and juniors are only allowed to fight in Lightcontact and explicitly not in Fullcontact, Kickboxing or Thaiboxing.

	<i>Men All disciplines</i>	<i>Women All disciplines</i>	<i>All Kids 8-12 years</i>	<i>Junior girls 13 -17 years</i>	<i>Junior boys 13-17 years</i>
<b><i>Bantam weight</i></b>	- 54 Kg	- 50 Kg			
<b><i>Feder weight</i></b>	- 57 Kg	- 54 Kg	- 25 Kg		
<b><i>Light weight</i></b>	- 60 Kg	- 57 Kg	- 30 Kg	- 40 Kg	- 45 Kg
<b><i>Light welter weight</i></b>	- 63,5 Kg	- 60 Kg	- 35 Kg		- 51 Kg
<b><i>Welter weight</i></b>	- 67 Kg	- 63 Kg	- 40 Kg	- 45 Kg	- 55 Kg
<b><i>Light middle weight</i></b>	- 71 Kg		- 45 Kg	- 51 Kg	- 59 Kg
<b><i>Middle weight</i></b>	- 75 Kg	- 66 Kg	- 45 Kg	- 55 Kg	- 63 Kg
<b><i>Light heavy weight</i></b>	- 81 Kg			- 59 Kg	- 67 Kg
<b><i>Cruiser weight</i></b>	- 86 Kg			- 63 Kg	- 71 Kg
<b><i>Heavy weight</i></b>	- 91 Kg	+ 66 Kg		+ 63 Kg	+ 71 Kg
<b><i>Super heavy weight</i></b>	+ 91 Kg				

Veterans in lightcontact only

A veteran can start who is 35 years or older on the cut off day.

Veterans men:

36 - 39 Years, two weight-classes only, - 75 Kg / + 75 Kg

40 Years and over, two weight-classes only, - 75 Kg / + 75 Kg

Veterans ladies:

36 Years and over, two weight-classes only, - 63 Kg / + 63 Kg

**All world level competitions wherever rankings are available heats must be seeded.**

Each fighters name, country and number must be listed. A minimum of four fighters pro weight class is obligatory. Less than four fighters move up to the next higher weight category. In that case each country must get a minimum of 1 copy of all drawing lists and name list's of contestants for free. They should get it at least a few hours before the start of the tournament. There is no way to protest after the drawing.

## § 2. PHYSICAL EXAMINATION

All fighters must submit to a physical examination by the designated attending physician. At the examination the fighter must present his/her international fightbook, which must have been signed by the national association physician, no longer than 12 months ago.

**The attendance of a doctor ( physician) in Fullcontact, Lowkick and Thaiboxing is obligatory, a first-aid team only is explicitly not enough! A first aid team is only in Lightcontact allowed.**

The official physician who mandatory attends every match is the final authority in questions of the safety of the fighters, and he or she may at any time stop or terminate a match at his or her discretion.

Any match must be supervised by an approved doctor (physician). Any and all directions and/or orders from the attending physician must be immediately complied with. The attending physician must be qualified as a general practitioner. If there are more than 200 fighters, a second physician is obligatory.

The attending physician must follow the rules and regulation of the national health board in question as well as be approved by the authorities where such rules apply. No match may start or proceed before the attending physician is in place, and the physician may not leave his/her place prior to the decision in the last match. The attending physician shall be ready to assist if a serious emergency arises, and to administer first aid in the event of less serious injuries.

The doctor has the right, to interrupt or stop a contest by ringing the bell or calling “stop“ to the referee, if he /she thinks a contestant is in danger and the referee has not stopped the fight. He/she is also responsible to decide when a referee calls him/her in case of an injured fighter.

Nobody, not even seconds, may attempt to aid a fighter during a round before the attending physician has had the opportunity to see the injured fighter. If the doctor enters the ring or he/she must examine the presumed injury, the fight is over and the judges have to finish the point sheets (point cards). The result is “won by TKO” or “Disqualification” by unanimous or majority decision. Doctor decisions are in any case final decisions, there is no protest possible.

