

IKF **RULES** **&** **REGULATIONS**



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CLASSIFICATION OF THE FIGHTERS

- **AMATEUR:** One who engages in an activity as a pastime rather than as a professional; one who lacks expertise.
 - **AMATEUR IN SPORTS:** An athlete who has never participated in competition for money. An athlete who is not paid for his/her performance. An athlete at the beginning learning levels of his/her career. A fighter who does not receive any money as a purse for fighting. However Amateur Fighters may receive gifts and or awards such as Trophies, Title Belts, Medals, Jackets, Hats.
- **PROFESSIONAL:** Performed by persons receiving pay. An expert in a field of endeavor.
 - **PROFESSIONAL IN SPORTS:** An athlete who is paid for his/her performance. Paid for their excellence of experience, knowledge and ability of their given sport. An athlete who plays for pay.

IKF **RULES REGARDING EVENT** **GENERAL BOUT RULES FOR ALL RULE STYLES**

1. The 3 knockdown rule is always in effect in **IKF** kickboxing unless otherwise noted between the promoter, referee and **IKF** Representative at the event. The **IKF** 3 knockdown rule is as follows: If a fighter is knocked

down to the mat 3 times in one round OR given 3 standing 8 counts in one round, the bout is automatically over.

2. A fighter cannot be saved by the bell except in the final round.
3. A boot to boot sweep in any division is NOT counted as a knockdown.
4. Leg checking is permitted with the shin, but not with the foot.
5. Front leg sweeps, foot to foot, boot to boot, to the inside & outside of opponents front foot are permitted by BOTH feet of the striker/sweeper.. No spin sweeps. (*In MuayThai Rules ONLY, the supporting "Rear" leg is also allowed to be swept*)
6. Slips will not count as a knockdown or a standing 8 count in ANY Fighting division.
7. Standing 8 Count is Always used in the **IKF**:
 - If a fighter looks helpless and receives several blows to the head or body but continues to stand, not move and not defend him or herself, the referee will give the fighter a standing 8 count and, if the referee feels it is necessary, may stop the fight at that time. (In some cases, a standing 8 count will not be used.)
8. If a fighter loses by TKO or knockout from a blow to the head, the **IKF** WILL suspend him/her from competition for a minimum of 30 days (TKO) to 45 days for medical and safety reasons. Longer suspensions may be required due to cuts or various injuries.
9. If a fighter is knocked down to the ring floor or falls to the floor, he/she must get up under their own power.
10. If a fighter is knocked down, the other fighter must retreat to farthest neutral corner or the corner instructed by the ring referee.
11. If a fighter drops his mouthpiece 3 times during the entire contest, he/she will be disqualified from the match and lose by a technical knockout.

IKF **RULES REGARDING EVENT** **EQUIPMENT**

- **FIGHT GLOVES**
 - Will be supplied by all **IKF** Event Promoter.
 - Must have "LACES" to secure their fit. Sparring or training gloves with Velcro style closers will not be allowed on an **IKF** Sanctioned event.
 - Fight Gloves must have an attached thumb.
 - Fight gloves must be clean with NO CUTS and good laces.

- ALL Event Fight Gloves must be approved by the **IKF** "*PRIOR*" to the event.
- If used they still must be clean with NO CUTS and good laces. If not they shall be changed before the event begins.
- Gloves for all Professional World Title bouts shall be new and in the package/wrapping to be opened only by the **IKF** Event Representative for full inspection prior to giving to each fighter.
 - **PRO BOUT GLOVES**
 - 8 Ounce Gloves shall be used for Pro Fighters under 147 lbs.
 - 10 Ounce Gloves shall be used for all Pro Fighters above 147 lbs.
 - **AMATEUR BOUT GLOVES**
 - 10 Ounce Gloves shall be used for ALL Amateur Fighters in all weightclasses.
 - **AMATEUR TOURNAMENT BOUT GLOVES**
 - 10 Ounce Gloves shall be used for all Amateur Fighters under 147 lbs.
 - 12 Ounce Gloves shall be used for all Amateur Fighters over 147 lbs.

- **GROIN - PELVIC PROTECTORS**
 - Must be supplied by each fighter.
 - ALL Men must wear a full tuck under groin cup.
 - Pelvic Protector: Optional For Women unless required by State Athletic/Boxing Commission.

- **MOUTHPIECE**
 - Must be supplied by each fighter.
 - Must be FORM FITTING and remain in place when a fighter opens their mouth.
 - The **IKF** Recommends BrainPad.
 - However fighters are allowed to use their own brand of mouthpiece if they desire.

- **HANDWRAPS**
 - Must be supplied by each fighter.
 - "*Cloth handwraps*" or "*Pro Style Wraps*" are allowed for Amateur fighters.
 - Only Tape and Gauze are allowed for all Pro fighters.
 - One winding of surgeon's adhesive tape, not over one and one-half inches wide, placed directly on the hand to protect that part of the hand near the wrist.
 - Said tape may cross the back of the hand twice but shall not extend within one inch of the knuckles when hand is clenched to make a fist.

- Contestants shall use soft surgical bandage not over two inches wide, held in place by not more than two yards of surgeons adhesive tape for each hand.
 - One 10 yard roll of bandage shall complete the wrappings for each hand.
 - Contestant, if requested, may witness the wrapping of his/her opponent's hand.
 - Under NO CIRCUMSTANCES shall there be ANY tape on the Front side of the knuckles!
 - DO NOT WET your handwraps after being wrapped.
 - The **IKF** event Referee, **IKF** event Representative or the State Athletic/Boxing Commission representative shall inspect all wraps and will sign across the back of the hand if approved before the gloves are allowed to be placed and secured on the fighters hands.
- **CHEST PROTECTOR**
 - **ALL Women** (Pro & amateur) must wear a minimum of a Sports Bra with Padding.
 - **Junior Amateur Muaythai Fighters** (*Male & Female*) must wear a Chest Protector Approved by the **IKF**.
- **HEADGEAR**
 - All Amateur fighters fighting in states who are not governed by a State Athletic/Boxing Commission must wear headgear **EXCEPT IF EXEMPT UNDER THE OPTIONAL HEADGEAR RULE.**
 - ALL Amateur Fighters fighting in States **who ARE governed by a State Athletic/Boxing Commission** and are fighting on an **IKF** Sanctioned bout shall be governed by the requirements of the State, Minimum or Maximum requirements for headgear.
 - For example, in the States of Colorado or Florida, headgear is mandatory for all amateur kickboxers. On the other hand, in accordance with the California State Athletic Commission (AC) Rules and Regulations, in California, kickboxers must only have a minimum of 3 fights to be allowed to shed the headgear. In States such as these where the AC has chief control over amateur kickboxing, the IKF will uphold the minimum of the States requirements but also, not overshadow a States maximum requirement. This means there an amateur fighter in Colorado or Florida who is fighting on an event sanctioned by the IKF, will always wear headgear, no matter what their past experience is. On the other hand, in California, the IKF will allow fighters with 3 or more bouts, who are 18 years old or older, (CA: § 18766.) to shed their headgear if desired, as mandated by the California State Athletic Commission Amateur Kickboxing Rules.
 - HEADGEAR REQUIREMENTS
 - Only **"COMPETITION"** Approved Headgear will be allowed, NOT "Training" Headgear.
 - To see what **"COMPETITION"** is Click **HERE.**
 - Headgear Is Not Allowed in ANY PRO **IKF** Bouts.
 - Headgear must be either **IKF** Kickboxing or USA Boxing Approved.
 - Karate Foam Dipped Style Headgear will not be allowed.

