



K1 RULES

CHAPTER 1

COMPETITION ORGANIZATION

- This type of match is a continuous fight, that will only be interrupted by the Central Referee when the score of a fault or warning is justified;
- During the match, the athletes must execute quality techniques where there **WILL NOT BE CONTROL** of impact force.

WARNINGS

- At **FIRST** foul, the Central Referee will give a **WARNING** to the athlete that broke the rules.
- At **SECOND** foul, the Central Referee will award the three points to the opponent athlete.
- At **THIRD** foul, the Central Referee will award the three points to the opponent athlete.
- At **FORTH** foul, the Central Referee will **IMMEDIATELY DISQUALIFY** the athlete that committed the fouls.

FOULS AND STRIKES THAT LEAD TO IMMEDIATELY DISQUALIFICATION

- Grabbing or Projecting.
- Intentional strikes with the head.
- Any kind of strike with the purpose to blind the opponent.
- Biting.
- Deliberately striking the groin area.
- (including Coach) Disrespectful behaviour towards the Central Referee, Judges/Juries and /or the side referees.
- (including Coach) Swearing or the use of abusive language during the match.
- (including Coach) Address himself to the opponent to insult and provoke him.
- Knocking out or injuring his opponent after the referee has ordered the match to stop for any reason.
- Attack an opponent who is falling to the floor or is already on the floor.
- Any technique, legal or illegal, that might question the integrity of the athlete.

An athlete can be immediately disqualified, if he persists in avoiding contact, spits out the gumshield intentionally or simulates a foul.



CHAPTER 2

CATEGORIES

Athletes will be divided by weight.

Male and female athletes compete in different categories.

AGE DIVISION

- SENIORS – over 18;

K1 WEIGHT AND CLASS DIVISION

Class	Body Weight
Flyweight	Under 50.80kg
Bantamweight	Under 53.50kg
Featherweight	Under 57.15kg
Lightweight	Under 61.23kg
Welterweight	Under 66.68kg
Middleweight	Under 72.57kg
Super Middleweight	Under 76.20kg
Light Heavyweight	Under 79.38kg
Cruiserweight	Under 86.18kg
Heavyweight	Over 86.18 kg

CHAPTER 3

SAFETY EQUIPMENT

COMBAT PROTECTIONS

Each fighter shall wear regulation gloves (10oz.) provided by the promoter, a protective cup and a mouthpiece. Use of leg pads, shin guards, and kneepads is prohibited. Contact lenses are also prohibited.

Any other kind of uniform must be previously approved by the Arbitrage Committee.

CHAPTER 4

LENGHT

3 round of 3 minutes each, with a 1 minute pause between them.

CHAPTER 5

AWARDING OF THE FIGHTINHG

The match will end by athletic superiority, by points, by medical decision or when:

- one of the fighters is unable to fight or defend himself;
- if its not possible to stop a bleeding in a fighters cut;



- if there's a Knock Out;
- if there is a technical KO;
- one of the fighters pass out;
- one of the coaches troughs the towel;
- a fighter breaks the rules that lead to an immediately disqualification
- a fighter commits more than 3 fouls.

PONTUATION/LEGAL AND ILEGAL TECHNIQUES

The following fighting techniques are authorized.

Punches : Straight punches, hooks, uppers, and backspin blows.

Kicks : Front kicks, low kicks, middle kicks, high kicks, side kicks, back kicks, inner thigh kicks, jumping kicks, and knee kicks.

The following restrictions apply to the use of the backspin blow.

(a) The authorized area of contact for the backspin blow shall be the area of the glove where it bends at the wrist and beyond to the tip of the glove.

(b) If an area other than the authorized area of contact hits and injures the opponent by accident, Chapter 12, sub-chapter 3 shall apply.

FOUL TECHNIQUES

A fighter who executes a foul technique shall be penalized with a caution, warning, or a point reduction. Two (2) cautions shall lead to one (1) warning for the first two (2) cautions; however, a warning shall be given for any cautions thereafter. Two (2) warnings shall lead to a point reduction, and three (3) point reductions in one (1) round shall be grounds for disqualification. This clause shall not apply in cases where the judges rule that the foul technique as unintentional.

DISQUALIFICATION

A fighter shall be disqualified when:

- A fighter intentionally uses a foul technique.
- A fighter fails to follow the referee's instructions during a match.
- A fighter is late for a match or does not show up at all.
- A fighter exhibits ill-mannered behavior or a malicious attitude during a match.
- The referee determines that a fighter does not have the will to fight.
- When a fighter receives three (3) point reductions within one (1) round, counting two (2) warnings as one (1) point reduction.
- The official physician deems a fighter unfit to fight as a result of a medical check.
- A corner man has entered in the ring or touched one of the fighters during the match.
- A fighter is found to have broken other rules.