If a fighter is not in possession of his or her fightbook with the annual **ISKA** license stamp at the time of the physical examination and the weigh-in, he or she shall not be permitted to fight.

### § 3. DIVISIONS AND ROUNDS

The fighters must be in good physical shape and have a good sportsmanlike attitude.

The fighters must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Male fighters with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair that apply to female fighters.

Male and female junior fighters are not allowed to fight real matches except Lightcontact before the age of 16, and then only on condition of having at least 1 year of fighting experience as well as the written approval of the national association physician.

Kids and juniors are only allowed to fight in Lightcontact and explicitly not in Fullcontact, Kickboxing or Thaiboxing.

#### Four ISKA Amateur Divisions

(quick look up)

Lightcontact, Fullcontact, Kickboxing with low kicks, Thaiboxing.

Lightcontact	kicks above the waist,	long trousers with T-shirt
Fullcontact	kicks above the waist,	long trousers with bare upper body
Kickboxing	with low kicks,	shorts and bare upper body
Thaiboxing	knees and elbows,	shorts and bare upper body

#### Rounds

In all divisions all preliminary matches at any kind of championships (men and women) may be conducted over 3 rounds of 2 minutes. There is a break of 1 minute duration between rounds.

In all divisions all final matches in any kind of championships (men and women) may be conducted over 3 rounds of 2 minutes. There is a break of 1 minute duration between rounds.

No match featuring kids, junior male and junior female fighters may go over more than 3 rounds of 2 minutes.

No match featuring male and female amateur fighters may go over more than 5 rounds of 2 minutes .

## § 4. RULES OF CONDUCT INSIDE AND OUTSIDE OF THE RING

It is the duty of every fighter to show fair play in the ring. Should a fighter not be ready to continue the match, because his/her safety equipment is not working properly or for other reasons, he shall retreat one step and raise one arm.

Should a fighter be sent down for the count or in any other way be incapacitated, his/her opponent shall immediately retreat to the nearest neutral corner and wait for the referee to signal that the match can proceed again.

When a fighter receives a warning or a reprimand from the referee, he/she must bow in the direction of the referee to indicate that he/she has understood the reason why.

At the conclusion of the fight the fighters shall approach the referee, standing in the centre of the ring, and there, one on each side of the referee, await the speaker's announcement of the verdict. The referee then raises the arm of the winner.

After the fight the competitors salute each other and the opponent's seconds, after which both fighters bow to the referee in recognition of his/her efforts .

Violation of **ISKA** rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

### The Fighter

All fighters shall be clean and proper. It is the sole prerogative of the **ISKA** to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the fighters or an obstacle to the unhindered observation of the match.

Excessive use of grease or similar substances is prohibited.

The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net, and that Vaseline, grease or any other similar substances be removed before the fight can start or proceed.

### The Fighter's Equipment

All fighters must be equipped in all divisions with approved safety equipment in the form of padded protectors:

1. individually fitted breast-protector for women only, in all disciplines, for female juniors over 10 years
2. individually fitted groin-protector for all juniors, men and women in all disciplines
3. foot protectors in Lightcontact, Fullcontact and Kickboxing
4. shin protectors in Lightcontact and Fullcontact
5. shin protectors are voluntary in Kickboxing
6. individually fitted head-protector (helmet); the top of the head must be protected too, open helmets are forbidden
7. individually fitted tooth-protector (gum shield)
8. hand-bandages max. 2.5 meters
9. gloves 10 OZ in all weight categories for seniors
10. gloves for kids and juniors 10 - 12 OZ

The fighters have the responsibility of bringing their own personal equipment and that of their seconds to all **ISKA** matches and tournaments.

The hands of the fighters must be protected by bandages of soft elasticised material no more than 2 inches (5.08 cm) wide. Adhesive plaster may be applied directly to the skin in such a manner that it protects the part of the hand closest to the wrist. Its direct application may not exceed 1 (one) unbroken winding on the hand, although it is permitted that the plaster cross the back of the hand 2 (two) times, and it may not be placed higher on the hand than at a distance of 1 (one) inch ( 2.54 cm) from the knuckles when the hand is made into a fist.