- "SPARRING" Headgear with a JAW BAR will not be allowed.
- THICK Padded Training/Sparring Headgear will not be allowed.

LEGAL Headgear For Competition

Please keep watch of the "Style" of headgear some fighters have been wearing in Amateur competition. As many here know, it is illegal for an **IKF** Amateur fighter to use any "Training" style headgear. This has always been described as headgear with a jaw bar across the front of the jaw. However, there are other headgears that are **NOT** allowed in **IKF** Amateur competition.

Headgear that are sold with the word "**Training**" in their title are not legal "**Competition**" headgear for **IKF** Amateur Kickboxing. (Just like they are not allowed in USA Amateur Boxing) The issue with "**TRAINING**" Headgears is that they usually have the large ear padding or the jaw bars. When you look at the LEGAL Competition Headgear you will notice there is no Jaw Bar and the Ears are far less padded. Training Headgear range between **16 - 18 ounces** depending on the size while Competition headgear is **10 ounces**. Here are some photos of both styles.

Training Headgear ONLY NOT FOR COMPETITION



LEGAL COMPETITION Headgear





IKF

RULES REGARDING EVENT

RULE STYLES

1. FULL CONTACT RULES

- All kicks & Punches must be above the waist of each fighter.
- Front leg sweeps, foot to foot, boot to boot, (*NOT ABOVE THE ANKLE*) to the inside & outside of opponents front foot are permitted by BOTH feet of the striker/sweeper. If a fighter is "SQUARE" to their opponent (EX: Against the ropes, neither foot leading - equal weight on both feet) their opponent will be allowed to sweep inside or outside of "EITHER" foot. *No spin sweeps.*
- **DRESS CODE**
 - All participants must wear long pants.
 - All woman fighters must wear a sports top.
 - All **Amateur** Men Fighters may wear a shirt but it is not recommended.
 - All **Professional** Men Fighters may NOT wear any type of shirt.
 - If a fighter comes to the ring in shorts, they will be Automatically DISQUALIFIED.
- **SPECIAL STYLE RULES**
 - Fighters are STRONGLY URGED to do a Minimum number of kicks per round. However, as of July, 2009, there is no longer a "Mandatory Kick Count requirement" for Full Contact rules bouts. Still, the bout referee may choose to give a "Warning" or even a "Point Deduction" for a fighter who does not appear to be kicking enough for this style of fighting. What the referee will be looking for is a minimum number of kicks:
 - Amateurs - 6.
 - Professionals - 8.

- **EQUIPMENT - Pro & Amateur Fighters**
 - **ABOVE MANDATORY EQUIPMENT PLUS**
 - **FOOT PADS**
 - Must be secured to the foot with their elastic strap AND Medical-Athletic Tape.
 - Must cover all the toes and the entire heel.
 - Laces if any should not be exposed.
 - **SHIN PADS**
 - No Metal loop fasteners.
 - NO Soccer guards.
 - Material must be made of a soft substance.
 - Must be secured to the shin with their elastic strap AND Medical-Athletic Tape.
- **ROUNDS**
 - Rounds are two minutes long with a one minute rest.
 - **AMATEUR**
 - Tournament Bouts are 3 Rounds and may be for the title awarded.
 - State or Regional Titles are 4 Rounds.
 - National, Intercontinental and World title bouts are 5 Rounds.
 - Non Title Bouts over 3 Rounds but not exceeding 5 Rounds are permitted
 - **PROFESSIONAL**
 - Tournament Bouts are 3 rounds and may be for the title awarded.
 - Non Title Bouts begin at 5 Rounds.
 - State or Regional Titles are 7 Rounds.
 - National & Intercontinental are 10 Rounds.
 - World Title Bouts are 12 Rounds.

2. **INTERNATIONAL RULES**

- Along with Kicks and Punches above the waist, fighters may also kick to the legs but not the knees.
- Front leg sweeps, foot to foot, (*NOT ABOVE THE ANKLE*) to the inside & outside of opponents front foot are permitted by BOTH feet of the striker/sweeper. If a fighter is "SQUARE" to their opponent (EX: Against the ropes, neither foot leading - equal weight on both feet) their opponent will be allowed to sweep inside or outside of "EITHER" foot. *No spin sweeps.*
- Kicks may be made with the fighters Shin or Foot.
- Kicks are allowed to the inside and outside of the fighters legs.
- Kicks are not allowed to a fighters knees.

- Direct Side Kick Style kicks to the front of a fighters legs Are NOT ALLOWED.
- **DRESS CODE**
 - All participants must wear shorts.
 - All woman fighters must wear a sports top.
 - All **Amateur** Men Fighters may wear a shirt but it is not recommended.
 - All **Professional** Men Fighters may NOT wear any type of shirt.
 - If a fighter comes to the ring in long pants they will be Automatically DISQUALIFIED.
- **SPECIAL STYLE RULES**
 - NONE
- **EQUIPMENT - Pro & Amateur Fighters**
 - **ABOVE MANDATORY EQUIPMENT PLUS**
 - **FOOT PADS**
 - **AMATEURS:** Not Mandatory but may be worn.
 - **PROS:** Not Allowed.
 - **SHIN PADS**
 - **AMATEURS:**
 - **Non Tournament Bout:** Not Mandatory but may be worn. - **MANDATORY IN FLORIDA.**
 - **Tournament Bout:** Mandatory and must be secured to the shin with their elastic strap AND Medical-Athletic Tape.
 - **PROS:** Not Mandatory but may be worn.
 - **IF SHIN PADS ARE USED**
 - No Metal loop fasteners.
 - NO Soccer guards.
 - Material must be made of a soft substance.
 - Must be secured to the shin with their elastic strap AND Medical-Athletic Tape.
- **ROUNDS**
 - Rounds are two minutes long with a one minute rest.
 - **AMATEUR**
 - Tournament Bouts are 3 Rounds and may be for the title awarded.
 - State or Regional Titles are 4 Rounds.

- National, Intercontinental and World title bouts are 5 Rounds.
- Non Title Bouts over 3 Rounds but not exceeding 5 Rounds are permitted
- **PROFESSIONAL**
 - Tournament Bouts are 3 rounds and may be for the title awarded.
 - Non Title Bouts begin at 5 Rounds.
 - State or Regional Titles are 6 Rounds.
 - National are 7 Rounds.
 - Intercontinental are 8 Rounds.
 - World Title Bouts are 10 Rounds.

