



Amateur Championship Tournament

Ring Sports

K-1, Full Contact and Muay Thai

January 2024

Introduction

This Rulebook is specific to Ring Sports, K-1, Full Contact and Muay Thai and supersedes all previously issued versions. Please refer to the Overview of Regulations for Competitors, Coaches and Officials for general information surrounding the Amateur Championship Tournament, and Tatami Sports Rules for the current Regulations and Rulings.

Content

K1 – K-1
FC – Full Contact
MT – Muay Thai

K-1 Rules

K-1 Kickboxing discipline modified for Amateurs.

Uniform

Kickboxing Shorts with Tee-shirt or vest

Protective Equipment

Head-Guard, no visors or faceguards are allowed.

Individually fitted Mouth Guard (gum shield)

Boxing Gloves 10 oz. in all weight categories

Breast-protector for all Females

Groin-protector for all Male and Females

Shin & Instep protectors not the elasticated type

Legal Techniques

Punches: Straight punches, hooks, uppercuts (must land with the knuckle part of the glove)

Kicks: Front kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks (must land above waist)

Low kicks: inside and outside, above and below the knee

Knee Kick: to the body and legs only.

Illegal Techniques

Single hand and two-handed clinching to deliver a knee strike.

Spinning or turning back-fist.

Elbow or forearm strikes.

Passive clinching or holding.

Catching an opponent's foot or leg.

Throwing.

Sweeps.

K-1 Rules Scoring Criteria

Awarding of points shall be based on the following elements.

Whether an effective and accurate attack is acknowledged, and damage is inflicted on the opponent using legal techniques.

Points will be awarded in this priority:

Number of downs.

Extent of damage inflicted on the opponent.

Number of clean hits.

Degree of aggressiveness (points in the offensive.)

Notes:

Under K-1 Rules all strikes, punches kick or knees are only valued by the damage they inflict, strikes landed without power have no value.

The aggressor the fighter who is pushing forwards will have the advantage if the number of strikes scored by each fighter is equal, and one fighter was clearly more proactive in attempting to attack during the bout, they should win the fight.

If contestants are otherwise equal and one contestant clearly fouls consistently, that contestant who violates the rules loses the fight.

Full Contact Kickboxing

Kicks above the waist Kickboxing discipline

Uniform

Long Kickboxing trouser with Tee-shirt or vest

Protective Equipment

Head-Guard, No visors or faceguards are allowed.

Individually fitted Mouth Guard (gum shield.)

Boxing Gloves 10 oz. in all weight categories.

Breast-protector for all Females.

Groin-protector for all Male and Females.

Shin protectors not the elasticated or football type.

Foot protectors which must cover all of the upper foot, and the heel.

Legal Techniques

Punches: Straight punches, hooks, uppercuts (must land with the knuckle part of the glove)

Kicks: Front kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks (must land above waist)

Sweeps: Foot sweeps boot-to-boot inside and outside.

Illegal Techniques

Spinning or turning back-fist

Elbow or forearm strikes.

Kicks to the legs.

Knee strikes.

Clinching or holding.

Catching an opponent's foot or leg.

Throwing.

Continual Kicking Rule

There is no Minimum Kick Count under ISKA Full Contact Kickboxing rules. Each Fighter must continually kick throughout the round. If a Fighter kicks ten times in the first thirty seconds, and does not kick for the next ninety seconds, they haven't continually kicked. A fair ratio of Kicks to Punches must be used throughout the whole round.

Legal kicks are considered those which are attempts to land hard on a target area of the opponent's body, with the intent to do damage, or any legitimate attempt to kick the head.

If a fighter is deemed by the Referee or Judges to have failed to continually kick throughout a round the referee will give a caution, warning or deduct a point at his discretion. If a fighter deliberately break the Continual Kicking Rule he may be disqualified

Full Contact Kickboxing Scoring Criteria

The number of legal Full Contact Kickboxing techniques striking a legitimate target and number of knock downs.

The kicker must always have the advantage. If a fighter attempts to score kicks above the waist and the opponent only uses boxing techniques, the Kicker must be favored to win the round.