CHAPTER 6

Where a fighter is overwhelmingly superior to his opponent, the referee has the option to stop the fight and declare a victory for the superior fighter before the end of the match.

(a) The following are defined as fouls:

- Using the head to deliver a blow.
- Using the elbow.
- Attacking the opponent in the groin (attacks to the groin with knee kicks or hand techniques shall be considered as low-blows and will be ruled as fouls).
- Using techniques from wrestling or judo such as throwing or submission techniques.
- Thumbing, choking or biting on the opponent.
- Attacking the opponent while he is down or in the process of getting up.
- Attacking the opponent while the referee is intervening to separate the fighters.
- Grabbing the ropes for any reason including the launching of an attack or for defensive purposes.
- Using offensive or insulting language.
- Attacking the back of the head with a punch (the side of the head and the area around the ears are not considered as the back of the head and are valid target areas).
- Attempting to cause the opponent to fall out of the ring.
- Voluntarily exiting the ring during the course of a match.

(b) A point reduction may be given immediately to a fighter if the judges find that a foul technique was inflicted with malicious intent.

(c) A caution shall be given to a fighter who repeatedly charges inside the opponent's arms, with his head held low (ie. to avoid attack). This shall be considered as inducing a head-butt. In case that either of the fighters gets cut from a head-butt and is bleeding, the fighter who has caused the other to get cut shall receive a one (1) point reduction, even if the head-butt was not intentional. However, if the referee finds the head-butt to have been intentional, a reduction of two (2) points shall be given. If both fighters get cut and are bleeding, a one (1) point reduction shall be given to each fighter.

(d) A point reduction of may be given to a fighter who repeatedly uses holds and clinches that are not accompanied by attacks, and are judged as being defensive/passive in nature (ie. to avoid attack). Grasping and holding the opponent immediately after launching an attack (ie. to avoid a counter-attack) may also result in a point reduction.

(e) A caution or point reduction may be given to a fighter who is judged as being passive and who simply waits for the opportunity to launch a counter-attack.

(f) Continuously holding the kicking leg of an opponent is judged as a foul. However, a single attack, while holding the leg is authorized. Continuous attack while holding a leg is a foul. If a fighter does not take any action while holding the kicking leg, the referee shall call a break. Holding the kicking leg and using a throwing technique is also a foul.



CHAPTER 7

The match shall be held in a 6 m X 6 m boxing ring surrounded by 4-level ropes.

CHAPTER 8

Matches shall be held in the following manner.

One-match fights:

When a fighter is down, and the three (3) minute time is up while referee is still counting, the following shall apply:

- (a) For all rounds except the final round, the timekeeper signals the end of the round. However, the referee continues to count, and if the counts exceed ten (10) counts, the downed fighter will be considered knocked out.
- (b) For all final rounds, the timekeeper shall signal the end of the round and the match is completed even if the "Down" count is not completed. (ie. Fighters may be saved by the bell only in the final round.)
- (c) The final round in this case is defined as the round prior to the decision in the event that the winner is to be determined by decision. Therefore, an extra round may be considered as the final round.

CHAPTER 9

Awarding of points shall be based on the following elements:

Whether an effective and accurate attack is recognized, and damage is inflicted on the opponent by authorized fighting techniques.

Points will be awarded in this priority:

- (1) Number of downs
- (2) Extent of damage inflicted on the opponent
- (3) Number of clean hits
- (4) Degree of aggressiveness (points in the offensive)

The dominant fighter shall be awarded a score of ten (10), and points shall be deducted from his opponent.



CHAPTER 10

CATEGORY OF OUTCOME

DECISION:

Applicable when there is no knockout, technical knockout, or disqualification to decide the winner. Three (3) judges shall award points to each fighter, and the fighter with the higher point total at the end of final round from two (2) out of three (3) judges shall be declared the winner.

DRAW:

(a) Applicable when the winner is not determined by a decision of the judges.

(b) Applicable when both fighters go down at the same time and neither rises to his feet before or at the call of count nine (9).

KNOCKOUT (KO):

(a) Applicable when a fighter does not stand up before the call of count ten (10). Or when a referee decides the fighter cannot stand up within the call of count ten (10).

(b) Applicable when a fighter is judged to have lost his will to continue to fight, even though he has stood up within the call of count ten (10), and/or when a fighter is judged to be incapable of continuing the fight.

(c) Applicable when a fighter goes down three (3) times in a round (or two (2) times in a tournament fight except in the final match).

TECHNICAL KNOCKOUT (TKO):

(a) Applicable when the referee judges that it is impossible to continue the match due to an accidental injury (of neither fighter's fault) to a fighter. Such decisions shall be made in accordance with Chapter 12.