3. **MUAYTHAI RULES**

- Fighters may strike with Punches above the waist, Kicks above the waist and to the inside and outside of each fighters legs (*Not groin or leg joints*), Direct (*Side Kick Style*) kicks to the front of a fighters legs Are NOT ALLOWED. Knees to the *Head, body and legs and *Elbow strikes to the head, body and legs.
 - (*) Only allowed when approved by the State Athletic/Boxing Commission that has jurisdiction over the bout(s) in question and if so, if desired by the fighters/trainers or promoter.
- **DRESS CODE**
 - All participants must wear shorts.
 - All woman fighters must wear a sports top.
 - All **Amateur** Men Fighters may wear a shirt but it is not recommended.
 - All **Professional** Men Fighters may NOT wear any type of shirt.
 - If a fighter comes to the ring in long pants they will be Automatically DISQUALIFIED.
- **SPECIAL STYLE RULES**
 - **PRO & AMATEURS**
 - *Elbow & Knee Strikes are allowed in both **IKF** Amateur & Pro MuayThai. However they must be approved by the State Athletic/Boxing Commission that has jurisdiction over the bout(s) in question.
 - (*) If Elbow Strikes are allowed to the head in an Amateur MuayThai bout and desired by the fighters/trainers and promoter, both fighters must wear **IKF** Approved Elbow Pads.

- If the use of elbows are not allowed or not desired by the fighters/trainers or promoter, these MuayThai Bouts will be called "*Modified MuayThai*".
 - If the use of knees are not allowed either, the fight will be fought under **IKF** International Rules. To be a true MuayThai bout at all, there must be at least Knee Strikes to the body.
 - Clinching is allowed as long as 1 fighter is ACTIVE WITHIN the clinch.
 - MuayThai Throws are Allowed. NOT HIP THROWS.
 - Fighters are allowed to catch their opponents leg and take 1 step forward. After 1 step, the fighter holding the leg must STRIKE before taking a second step or more.
 - Sweeps (*With instep of foot*) are not allowed but a fighter may "KICK" his/her opponents supporting leg with the top of their foot or shin, NOT the instep as in a karate style sweep.
 - In TRUE Muay Thai as with these rules, *FLASH KNOCKDOWNS* where the knocked down fighter rises up immediately after being knocked down are usually not counted as knockdowns with a standing 8 count. **HOWEVER**, if the fighter is "*ROCKED*" by the shot taken, (*Whether he is still standing or drops to the canvas / ring floor*) the referee can make the decision to give an 8 count if he/she feels necessary, no matter how fast the fighter recovers or rises after the fall.
- **AMATEURS TOURNAMENT BOUTS**
 - Fighters may only throw Knees and Elbows to the Body and NOT the Head.
- **EQUIPMENT - Pro & Amateur Fighters**
 - **ABOVE MANDATORY EQUIPMENT PLUS**
 - **SHIN PADS**
 - **AMATEURS:**
 - **Non Tournament Bout:** Not Mandatory but may be worn. - **MANDATORY IN FLORIDA.**
 - **Tournament Bout:** Mandatory and must be secured to the shin with their elastic strap AND Medical-Athletic Tape.
 - **PROS:** Not Mandatory but may be worn.
 - **IF SHIN PADS ARE USED**
 - No Metal loop fasteners.
 - NO Soccer guards.
 - Material must be made of a soft substance.

- Must be secured to the shin with their elastic strap AND Medical-Athletic Tape.

- **ROUNDS**

- **AMATEUR**

- Amateur "*Non Title*" MuayThai Bouts will range between 3 and 5 rounds with 1 minute rest periods between rounds.
 - Non Title Bouts over 3 Rounds but not exceeding 5 Rounds are permitted.
 - Amateur State or Regional Titles are 4 Rounds with 1 minute rest periods between rounds.
 - Amateur National, Intercontinental and World Title bouts are 5 Rounds with 1 minute rest periods between rounds.
 - Amateur Tournament Bouts are 3 Rounds with 1 minute rest periods between rounds and may be for the "Region/Event Name" Title awarded.

- **PROFESSIONAL**

- Pro MuayThai Bouts are 5 rounds and are allowed to be either 2 or 3 minutes in length,
 - If 3 minute rounds, rest periods may be up to 2 minutes long between rounds.
 - Pro MuayThai Non Title Bouts are 5 Rounds with rest periods of either 1 or 2 minutes between rounds.
 - Pro MuayThai State or Regional Titles are 7 Rounds with rest periods of either 1 or 2 minutes between rounds.
 - Pro MuayThai National & Intercontinental are 10 Rounds with rest periods of either 1 or 2 minutes between rounds.
 - Pro MuayThai World Title Bouts are 12 Rounds with rest periods of either 1 or 2 minutes between rounds.
 - Pro MuayThai Tournament Bouts are 3 rounds with rest periods of either 1 or 2 minutes between rounds and may be for the "Region/Event Name" Title awarded.

4. **SAN SHOU - SANDA RULES**

- Fighters may strike with Punches above the waist, Kicks above the waist and to the inside and outside of each fighters legs (*Not groin or leg joints*), Knees to the head, body and legs, Elbow strikes to the head, body and legs and Throw with the described throwing

techniques explained below. Direct (*Side Kick Style*) kicks to the front of a fighters legs Are NOT ALLOWED.

○ **DRESS CODE**

- All participants must wear shorts.
- All woman fighters must wear a sports top.
- All **Amateur** Men Fighters may wear a shirt but it is not recommended.
- All **Professional** Men Fighters may NOT wear any type of shirt.
- If a fighter comes to the ring in long pants they will be Automatically DISQUALIFIED.

○ **SPECIAL STYLE RULES**

- All types of Judo & Wrestling Throws are Legal In San Shou.
- Fighters have 5 seconds after clinch to execute a takedown, throw or sweep or they are separated by the center referee.
- The bout may take place on either a raised platform (*As in Traditional San Shou/Sanda*) with no ropes or in a boxing ring with ropes.

○ **IKF SAN SHOU SCORING and JUDGING**

- There are 2 aspects of **IKF** San Shou Scoring. **Stand Up** and **Takedown** scores. Both are ADDED scores by each judge on their scoring "CLICKERS".
- **STAND UP:** Three Judges will score each fighter by each landed strike "1" Point (Punch or Kick) per strike landed clean and with power. Glove to glove contact does not count as points, clash of kicks, and neither does slap punches while in a clinch.
 - Keep in mind, a kick that lands but is "CAUGHT" by the receiving fighter and the receiving fighter FOLLOWS with a counter that lands effectively, or a throw/sweep that is executed effectively, the kick DOES NOT count as a point.
- **TAKEDOWNS:** After each throw, takedown, sweep etc, the bout referee will stop the action and award points if earned. To indicate points earned, the referee, after both fighters are standing, will POINT his hand to the fighter who is awarded the points while his other hand is raised high in the air showing the point total with his fingers. He will also yell the point score verbally. These points awarded shall be recorded by each judge on their count "Clickers" in each of their hands to the awarded fighters point total.

- **IKF JUDGES SCORING**
 - At the end of each round, each judge will write the TOTAL amount of points for each fighter on their score card. Although the WINNER will only receive "1" point on the MASTER SCORE SHEET kept by the Chief Ringside Scorekeepers, it is good for review purposes to know the total points each judge scored the bout as.
 - At the end of each round, the Chief Ringside Scorekeepers will only give "1" point to the WINNING fighter who is the fighter with the most points in the round. The losing fighter will receive "0" points.
 - At the end of the bout, unless the bout was stopped prior to the end of the scheduled rounds (KO, TKO, DQ etc.) the fighter with the most rounds WON will win the bout.