Over this a layer of elasticised bandage is applied, held in place by selfadhesive plaster. The bandages must be approved by the referee or by the tournament director.

All fighters with long hair may wear approved hairbands or –holders without any metal and must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.

## § 5. FIGHTER & SECONDS

No fighter may participate in any match without an up-to-date fightbook with official annual **ISKA** license stamp.

Officials shall verify that fighters compete in their proper weightclasses. The count of victories is made by adding the number of victories the individual fighter has had (not the number of matches which are irrelevant) and then classifying the fighter accordingly.

**N**-License fighters (Novice license), after 2 victories promoted to class **C**

**C**-license fighters (Intermediary class), after 6 victories promoted to class **B**

**B**-License fighters are licensed to fight in national and international championships, European and World Championships, and are ranked as **amateur** fighter.

**A**-License fighters are professionals, therefore they may not start at amateur events.

After having signed a professional contract and having fought as a professional it is no longer possible to revert to amateur status.

### Seconds

The second may give up on behalf of his/her fighter if he/she deems it irresponsible to let the fight continue. This is indicated by the second throwing a white towel into the ring.

Prior to every tournament the head referee shall call a meeting with all the judges, referees and seconds to clear up any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

Seconds shall support and advise their fighters during the intermission between rounds. Each fighter may have 2 seconds and only one of these may enter the ring at any time.

During the rounds neither of the seconds may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight. Seconds shall comply with any and all directions by the referee. Prior to each round the seconds must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spilt water. The seconds shall have at their disposal a towel, a sponge, water and grease for the fighter.

During the rounds the seconds may give advice (just in a proper manner) help or in any way encourage the fighter. Should a second violate this rule the referee can issue a warning or expel the second or disqualify the fighter.

A second who has been expelled may not function as second in the remaining part of the tournament.

A match starts when the referee give's the command "fight" to begin the first round, and it finishes when the referee stop's the fight in the last round. Only the fighters and the referee may be present in the ring during the match. If any other person enters the ring, the fight is immediately over and cannot continue again.

## § 6. MATCHES IN FULLCONTACT, KICKBOXING, THAIBOXING

legal techniques

### **Fullcontact**

1. All forms of boxing in combination with kicks above the waist to the body and the head.
2. Rear (reverse) kicks to the body or the head, spinning back kicks to the body and to the head with full contact to knock out the opponent, also foot sweep's, are permitted.

#### additional in Kickboxing

1. Low kicks to the thighs, inside and outside

#### additional in Thaiboxing

1. knee attacks to the body and kicks with the shin to the thighs, body and the head
2. clinching (holding) for 5 seconds and attacking at the same time with knees and elbows or any strikes
3. elbow strikes to the body
4. frontal rolling kicks with the heel against the head.
5. flat throws below the waist line, only in clinching situations
6. the use of spinning backfist only with focus on the opponent

#### warnings and minus points

In case of a serious violation of the following points the referee shall stop the fight with the command „Stop“ and issue a warning. The warning shall be issued clearly and in such a manner that the fighter in question understands the reason for the warning. The referee shall clearly indicate which fighter has received the warning by pointing his hand. If a fighter has got a “warning” because of a foul no point is to be deducted but the judges shall immediately award the other fighter with one “click”, like for one successful punch. If a fighter has got a “second warning” because of a foul no point is to be deducted but the judges shall immediately award the other fighter with two “clicks”, like for a successful kick. Following a warning the referee shall let the match proceed by commanding „Fight“. Should a fighter receive 3 warnings in one match, immediately he/she gets penalised simultaneously with the first minuspoint (penalty point) and one point must be deducted by the judges. After three minuspoints in a match, he/she shall immediately be disqualified simultaneously with the last minuspoint being issued. (see §13 page 18)

The warnings and penalty (minus) points are given for using any illegal technique or doing prohibited actions, also for the coach.