(b) Applicable when a corner man throws a towel into the ring during the course of a match. In the event that the referee does not notice the towel being thrown in, the official observer is authorized to announce the end of match.

(c) Referee Stop: Applicable when the referee judges that one fighter is overwhelmingly superior to his opponent and the inferior fighter is in a physically perilous condition.

(d) Doctor Stop: Applicable when the official physician judges that it is impossible to continue the match due to an injury or severe damage to a fighter. If a fighter is down and has sustained severe damage, the official physician has the option to stop the match, accordingly to the deliberation.



NO CONTEST (NULL and VOID match)

- (a) Applicable when both fighters are found to be guilty of a rule(s) violation, match fixing, or collusion.
- (b) Applicable when both fighters fail to fight in good faith (a spiritless fight) after repeated cautions and warnings by the referee, and when the referee declares disqualification of both fighters.
- (c) Applicable when both fighters are judged as not being able to continue the match due to an accidental injury of neither fighter's fault in a one-match fight, where the fight is not justified. Chapter 12, sub-chapter 3, shall be observed.

CHAPTER 11

EXTRA ROUNDS

Extra rounds shall be held in tournament fights to decide the winner in case the match is judged as a draw.

When a winner is not decided after three (3) 3-minute rounds, one (1) extra 3-minute round shall be held. The result of this extra round shall be an independent judgement that does not take the first three (3) rounds into account.

When the result of the extra round [the fourth (4th) round] is a draw, the judgement shall be conducted based on the flow of the entire match as a whole from round one (1), and a winner shall be decided by considering even the slightest difference.



CHAPTER 12

If a fighter is injured, the judges and the official physician shall confer to decide whether the fight shall continue or not. The official physician shall not give any treatment to the injured area during the course of the match.

If a fighter is injured and it is impossible to continue the match, the match shall be treated in the following manner:

If the cause of injury is a rule violation (by the opponent), the referee shall give the injured fighter a rest period to check his condition. If the fighter does not recover and the match cannot be resumed, the fighter who has violated the rules shall be the loser (disqualification of the violator). A fighter who is disqualified for a rule violation shall not be entitled to advance in a tournament even if the opponent is not in a condition to continue the match.

Note: an injury caused by low-blow will be considered as an accident, whether intentional or unintentional.

If the cause of the injury is carelessness of the injured fighter himself and the match cannot be resumed, the fighter who has injured himself shall be declared the loser (disqualification of the injured).

If the cause of the injury is accidental and at neither fighter's fault, it must first be determined whether or not the match is justified.

Justification Criteria:

3-round matches: The match is justified at the end of the first (1st) round.

If the match is not justified, the following shall apply:

(a) Tournament fights: The fighter who remains in a condition to continue fighting shall be declared the winner.

(b) One-match fights: The match shall be considered as "No Contest" and void.

If the match is justified, the following shall apply: The points shall be awarded for the completed rounds, and the fighter with more points shall be declared the winner. In case a fighter is injured after the third (3rd) round, the points shall be awarded until the actual time of the round when the fighter was injured.

(a) Tournament fights: The fighter who remains in a condition to continue fighting shall be considered as the winner.

(b) One-match fights: The match shall be considered as a Draw.

In a tournament, if the fighter with higher points is not in a condition to continue in the tournament, the opponent will be entitled to proceed in the tournament.



CHAPTER 13

No fighter, coach, trainer and/or manager is allowed to raise an objection to calls or decisions made by the referee or the judges. However, official written protests to the Rule Committee are accepted within two (2) weeks of the date of the match.

CHAPTER 14

REFEREE COUNTDOWN

The definition of a DOWN is when any area of fighter's body besides the bottom of the foot has touched the ground due to a damaging attack(s).

Even in some cases where there has been no damage it may be considered as a "DOWN" when a fighter falls to the ground and cannot stand up immediately.

Even without falling to the ground, a (standing) DOWN may be announced when it is obvious that a fighter has sustained damage, and the referee has determined that the fighter would be in a dangerous situation if the attack were to continue.

The "DOWN" count will be preceded by a "DOWN" call and gesture by the referee. Following the "DOWN" call, the MC shall announce the count down in accordance with the count of each second from the official timekeeper's stopwatch. The referee shall be the sole person with authority to call a "DOWN."

The fighter who has downed his opponent shall wait at a neutral corner during the "DOWN" count by the referee until further instructions are given.

If the fighter does not follow the referee's instruction to wait at a neutral corner, the referee may stop his count, and continue the countdown only after the fighter has moved to a neutral corner.