- **IKF REFEREE POINTS AWARDED**
 - **5A: 0 Points:**
 - If a fighter attempts a throw and the other fighter pulls him/her down with them, and neither show control. This is the decision of the referee.
 - One opponent uses a falling technique to attack and does not succeed.
 - One opponent uses a flying offensive technique with a deliberately falling technique, the latter will not score a point.
 - **5B: 1 Point:**
 - "IF" The fighter being thrown uses a throw "COUNTER TECHNIQUE" and reverses the beginning thrower in regards to position of control or command, the fighter who ends up in the controlling or commanding position within a count of "1" after both fighters hit the floor shall receive the 1 point awarded. If both end up side by side, no points shall be awarded.
 - **5C: 2 Points:**
 - Any knockdown from a strike (Punch or Kick) will award 2 points to the striker as long as the technique (*strike*) is clean and the standing fighter does not touch the ring floor.
 - On such a strike, if the fallen fighter does not require to be given a standing 8 count and rises off the matt quickly after the knockdown, again, this is 2 points.

- However, If an 8 count is required after a strike drops a fighter, this will be awarded "3" points. See below.
- Any basic throw that is not high altitude or of extreme skill/difficulty will be awarded 2 points to the thrower. Anytime one fighter throws, sweeps or shoves his/her opponent to the floor without the thrower touching the ring floor with anything but his/her feet.
- The opponent is forced to fall by the competitors techniques, including the competitors deliberately falling while dodging defensively, the standing fighter shall be awarded "2" Points.
- **5D: 3 Points:**
 - Any **HIGH ALTITUDE** or **EXPLOSIVE, DEVASTATING THROW** shall be awarded 3 points.
 - Any knockdown from a strike or any technique that requires the referee to give a fighter a standing 8 count, the fighter not being given the 8 count will receive 3 Points. **The referee will give the standing 8 count first** and then award points as required unless he, the referee elects to stop the bout instead.
 - The opponent is knocked down by a dropping sweep where his feet fly out from under him where he lands on his back. It is OK if the sweepers hands touch the ground.
- **HOW A WINNER IS DETERMINED IN IKF SAN SHOU**
 - The fighter with the most ROUNDS WON at the end of the bout is the winner OR;
 - If a fighter is knocked out, counted out by the ring referee, receives a TKO (Technical Knockout) or the referee stops the bout because he feel a fighter is not able or should not continue due to safety issues, the other fighter will win the bout OR;
 - Other ways to stop a bout and win a bout can be due to Injury or Disqualification due to Fouls.
- **IKF SAN SHOU TECHNIQUES**
 - **Legal Techniques;**
 - Punches to the head and body.
 - Kicks to the head, body and legs.
 - Throws and takedowns.

- In some bouts, when requested, knees may be approved and allowed.
- **Illegal Techniques;**
 - Biting.
 - Head Butts.
 - Joint Attacks.
 - Elbow Strikes.
 - Holding and Hitting.
 - Open Hand Strikes.
 - Strikes to the Groin.
 - Strikes to the Knees.
 - Kicks or Punches to the Spine.
 - Throws that involve Joint Manipulation.
 - Kicks or Punches to the back of the Head.
- **RING BOUNDARY - *Off The Ring***
 - If the bout is fought on a platform floor with no ropes, there will be no "PUSHING" of a fighter out of the ring. This will result in a warning, then a point foul, and finally, a disqualification of the pusher.
 - However, if a fighter runs off the platform and is not FIGHTING or DEFENDING as they leave the platform, this will result in a warning, then 1 point awarded to his/her opponent and finally, an automatic TKO loss.
 - If a fighter goes off the ring while fighting or defending, the referee will simply begin both fighters again at center ring.
- **EQUIPMENT - Pro & Amateur Fighters**
 - **ABOVE MANDATORY EQUIPMENT PLUS**
 - **SHIN PADS**
 - **AMATEURS:**
 - **Non Tournament Bout:** Not Mandatory but may be worn.
 - **MANDATORY IN FLORIDA.**
 - **Tournament Bout:** Mandatory and must be secured to the shin with their elastic strap AND Medical-Athletic Tape.
 - **PROS:** Not Mandatory but may be worn.
 - **IF SHIN PADS ARE USED**
 - No Metal loop fasteners.
 - NO Soccer guards.
 - Material must be made of a soft substance.

- Must be secured to the shin with their elastic strap AND Medical-Athletic Tape.
- **ROUNDS**
 - **AMATEUR**
 - Amateur "*Non Title*" San Shou/Sanda Bouts will range between 3 and 5 rounds with 1 minute rest periods between rounds.
 - Non Title Bouts over 3 Rounds but not exceeding 5 Rounds are permitted.
 - Amateur State or Regional Titles are 4 Rounds with 1 minute rest periods between rounds.
 - Amateur National, Intercontinental and World Title bouts are 5 Rounds with 1 minute rest periods between rounds.
 - Amateur Tournament Bouts are 3 Rounds with 1 minute rest periods between rounds and may be for the "Region/Event Name" Title awarded.
 - **PROFESSIONAL**
 - Pro San Shou/Sanda Bouts are 5 rounds and are allowed to be either 2 or 3 minutes in length,
 - If 3 minute rounds, rest periods may be up to 2 minutes long between rounds.
 - Pro San Shou/Sanda Non Title Bouts are 5 Rounds with rest periods of either 1 or 2 minutes between rounds.
 - Pro San Shou/Sanda State or Regional Titles are 7 Rounds with rest periods of either 1 or 2 minutes between rounds.
 - Pro San Shou/Sanda National & Intercontinental are 10 Rounds with rest periods of either 1 or 2 minutes between rounds.
 - Pro San Shou/Sanda World Title Bouts are 12 Rounds with rest periods of either 1 or 2 minutes between rounds.
 - Pro San Shou/Sanda Tournament Bouts are 3 rounds with rest periods of either 1 or 2 minutes between rounds and may be for the "Region/Event Name" Title awarded.

5. **JUNIOR AMATEUR RULES**

- Fighters between the ages of 8 and 17 years old.
- All Above Rules apply except for the following changes.

- **RULE STYLES ADJUSTMENTS**
 - **FULL CONTACT**
 - Ages 8-15: rounds are only 90 seconds.
 - Ages 16 & 17: Same as Adult Rules as described Above
 - **INTERNATIONAL RULES**
 - Ages 8-15: rounds are only 90 seconds.
 - Ages 16 & 17: Same as Adult Rules as described Above
 - **MUAYTHAI RULES**
 - No Elbows and No Knees allowed to the head.
 - Ages 8-15: rounds are only 90 seconds.
 - Ages 16 & 17: Same as Adult Rules as described Above
 - **SAN SHOU RULES**
 - Ages 8-15: rounds are only 90 seconds.
 - Ages 16 & 17: Same as Adult Rules as described Above.

 - **DRESS CODE**
 - Same as required for Adult Divisions.

 - **SPECIAL STYLE RULES**
 - Ages 8-15: rounds are only 90 seconds.
 - Ages 16 & 17: Same as Adult Rules as described Above.

 - **AMATEURS TOURNAMENT BOUTS**
 - Same as described in each adult rule style.

 - **EQUIPMENT - Pro & Amateur Fighters**
 - Same as described in each adult rule style.

 - **ROUNDS**
 - Non Title Bouts will range between 3 and 5 rounds.
 - Amateur State or Regional Titles are 4 Rounds.
 - Amateur National, Intercontinental and World Title bouts are 5 Rounds.
 - Amateur Tournament Bouts are 3 Rounds and may be for the "Region/Event Name" Title awarded.