The winner of a fight is the fighter who successfully delivers more effective techniques than their opponent whether moving forwards, backwards, sideways or against the ropes.

Notes:

With regards to the Continual Kicking Rule faints and flicks kicks do not count. Kicks that are attempted real attacks but are blocked or deflected do count.

If the number of strikes scored by each competitor is equal, and one fighter was clearly more proactive in attempting above the waist kicking to attack during the bout, they should win the round.

If the number of strikes scored by each fighter is equal and neither fighter has clearly attacked more, the fighter who shows better offensive skill or counterattacking skills wins the round.

If fighters are otherwise equal and one fighter clearly fouls consistently, the fighters who violate the rules loses the round.

If both fighters score an equal number of strikes, the contestant who lands more effective or damaging strikes should be awarded the round.

Muay Thai

Traditional Muay Thai rules modified for Amateurs.

Uniform

Thai boxing or Kickboxing Shorts with Tee-shirt or vest

Protective Equipment

Head-Guard, No visors or faceguards are allowed.

Individually fitted Mouth Guard (gum shield.)

Boxing Gloves 10 oz. in all weight categories.

Elbow Pads.

Breast-protector for all Females.

Groin-protector for all Male and Females.

Shin & Instep protectors not the elasticated type.

Legal Techniques

Punches: Straight punches, hooks, uppercuts (must land with the knuckle part of the glove.)

Kicks: Front kicks, middle kicks, high kicks, sidekicks, back kicks, jumping kicks (must land above waist.)

Low kicks: inside and outside, above and below the knee.

Knees: to the body and legs only, long knee, Jumping Knee or kneeing in a clinch.

Clinching: clinching and neck wrestling is allowed to deliver strikes and unbalance opponents.

Elbows: Elbow strikes are allowed to the body and head.

Trips: are allowed in the clinch to unbalance opponents.

Catching opponent's foot or leg: is allowed whilst striking, taking a maximum of two (2) steps.

Illegal Techniques

Spinning or turning back-fist.

Spinning or turning Elbow strikes.

Passive clinching or holding.

Hip or head throws.

Muay Thai Scoring Criteria

The number of clean Muay Thai techniques striking a legitimate target or used successfully against an opponent and effectiveness of the techniques.

Effective techniques are defined as Muay Thai techniques delivered on balance and have a physical effect on a competitor.

To be considered effective techniques need to cause a loss of an opponent's balanced position, they are moved physically either due to the power of the strike, good timing or because of an opponent's loss of balance or cause them to show physical or psychological distress (showing fear or pain.)

Round kicks delivered with force cleanly hitting the body are considered effective even without causing loss of position, similarly straight knee strikes, or circle knees delivered with force and striking with the point of the knee also are considered effective without obvious effect.

If a contestant kicks an opponent on target, but that kicking leg is caught by their opponent the kicker scores a point. However, if after their kick is caught, they get kicked to they are kicked down to the canvas the contestant kicking their opponent to the canvas scores as well.

Notes:

Kicks to the upper arm score.
Kicks and knees to the back score.

The winner of a bout is the competitor who successfully delivers more effective techniques than their opponent whether moving forwards, backwards, sideways or against the ropes.

If the number of strikes scored by each competitor is equal, and one competitor was clearly more proactive in attempting to attack during the bout, they should win the bout.

If the number of strikes scored by each competitor is equal and no contestant has clearly attacked more, the contestant who shows better offensive skills, defensive skills, elusive skills, or counterattacking skills using Muay Thai arts and techniques wins the bout.

If contestants are otherwise equal and one contestant clearly fouls consistently, that contestant who violates the rules loses the bout.

K-1, Full Contact and Muay Thai Fighting Equipment (Visual)

Head Guards - Allowed.



Head Guards – Not allowed.



Shin/Leg Protection – Allowed, K-1 and MT Only.



Shin/Leg Protection – Not allowed, K-1 - FC and MT.



Shin/Leg Protection – Allowed, FC Only.



Foot Protection – Allowed, FC Only.



Elbow Protection – Allowed, MT Only.



Hand Protection – Allowed, K-1 - FC and MT.



Hand Protection – Not allowed, K-1 - FC and MT.