CHAPTER 15

CORNERMEN CONDUCT

A fighter is allowed to have the total of three (3) corner men, including one (1) chief corner man and two (2) corner men, standing by at ringside. All three (3) corner men must remain within the designated corner area during the rounds. Only the chief corner man may give instructions to the fighter during the rounds. Corner men may not place their hands on the ropes, ring apron, or on any part of the ring area during the rounds. Only one (1) corner man is allowed to enter into the ring during intervals. No corner man is allowed to enter into the ring or touch the fighters during the rounds. Corner men may not place any item (such as towels etc...) in the area around the corner post of the ring. When the referee calls "SECONDS OUT", corner men must leave the ring immediately. Judges shall give a caution to any corner man who does not abide by the instructions listed above. A yellow card shall be given for a second caution and every caution



thereafter. A red card shall automatically be given for a third yellow card, and the corner man who was given the instruction shall be required to leave the venue.

CHAPTER 16

DRESS CODE

All fighters must be properly dressed in clean and tidy clothes when they enter the ring for the occasions such as opening ceremony. The three (3) corner men are obligated to wear a unified team wear with the fighter. Combination of clothes such as "jeans and T-shirts" shall not be allowed. T-shirts, however, may be worn if they are "team" T-shirts..

CHAPTER 17

USE OF TAPE AND BANDAGES

Fighters may not wear any material other than tape and bandages on their knuckles and on other part of the hands. Tape and bandages must be applied to the fighter AFTER the promoter supplies them and not before this point. Any tape or bandages worn to the venue by a fighter shall not be approved. Tape and bandages that the promoter provides are for use on the hands only, and no tape for other areas for reasons such as an injury shall be provided. Fighters must supply such taping materials individually for themselves. Tape used on such areas must also be checked and signed by the judges.

CHAPTER 18

RESTRICTION ON TAPE USE

Fighters may use a minimal amount of tape on their knuckles in order to protect the hands. Fighters may not insert any object inside the tape or bandage. The definition of "minimal" is the extent that the judges will approve a tape job during the bandage checking procedures.

CHAPTER 19

The use of protectors made of rubber, plastic, or other material is not allowed for any reason including the protection of an injury. White tape and elastic tape may be used for taping of injured areas; however such dressings must be checked by the official physician and judges and must be signed by the judges. All tape and/or bandages without an official signature to prove that they were checked must be removed. No tape may be applied to a fighter once the match is started.



CHAPTER 20

GLOVE CHECK

All fighters must submit to a glove check before they are put on. Once checked, the gloves may not be taken off until the end of the match. If there is any evidence that the gloves have been removed or tampered with the fighter must undergo another glove check.

CHAPTER 21

MOUTHPIECE

If the mouthpiece comes out of a fighter's mouth during a match, the referee shall, in principle, retrieve it and hand it to the corner men after the end of the round.

CHAPTER 22

In order to establish the prestige and unilateral fairness of K-1, all fighters are obligated to submit to a doping upon the promoter's request. Testing positive for doping will result in penalties to include the confiscation of title.

CHAPTER 23

MEDICAL CHECK

All fighters must submit to a medical check by the official physician before competing. In a tournament, a fighter who has won a match is obligated to go through subsequent medical checks in order to proceed to his next match.

CHAPTER 24

REGARDING THE TREATMENT OF INJURED FIGHTERS

Official physicians shall not apply any treatment to fighters during matches. No one including a corner man is permitted to apply treatment to an injured area during the match. This includes the application of tape to an injury during intervals between the rounds.

CHAPTER 25

WHEN A FIGHTER FALLS OUT OF THE RING

When a fighter falls out of the ring, the time count shall be stopped, and a doctor shall check the fighter. During this time, the judges shall confer to discover the cause(s) of the fall.



(a) When judged as a DOWN by an authorized technique:

If the fighter is able to continue the match:

It shall be counted as "1 DOWN", and the match shall continue from the time stopped.

If the fighter is not able to continue the match:

The match shall be ruled a Technical Knock Out (TKO) by doctor stoppage.

(b) When the fighter is judged as not having been downed:

If the fighter is able to continue the match:

The match shall be continued from the time stopped.

If the fighter is not able to continue the match: The cause of the injury shall be considered accidental and of neither fighter's fault.

CHAPTER 26

USE OF OIL AND VASELINE

Minimal use of Vaseline to the facial area is allowed. No other substance shall be applied. The term minimal in this case means the amount that the Rule Committee permits. A fighter with an excessive amount of oil/Vaseline to the face and/or body shall not be allowed to compete. In such cases, the excessive oil/Vaseline shall be removed.

CHAPTER 27

Any issues or circumstances not specifically provided for in these Official Rules shall be resolved by a consensus among the referee, the judges and by the head of arbitration.