 - **ROUND TIMES & LENGTH**
 - Ages 8 to 15: 1:30 Minute Rounds - 1 Minute Rests.
 - Ages 16 & 17: 2:00 Minute Rounds - 1 Minute Rests.
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IKF

RULES REGARDING BOUT

FOULS

- If a fighter is guilty of a foul, points could be deducted from his/her score card and the referee may, at his discretion, disqualify him/her from the match. The foul could result in the holding of any purse and the fighter automatically suspended. The **IKF** shall rule in such a case.
- If a fighter commits a foul in the ring, the referee shall have the discretion to determine the following along with the assistance of the **IKF** official representative at ringside.
 - Give the fighter who has fouled a warning.
 - Deduct 1-3 points from the fighter who has fouled. The amount of points deducted would be determined from the foul.
 - Disqualify the person who has fouled.
 - If the person who has fouled knocks out or causes his/her opponent to become injured in any way where they are unable to continue the bout, the referee will stop the fight. At that time, the judges scorecards will be totaled and the decision of the bout will be announced. However, if a foul is committed in the first round and the fouled fighter cannot continue, the person who has fouled will automatically lose by disqualification.
 - If a fighter is injured from a foul and the fight continues, but is later stopped in any round after the first, because of additional injury to the fouled area, the judges score cards will be totaled. If the fighter who fouled is ahead on the score cards, a "TECHNICAL DRAW" will be the result of the fight. If the fighter not fouling is ahead, he will be awarded a "TECHNICAL WIN"
- **THE FOLLOWING ARE CONSIDERED FOULS**
 - **ILLEGAL TECHNIQUES:**
 - Headbutts.
 - Punches to the back of the Head.
 - Striking to the Spine Area. (*Kidneys are OK.*)
 - Slapping. (*Striking with the LACE Side of the Gloves*)
 - Spitting.
 - Biting.
 - Holding your opponents head or arm and Hitting.
 - Knee Strikes (*However These ARE Allowed in MuayThai Bouts*)
 - Strikes to the Knees.
 - Elbow & Forearm Strikes. (*However These ARE Allowed in MuayThai Bouts*)
 - Palm Heel Strikes (*Using the heel part of your palm.*)
 - Joint Attacks: (*Striking to "AND" Arm bars.*)

- Takedowns, Throwing or Grappling. (*"SOME" Throwing is allowed in MUAYTHAI and ALL Throws are Allowed in San Shou.*)
- Clubbing (*Hammerfist Karate Style Strikes*)
- Strikes to the Groin.
- Spinning Sweeps. (*Boot To Boot Sweeps are allowed as long as the user does not "SPIN" while doing them.*)
- Karate Chopping Style Strikes.
- Striking opponent when he/she has slipped or fallen to 1 knee or more. An opponent is down when any part of his/her body touches the floor of the ring.
- Abusive language in the ring.
- Attacking when the referee is breaking the fighters apart.
- Fighting after the bell has indicated the end of the round.
- Pushing and or Shoving Are NOT Allowed in International and Full Contact Rule Style bouts but are allowed in MuayThai & San Shou Bouts.
- Pushing or shoving an opponent through the ropes or out of the ring.
- Grabbing or holding onto an opponents leg, foot or any other part of the body is not allowed in Full Contact & International Rule Style bouts. HOWEVER, This "IS" Allowed In MuayThai & San Shou Style Bouts)
- Spinning FOREARM or ELBOW: A spinning "BACKHAND" IS ALLOWED. It must strike with the portion of the glove that is ABOVE the wristline. This portion is from the tape line at the wrist to the end of the glove. If the Forearm "OR" the Elbow of the fighter throwing such a strike makes contact to his/her opponent, the "REFEREE" has several options:
 - To give a Warning.
 - To deduct 1 point from the fighter throwing the strike.
 - If the fighter "STRUCK" is greatly injured, (Cut, Can't Continue because of the blow or Knocked Out) the Referee "MAY" choose to disqualify the Striking Fighter.
 - In addition, If the bout continues after the "Illegal" strike without any point deduction, the NEXT Illegal Strike Will "ALWAYS" result in a MINIMUM of a 1 point deduction or, if deemed necessary by the Referee, disqualification of the Striking Fighter.
 - If the attempted spinning backfist strikes with the "ELBOW" portion of the Strikers Arm, this will AUTOMATICALLY result in a -2- point deduction from the fighter throwing the strike. Any successive

attempt that lands in the same way will result in a disqualification.

○ **UNINTENTIONAL OR NON-FOUL RELATED INJURY**

- If a fighter becomes injured by something other than a foul or legal strike (*Example: Twisted or Dislocated Knee, Dislocated Shoulder, Twisted Ankle, Getting hit by something flying into the ring from the crowd, fall to the ring floor and floor causing an injury etc.*) the decision of the bout would be one of two outcomes.
 1. If the injury occurs in the first round, the bout shall be stopped and declared a "NO CONTEST".
 2. If the injury occurs in the **Second Round or Beyond**, the Official **IKF** Representative at ringside will do the following:
 - If the injury occurs during a round, all 3 judges will be asked to score the portion of the round fought.
 - All 3 judges cards will be collected and tallied by the **IKF** Representative.
 - If the INJURED Fighter is ahead on the score cards, the round shall be declared a TECHNICAL DRAW.
 - If the non injured fighter is ahead on the scorecards, he/she will be awarded a win by TKO. (Technical Knock out)

○ **DISQUALIFICATIONS**

▪ **RING BORDER:**

- If a fighter has fallen through or become entangled in the ropes of the ring with any part of his/her body, his/her opponent CANNOT strike him/her. If they do, a decision will be made that will depend greatly upon what actually occurred which will vary from how long the fighter was entangled in the ropes to if or not the attacking fighter had a good view of such or not.
- If a fighter purposely slides through the ropes to hope his opponent will stop attacking, he will be charged with a standing 8 count and it "Could" be a disqualification.
- If a fighter falls through the ropes and out of the ring, the referee must call time and allow the fighter time to return to the ring.
- If the fighter is injured from the fall out of the ring, the **IKF** representative at ringside will determine the

- decision for the moment. (Recovery period, Disqualification, Technical Draw, Knockout etc.)
- If the fighter is injured from the fall out of the ring, the **IKF** representative at ringside will determine the decision for the moment. (*Recovery period, Disqualification, Technical Draw, Knockout etc.*) see "**UNINTENTIONAL OR NON-FOUL RELATED INJURY**" Above.
 - If a fighter drops his mouthpiece 3 times during 1 round, that fighter will be disqualified from the match and lose by a technical knockout.
 - Spitting (Intentional abusive conduct, not just loss of saliva), biting, spinning sweeps, holding onto an opponent's leg or foot, holding onto any other part of the body or striking while holding, (Not to be confused with a clinch or the use of technique in a MuayThai Rules bout.), could all be reasons for disqualification.
 - **ALCOHOL & DRUGS**
 - Any fighter found fighting under the influence of any drugs or alcohol will be immediately disqualified from their match and given a loss.
 - Any PRO fighter found under the influence of ANY drug within 24 hours before or during the match shall be fined by the **IKF** \$500.00 and be disqualified from their match and not receive their purse.
 - Any AMATEURS fighter found under the influence of ANY drug within 24 hours before or during the match shall will be disqualified from their match and given a Technical loss.
 - If the fighter holds any **IKF** titles, they will lose them immediately.
 - Any fighter fighting for the **IKF** shall give permission to the **IKF** for drug testing before or after any bout, amateur and pro.
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IKF
RULES REGARDING EVENT
WEIGH-INS