### **illegal techniques (fouls)**

### **Thaiboxing**

- all forms of biting are prohibited.
- all strikes, blows and punches executed with the palm side of the gloves are prohibited.
- all kicks to the back and the back of the neck are prohibited.
- any form of butting with the head is prohibited.
- all attacks (strikes, punches, kicks) against the joints are prohibited.
- kicks to the groin are prohibited.
- attacking a downed opponent, or an opponent who touches the floor with his/her gloves is prohibited.
- spitting out one's tooth protector (gum-shield) is prohibited.
- any kind of throwing above the waistline
- holding the opponent's leg while executing striking or punching techniques
- holding the ropes and attacking an opponent, also in clinching situations

additional in Kickboxing

- any form of throwing ( excluding foot sweeps ) is prohibited.
- any form of clinching or holding the opponent is prohibited.
- all types of strikes with the elbows are prohibited.
- any form of kicking with the knees is prohibited.

additional in Fullcontact

All kicks against the thighs or under the waistline are prohibited, excluding foot sweep.

## § 9. ISKA AMATEUR DIVISION SCORING RULES

The **ISKA** Amateur Division's scoring rules in matches have 10 points as the maximum score and 6 points as a minimum score. The use of "clickers" - point adding machines - is recommended.

The points are awarded the fighters by the judges during each round. Points are given for clean hits according to the following directions:

any legal strike or punch to the body or to the head, to a legal area	1 point
any legal foot sweep if the opponent is downed,	1 points
any legal kick to the body, to a legal area,	1 point.
any legal kick to the head, to a legal area,	2 points
any legal jumping kicks to the body,	2 points
any legal jumping kicks to the head	3 points

The judges shall base their evaluation of the fight on the following guidelines:

1. best technique.
2. effective parries and counterattacks.
3. best combinations.
4. effective parries.
5. fighting spirit and initiative.
6. good sportsmanship and fair play.
7. number of points scored.
8. number of minus points and knock downs.

To score points all effective legal kicks or punches must hit directly without being blocked or parried on any legal area. For punches and blows the technique must be delivered with the striking zone of the closed glove.

### SCORING AND POINTS IN FULLCONTACT, KICKBOXING AND THAIBOXING

Decisions shall be made after the following guidelines:

#### victory on points (P)

When neither fighter dominates the other and a round is even: 10:10 points . Following this points are added to or subtracted from each fighter's score according to the number of points they have been noted for by the referee.

The winning fighter of a round get 10 Points, his/her opponent 9 points.

If an official warning was given because of a "foul", the judges shall immediately award the other fighter with one "click", just like for one successful punch. The judges shall always mark these warnings with the letter **W** (for **W**arning) under "fouls" on the scorecard to indicate that the fighter has received a warning.

If an official minus point was given because of a "foul" and not just a warning, each judge must deduct 1 point from the scorecard of the involved fighter, immediately when the round is over. (i.e. 10:9) The judges shall always mark these points with the letter **M** (for **m**inus point) under "fouls" on the scorecard to indicate that the fighter has received a minus point. If a second official minus point was given in the same round, each judge must deduct 2 points from the score of the involved fighter, immediately when the round is over.(i.e.10:8)

In case of a third official minus point in that match the fight is over immediately by disqualification.

If a fighter gets counted, each judge must deduct 1 point from the scorecard, immediately when the round is over (i.e. 10:9). The judges shall always mark this knockdown with the letter **K** (for **k**nockdown) under "KD" in the scorecard to indicate that the fighter has received a knockdown.

A score with less than 8 points can only happen, if the judge gives a 10:8 score for the round and points was deducted too.

At the conclusion of the match all rounds are added up to the final score (i.e. 30:27) and the fighter with more points on the scorecards shall be declared the winner.

Should a judge observe a violation that has apparently escaped the notice of the referee, and if he/she subsequently imposes a reasonable sanction upon the fighter committing the violation, he/she shall indicate that he/she has done just that by marking the points of the violating fighter with the letter **J** (for **j**udges minus) and in writing state his/her reasons for the sanction.

#### victory by attending physician stopping contest or injury (DOD)

The attending physician is the supreme authority in questions relating to the safety of the fighters, and may demand that the match be stopped.

If one of the fighters is injured, it is only the doctor's decision to stop the fight, or the fighter him/herself or his/her coach wants to retire from the fight.

The attending physician may stop any match regardless of it being a World or European Championship or any other important match. Should the attending physician wish to stop a match to examine a fighter, he/she must first inform the referee.