1. All Fighters and their TRAINERS must be present at the OFFICIAL EVENT WEIGH-INS.
2. All fighters and trainers are allowed to witness personally their opponents weigh-in on ALL **IKF** bouts.
3. Fighters and "ALL TRAINERS" must be present at the PRE-FIGHT MEETING. Unless a Special Circumstance has been approved by the Event Promoter and the **IKF** Event Representative, Any trainers who do not attend the pre-fight meeting WILL NOT BE ALLOWED in the corner of their fighter or the dressing rooms of their fighter.
4. If a fighter or the fighter's chief cornerman/trainer fails to attend either the weigh-ins or the pre-fight meeting, he/she could be fined and the fighter possibly dropped from the event.
5. The pre-fight meeting could take place directly after the weigh-ins or in the afternoon of the day of the event.
6. At the pre-fight meeting, trainers and fighters will be assigned one corner from which they will fight, the time of pre-fight physicals, where their dressing rooms are and fight order.
7. All fighter's, once they report to the dressing rooms or event location the *night of the event, are not allowed to leave the facilities and are subject to urinalysis and fines if they do not remain. The fine for such a violation is \$100.00. (*) Or a time confirmed after weigh-ins, which could be a day event as well.

BE PROFESSIONAL... BE ON TIME OR BE FINED!

1. Fighters and trainers must appear at the specified time for the official event weigh-ins and the pre-fight meeting. Fighters AND Trainers who are late will be FINED!
2. The fine for being late for the Official Weigh-ins is \$25.00 per 10 minutes of time late from the last hour of the official weigh-in time.
3. The fine for being late for the Official Rules Meeting is \$50.00. Late begins at :01 second after the time indicated for the meeting. BE EARLY FOR THE MEETING!
4. Fighters and trainers who are late may also be DROPPED from the event AND be charged for ALL Expenses the promoter occurred for them to be on the event.
5. Pro fighters who are late may not only be dropped from the event, but will also lose their purse AND be fined for ALL Expenses the promoter occurred for them to be on the event.
6. All fines shall be paid to the **IKF** prior to the event.
7. If ANY (Amateur or Pro) fighter NO SHOWS at an **IKF** EVENT, they WILL be Charged/Finced for ALL expenses the Promoter occurred to match them on the event.
8. ANY Charges, Expenses or Fines that are not paid or collected at the event will be followed up by the **IKF** Legal Department.

IKF

RULES REGARDING EVENT CORNERMEN & TRAINERS

The **IKF** Event Representative and or **IKF** Referee have the power to discipline any broken Rules.

- Give a Verbal Warning.
- Deduct 1 Point from their fighter.
- Expel the Cornerman/woman from the bout.
- Expel the Cornerman/woman from the event.
- Disqualify The Fighter, ending the bout.
- Pro Cornermen **ARE FINED** beginning at \$100.00.

1. **TRAINERS & JUNIOR (8-17) Fighters:** If ANY **IKF** Event Official feels that a trainer is being verbally or physically abusive to a "*Minor*" under the age of 18, that trainer "*WILL*" face disciplinary actions as determined by the **IKF** Event Representative, even **DURING** a bout in action. If the trainer/cornerman is offensive or rude to the **IKF** Official or **IKF** Event Representative presenting the discipline, the trainer "*WILL*" be banned from the ring and fined by the **IKF**. We understand that many coaches will become verbally aggressive with their fighters. However "**PHYSICAL ABUSE**" in any way (*Grabbing a fighters headgear, hitting a fighter etc.*) **WILL NOT BE TOLERATED!** Disciplinary actions for such an offense could be:
 - Verbal Warning.
 - Disqualification from being a cornerman for the duration of the bout in question.
 - Disqualification from being a cornerman for the entire event the misconduct took place.
 - Suspended from being a cornerman on any **IKF** Sanctioned event for a time to be determined by the **IKF**.
 - **FINED** for outrageous misconduct an amount determined by the **IKF**. Fines begin at \$50.00.
 - Banned from the **IKF** indefinitely.
2. All Cornermen/Trainers are required to keep their shoulders below the ring mat level during a bout.
3. If you choose to sit on the ring corner stairs, keep your shoulders below the ring mat level.
4. Do not stand up or lean on the edge of the ring mat/floor when bout is in progress.

5. Do not slap the ring mat when the bout is in progress when bout is in progress.
 6. Do not touch the ring ropes until the bell sounds ending the round!
 7. During the bout and even when the round is coming to an end, DO NOT climb up towards the ring!
 8. While the bout is in progress, please keep your coaching volume down.
 9. Do NOT Negatively interfere with the officials in any physical or verbal way.
 10. DO NOT Use Rude or Abusive Language when coaching from your corner.
 11. Do not Yell abusive language or remarks at your fighter's opponent.
 12. Always clean up the fighter's corner when a round break is over. (Ice, water etc.)
 13. In ALL Amateur and non title bouts, there may only be up to "3" cornermen/women total in the fighters corner.
 14. In a PRO Title bout, National or Higher, the corner is allowed up to "4" cornermen/women in the fighters corner.
 15. Only 1 cornerman/women in the ring during a round break.
 16. No more than 1 cornerman/women are allowed on the ring edge during a round break.
 17. All remaining cornerman/women and additional if allowed must remain on the venue FLOOR!
 18. If you cut ANY part of the fight gloves you will owe for a NEW PAIR. Payment is DEMANDED at the event.
 19. Vasoline is the only substance used on a fighters face. Vasoline or Abilene can be used on the body. BABY OIL is NOT permitted on the body. Liniment rubs such as Muay Thai Oil etc., may be used on the fighters body.
 20. The use of Monsel's Solution for the stopping of hemorrhage in the ring is prohibited.
 21. No "*Smelling Salts*" or related medicines are allowed in the corner.
 22. Each Corner Team must be of a clean and neat appearance in clean attire.
 23. Each Corner Team must provide their own pail/bucket, athletic tape, water bottle, towel and any additional required equipment necessary for his/her fighters injuries if any.
 24. NO THROWING WATER during the round breaks or during the bout.
 25. Corners shall make sure their fighter only spits his/her water in their spit bucket and not on or outside of the ring.
 26. What water is used and left on mat shall be wiped dry by the corner team before the start of the next round.
 27. THROWING IN THE TOWEL: Chief cornerman may throw a towel into the ring if they feel their fighter is getting beat to stop the bout & must follow it into the ring. DO NOT throw at your opponent or the referee.
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IKF
RULES REGARDING EVENT
FIGHTING RING

1. **FLOOR SIZES:** Not less than 17' square within the ropes. 18" outside the ropes to the edge of the ring.
 - In some cases, smaller rings will be allowed, "UPON **IKF** APPROVAL".
2. **HEIGHT:** No more than 4' above the arena floor. Ringside tables must be no higher than ring floor level and no ringside tables will be permitted next to floor mounted rings.
3. **STEPS/STAIRS:** The ring shall have suitable steps for use of the fighters.
4. **CORNER SUPPORT POSTS:** Ring post shall be of metal, not more than 4" in diameter, extending from the floor of the arena area to a height of 58" above the ring floor and shall have the top turnbuckles padded with turnbuckle covers that meet **IKF** approval.
5. **FLOOR PADDING:** Floor of ring from outside edge of platform to outside edge of platform on all 4 sides shall have padding meeting the approval of the **IKF** and meet the requirements of the local State Athletic Commission or of a thickness of not less than 1 inch. Material: Ethafoam.
6. **FLOOR COVER:** The cover of the ring must be **CANVAS**.
7. **RING ROPES:** No less than 3, 4 PREFERRED. Not less than 1" in diameter Bottom rope=18" above the ring floor Center rope=35" above the ring floor Top rope=52" above the ring floor Spacing could vary with a ring with 4 ropes. The bottom rope must be padded with a padding of a thickness not less than 1/2". Soft rope ties shall connect all ropes approximately every 6' apart. All ropes shall be tight and approved by the **IKF** event representative prior to the event.
8. **CORNER CUSHIONS:** All corners must be padded for fighters protection with **IKF** approved cushions.
9. **RING ADVERTISING SPACE ANY AND ALL:** Due to some past events that have had "RUDE" Advertisements on the corner cushions, "ALL" Advertising displayed on the ring must have WRITTEN approval of the **IKF**. Promoters are required to inform the **IKF** of any and all advertising/sponsorship income related to the advertising of any **IKF** sanctioned event.

10. **STOOLS & BUCKETS:** Promoter shall provide all necessary ring equipment including 2 stools & 2 buckets, 1 for each corner.
11. **LIGHTING:** The ring shall have BRIGHT LIGHTS that light up all 4 corners and the middle of the ring EQUALLY. NO LIGHTS shall shine into the eyes of ANY Fighter or Judge. All lights must ONLY shine DOWNWARD. Lights may not shine at any angle directly into the fighting ring area that may blind the fighters vision.

IKF
RULES REGARDING EVENT
ROUND BELL

1. All necessary sound and recording equipment shall be provided by the Promoter or Official Timekeeper.
2. This includes
 - A whistle.
 - An **IKF** approved stop watch.
 - **IKF** approved round bell.
3. The bell will be no higher than the floor level of the ring.
4. The bell or gong shall be of clear tone so that the fighters and assistants may easily hear it.

IKF
RULES REGARDING EVENT
OFFICIALS - GUIDELINES

1. All **IKF** Event officials shall be employed by the promoter at all **IKF** sanctioned events and shall be approved by the **IKF** directly.
2. Each official must know all rules and regulations for an **IKF** kickboxing event. To find properly qualified officials, contact the local athletic commission or work with the **IKF** directly to select the best qualified officials for each position.
3. The **IKF** reserves all rights to deny or appoint all necessary officials if the promoter's selections do not meet the required qualifications of the **IKF**.
4. Any official found under the influence of ANY drug or alcohol immediately prior to, during or within 1 hour after the event (Alcohol only prior and

during the match, not after) shall be fined by the **IKF** \$500.00 and banned by the **IKF**.

5. Any official at an **IKF** event shall give permission to the **IKF** for drug testing before or after any bout, amateur or pro and especially if the bout is a title match.
 6. ALL officials must be pre-approved and licensed by the **IKF** "UNLESS" other **IKF** approved officials in the Promoters area are available for the event.
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IKF

RULES REGARDING EVENT

REFEREE DUTIES

(Sometimes 2 referees are needed, depending on if a pro event and how many bouts. The ring referee shall be in charge of the general supervision of the bout. He enforces the **IKF** rules and regulations as stated in this document. He shall promote the safety of the fighters within the ring and shall insure a fair fight between the fighters.

1. **Minimum of 18 Years of Age.**
2. Before the start of each bout the Referee shall inspect and approve:
 - Each Fighters Gloves to assure they are of same size of their opponent, secured to the fighter with tied laces and laces taped over for the safety of their opponent.
 - That each fighter has the required groin/pelvic protector.
 - That each fighter has a fitted/formed mouthpiece.
 - Any tape used on any equipment.
 - Any other equipment such as shin guards and headgear to assure proper fit and that the equipment is legal for the bout.
3. The referee, before each bout, shall ask each fighter who their chief second/trainer is at ringside. The referee shall hold said trainer responsible for the conduct of his assistants & during the bout.
4. The Referee **MUST** make sure that each fighter understands their language so there will be no confusion as to "Ring Commands" during the fight.
5. The referee shall call both fighters to the center of the ring before each bout for final instructions, each fighter shall be accompanied by his chief second.
6. The referee will not step in to give a standing 8 count if the opponent getting beat is still able to hold up his/her hands to chin height. This prevents a

recovery period when one fighter is clearly beating the other. If the referee feels he/she must step in, he should also consider stopping the fight at that time. If questionable, the referee should call upon the ringside physician to make the decision whether the bout should continue.

7. Immediately before the bout begins, the fighters shall bow to the referee, followed by the fighters bowing to each other. Once done, the referee shall instruct the fighters to "FIGHTING POSITIONS" and signal the timekeeper to begin the bout. The timekeeper will ring the bell and the bout will begin.
8. In a FULL CONTACT RULES bout, at the end of each round, the referee shall confer with each official kick judge to determine if both fighters have meet their minimum number of kicks for the previous round. If one or both fighters have not met their minimum kicking requirements, the referee shall inform each corner during the rest period directly following said round and before the start of the next round that they did not meet their previous round kick minimum. Referee shall then warn the corner that a -1- point deduction shall be given if they do not kick the minimum required amount in any successive round.
9. All bout time runs continuously and can only be stopped by the referee or the Ringside Medical Staff.
10. The referee may elect to call "TIME" if a fighter needs to adjust his/her equipment, shorts, pants, loses a mouthpiece or if there was an injury or foul.
11. The referee shall administer the following for fouls: 1st time-Warning to the fighter. 2nd time, deduction of 1 point. 3rd time, disqualification* (*) If the foul is severe, the referee & or the **IKF** representative could stop the bout at ANY time.
12. **RUNNING FROM YOUR OPPONENT:** The Referee will warn a fighter who continually runs from his opponent not to do so. If a fighter continues to do so, a 1 point deduction will be given to the fighter for INTENTIONAL EVASION OF CONTACT.
13. **LEG SWEEPS, CUT KICKS, SLIPS OR FALLS:** A-Foot to foot, to the inside & outside of opponents front foot are permitted. No spin sweeps. No sweeps above the foot pad. No sweeping the supporting leg unless in a Muay Thai bout. All sweeps/kicks to the legs that cause a fighter to fall from loss of footing, slipping WILL NOT be counted as a knockdown. If the FALL ITSELF causes injury, the referee will begin a count on the downed fighter. If the fighter does not stand by the count of 10, the bout is over and the downed fighter loses. If the kick to the legs INJURES the fighter and

he/she is forced to drop to 1 knee or to the ring floor due to the INJURY to their legs, the referee will begin a count. Again, if the fighter fails to stand after the count of 10 "OR" limps in pain once up, the referee shall stop the bout and that fighter shall be declared the loser by KO.