The referee then stops the match until the physician has examined the fighter but only to decide, that the fight can continue or not. This examination must take place in the ring and have a duration of not more than one minute and any kind of treatment of the fighter is explicitly forbidden and finish the fight immediately. Should this time not be sufficient, the referee shall stop the match and declare the opponent the winner.

If one of the fighters is injured and the fight is over because of a foul the innocent fighter is declared the winner. In case of an accident the judges have to finish their scorecards and the contestant with the highest number of points is declared the winner. If both fighters are injured or knocked-out simultaneously, and neither is able to continue the match, the judges shall add up each fighters points up to the time the fight was stopped, and the fighter leading on points shall be declared the winner.

Should this situation occur in the first round the match shall be declared "no contest" and no winner is declared.

#### giving up (SUR)

In cases where a fighter voluntarily gives up because of injuries or for any other reason, or if he or she does not resume fighting immediately after the intermission between rounds, the opponent shall be declared the winner. In these cases the second shall throw a white towel into the ring to signal that his/her fighter gives up.

#### victory by referee stopping contest (RSC)

The referee may stop a match if a fighter is clearly outmatched or if he/she is a hazard to his/her own safety after the following guidelines:

If a fighter in the judgement of the referee is clearly overmatched and will face unnecessary punishment in the ring should the match be allowed to go on.

If a fighter in the judgement of the referee is unable to continue the match due to injuries or for any other physical reasons, the referee must stop the match **and call the official match doctor to the ring**.

**No referee can decide how seriously a fighter is injured, He/She must call the doctor !**

### no contest (NC)

A match may be stopped by the referee before the prescribed time due to circumstances beyond the control of the fighters or the referee:

1. The referee has to stop the match before the first round has finished.
2. The safety equipment of the ring has been damaged.
3. The ring is unsafe for use.
4. The lighting over the ring is failing
5. Weather conditions force the referee to stop the match.

Under such circumstances the match shall be stopped and a “no contest“ with no winner is declared.

### victory by walk-over (WO)

If one fighter is present in the ring and ready to fight and his/her opponent fails to show after his/her name has been called over the loudspeaker, the referee shall signal the referee’s table to start with the running of 1 minute. If the opponent has not entered the ring within a time limit of 1 minute, the timekeeper shall strike the gong to signal that the match has been stopped. The referee shall then announce the fighter who was first in the ring and declare him/her the winner by “walk-over“.

The judges shall note this on their cards, which are then collected. The judges shall then summon the fighter who has won on walk-over to the centre of the ring, and thereafter the announcement of the decision, raise his/her hand and declare him/her the winner.

## **SCORES AND POINTS IN LIGHT CONTACT**

In Lightcontact knock-outs are not allowed.

Decisions shall be made after the following guidelines:

### victory on points (P)

When neither fighter dominates the other and a round is even: 10:10 points . Following this points are added to or subtracted from each fighter’s score according to the number of points they have been noted for by the referee.

The winning fighter of a round gets 10 points, his/her opponent 9 points.

If an official warning was given because of a “foul”, the judges shall immediately award the other fighter with two “clicks”, just like for one successful punch. If a fighter has got a “ second warning” because of a foul no point is to be deducted but the judges shall immediately award the other fighter with three “clicks”, like for a successful kick The judges shall always mark there warnings with the letter **W** (for **w**arning) under “fouls” on the scorecard to indicate that the fighter has received a warning.

If an official minus point was given because of a “foul” and not just a warning, each judge must deduct 1 point from the scorecard of the involved fighter, immediately when the round is over. (i.e. 10:9) The judges shall always mark these points with the letter **M** (for **m**inus point) under “fouls” on the scorecard to indicate that the fighter has received a minus point.

If there a second official minus point was given in the same round, each judge must deduct 2 points from the score of the involved fighter, immediately when the round is over. (i.e. 10:8) In case of a third official minus point in that match the fight is immediately over by disqualification.

In case of bad physical condition a standing count is allowed to give the fighter time to recover, but each judge must deduct 1 point from the score, immediately when the round is over. (i.e. 10:9) The judges shall always mark this counting with the letter **C** (for counting) under "KD" in the scorecard to indicate that the fighter has received a standing count.

If he/she gets counted because of a foul (i.e. strong hit), no point is to be deducted but in that case the opponent must get penalised with a minus point. In the event of a strike that dazes an opponent, the referee first of all has to stop the time, than he has to ask his judges " Was there a foul or not ? ". If the majority of judges decide for "foul", the referee will penalise the offender. If they decide on "accident" there is no penalisation and no count.

A score with less than 8 points can only happen, if the judges give a 10:8 score for the round and points was deducted too. At the conclusion of the match all rounds are added up to the final score (i.e. 30:27) and the fighter with more points on the scorecards shall be declared the winner.

Should a judge observe a violation that has apparently escaped the notice of the referee, and if he/she subsequently imposes a reasonable sanction upon the fighter committing the violation, he/she shall indicate that he has done just that by marking the points of the violating fighter with the letter **J** (for judges minus) and in writing state his/her reasons for the sanction.

The decisions by: **DOD SUR RSC NC WO** in Lightcontact are similar to the other disciplines.

**In Lightcontact the referee should always keep an eye on controlled attacking !  
All techniques must be executed with good control, Lightcontact is obligatory !**

Minus points or disqualification's are given according to the following guidelines:

For all illegal techniques (fouls) or for strikes, punches or kicks executed without proper control and restraint, the referee shall give warnings and minus points.

If a fighter executes a technique which sends the opponent down for the count the referee shall give a minuspoint or disqualify the fighter.

If a fighter shows excessive aggression or bad conduct in the ring, the referee shall give a minuspoint or disqualify the fighter.

This fighting system allows the fighters to compete in the discipline Lightcontact with no risk of serious injury under safety rules, which takes into consideration both juniors and seniors of both sexes.

All matches shall be fought on a fighting area or in a boxing ring which complies with the international **ISKA** (AIBA) specifications. (see § 13)

### **legal techniques:**

1. all forms of boxing combined with kicks to the body and the head with controlled contact.
2. all types of foot sweeps performed with the inside of the foot.
3. rear or reverse kicks to the body with controlled contact.

### **Warnings and minus points:**

In case of a serious violation of the following points the referee shall stop the fight with the command "Stop" and issue a warning. The warning shall be issued clearly and in such a manner that the fighter in question understands the reason for the warning. The referee shall point his/her hand clearly to indicate which fighter has received the warning. Following a warning the referee shall let the match proceed by commanding „Fight“.

Should a fighter receive 3 warnings in one match, he/she gets immediately penalised, simultaneously with the first minus point (penalty point),

It is up to the referee to give a minus-point instead of a warning, when in his/her opinion the violation was too excessive. The time is stopped to give warnings or minus-points.

The warnings and penalty (minus) points are given for using all illegal techniques or doing prohibited actions, also for the coach.

**illegal techniques (fouls):**

- any kind of too strong (excessive) contact
- any strike, blow, punch or kick which is executed without restraint and control
- all kicks to the knees.
- all strikes, blows, punches and kicks to the back and to the back of the neck.
- all types and forms of throwing (excluding foot sweep)
- all types of clinching (holding the opponent).
- any form of butting with the head.
- any type of strikes and blows with the elbows.
- foot sweeps with the contact point being above the ankle knuckle.
- any type of attack against the joints.
- any type of kicks to the groin.
- any form or type of kicks with the heel or the shin against the head.
- any form or type of kicks with the shins against the thighs.
- pushing with the gloves and all forms of biting
- all strikes, blows and punches executed with the palm side of the gloves.
- any type of aggressive behaviour.
- any kind of throws
- no hook and uppercut for kids in light contact
- when the fight is conducted on a matted area , warning can only be given for exits when the fighter intentionally steps out

## **§ 10 Protests and alteration of decisions in European and World Championships**

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 and **ISKA** IRC 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 of the **ISKA**, 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.- ( \$ 100.-) which will be returned if the protest is found to be valid.

The protest fee will be transferred to the account of the IRC for the promotion and training of future referees etc.

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 impossible.