14. **STANDING 8 COUNTS:** If a fighter looks helpless and receives several blows to the head but continues to stand, not move and not be able to defend him or herself, the referee will step in and give the fighter a standing 8 count and if the referee feels necessary, he may stop the fight at that time. The Referee shall not stop the bout when a fighter is still standing, unless either a knockdown has happened within the round in question or at least 1 standing 8 count has been given to the fighter in trouble within the same round. The referee will not step in to give a standing 8 count if the opponent getting beat is still able to hold up his hands to chin height and still protect him/herself. This prevents a recovery period when one fighter is clearly beating the other. However, if the referee has already given at least 1 standing 8 count to the fighter in trouble, he may step in, and at that time, the referee shall make a decision about stopping the bout. At ANY time, the referee may also request the ringside physician to come up to the ring and make a true medical determination whether a fighter should continue or not.
15. **KNOCKDOWNS & KNOCKOUTS:** If a fighter is knocked down 3 times in 1 round, the fight is over. Sweeps do not count as a KNOCKDOWN and a leg kick to a single supporting leg do not either. If a fighter is knocked down to the ring floor or falls to the floor, he must get up under his own power. Fighters can only be saved by the bell in the final round. If one fighter is knocked down, the referee must instruct the other fighter to retreat to the farthest neutral corner. WHITE.
16. **CLINCHING:** The referee must wait until a count of 8 before breaking up any clinch on all Full Contact & International Rule Bouts. Let the fighters fight out of it. On Muay Thai bouts, the clinch will not exceed 5 seconds and sometimes as short as 3 seconds. This will be determined in matchmaking. The referee check with the promoter and or **IKF** Representative of the clinch time agreed upon and then verify this to both fighters and their trainers before the start of the bout.
17. **CORNERMAN RULES:** The Referee will give a maximum of -2- warnings ONLY to a cornerman or second that lean on top of the ring floor, Touch the ring ropes, slap or hit the ring, yell or coach his/her fighter or yell at any official during the fighting round. If after -2- warnings, said cornerman or seconds continue to do so, both amateurs and pros, the fighter who's corner is not following the rules and regulations of a cornerman could lose a point or his/her corner/trainer could be fined, suspended or disqualified from the match by the **IKF** representative at ringside. If

disqualified, the fighter will lose by TKO. The only person other than the referee and the fighters allowed to touch the ring canvas during the middle of a round, shall be the timekeeper who shall slap the ring canvas "3" times when 10 seconds remains in each round.

18. **PROTECTING FIGHTERS FROM OUTSIDE DISTRACTION** If a spectator throws any object from the crowd into the ring, TIME will be called by the referee & event security will escort the spectator out of the arena room. The spectator will be subject to arrest & fines. If a second or corner throws anything into the ring, it will be taken as a request to stop the fight and said corner will lose by technical knockout.
19. **FOULING-STOPPING THE FIGHT:** If the referee determines that the fighter being fouled needs time to recover, he may stop the fight and the time and give the injured fighter time to recover. At the end of such time, the referee and ringside doctor shall determine if the fighter can continue. If so, the round will begin at the stopped time. If not, the referee shall gather all 3 judges score cards and the winner will be determined by who was ahead on the 3 score cards at the time of the foul. A 1 point deduction shall also be given to the fighter committing the foul. If the fighters were even a TECHNICAL DRAW will be awarded. If the foul occurs in the first round, a NO CONTEST shall be awarded to each fighter.
20. **COUNTING OVER A DOWNED FIGHTER:** When a fighter is knocked down or purposely falls down without will to stand, the referee shall instruct the other fighter to retreat to the farthest neutral corner of the ring from the downed fighter. The count of the downed fighter by the ringside timekeeper must begin once the fallen fighter touches the ring floor. If the referee was occupied by instructing the other fighter to retreat to the furthest neutral corner, the referee upon returning to the downed fighter shall pick up the actual count from the ringside timekeeper who shall make the count clear and visible by counting with his fingers over his head so the referee can pick the count up clearly. From there, the referee shall continue the count over the downed fighter with the referee showing with his arm in motion the number of the count with 1 hand up to 5 and continuing on the same hand up to 5 fingers to signal a count of 10. At the end of each downward motion shall be the count of each number. If the fighter stands during the count, the referee shall continue the count. If the standing fighter leaves the neutral corner, the referee shall again instruct the standing fighter back to the corner. At such time, the referee will begin the count from 0 AGAIN. If the fighter on the canvas does not stand before the count of 10, the standing fighter shall be determined the winner by knockout. If the referee feels that the fighter can continue, the referee shall wipe the end of the fighters gloves on the referee's shirt before continuing the fight.

21. **OFFICIAL SIGNAL OF THE REFEREE FOR END OF BOUT:** If the referee determines that the fight is over by a knockdown, knockout, TKO, foul etc, the referee will indicate so by crossing both hands ABOVE his/her head and or over his face as he/she steps between the fighters.
22. **STOPPING OF A BOUT:** The referee, ringside physician or the **IKF** representative at ringside shall have the power to stop a bout.
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IKF

RULES REGARDING EVENT

JUDGES

1. Minimum of 18 Years of Age.
2. The three scoring judges of a bout shall individually score each round by marking their scorecards.
3. At the end of each bout, the referee shall collect the scorecards from each judge and bring them to the **IKF** representative at ringside.
4. The scorekeeper or the **IKF** Representative shall then check all the scores on each individual card.
5. Once the scores are confirmed, the scorekeeper or representative give the official scores to the event ring announcer. The scores shall be read in totals of the fight as stated on the official announcement card, not each round. Once done, the ring announcer shall announce the winner by corner color first and than the fighter's name.

1. JUDGING EACH ROUND

- Each judge shall score each fighter between 7 and 10 points for each round.
- Fighters are judged by domination, effectiveness of technique, aggressiveness and kickboxing ability.
- Judges will evaluate which fighter **DOMINATED** the bout. **NOT** who threw the harder punches or kicks (*Unless there were a lot of them*), but who landed the most and did the most damage during the entire round.
- **ONE** good hard punch or a short flurry could win a round for a fighter in a round that up until that moment appeared **EVEN** to the judge.
- **ONE** good hard punch or a short flurry **WILL NOT** win a round for a fighter in a round that up until that moment was being dominated by the other fighter **UNLESS** the flurry or strike resulted in a knockdown or standing 8 count.

- The bout is scored by points and or effective blows landed to a target area. The fighter who dominates the round will be given a 10 while the other fighter a 9.
- No judge shall give a fighter less than 7 points for a round "UNLESS" there are "Point Deductions". See "POINT DEDUCTIONS" below.

2. **KNOCKDOWNS OR STANDING 8 COUNTS**

- ONLY the referee makes the determination whether a fighter was knocked down or needs a standing 8 count.
- In MuayThai, a fighter can be knocked down and NOT receive a standing 8 count "IF" he/she gets up to their feet "QUICKLY". In MuayThai rules this is known as a "FLASH KNOCKDOWN". If the fallen fighter does not rise quickly, the referee will decide whether to give the standing 8 count or not.
- When a punch, kick or flurry of strikes results in the referee administering a standing 8 count or counting over a fighter that was knocked down, no matter what happened prior to this (*Unless there was another standing 8 count earlier or knockdown*) the fighter who did not receive the 8 count will ALWAYS be awarded the score of 10 for the round. Even if he was losing the round up until that point.
- **SCORING THE KNOCKDOWN OR STANDING 8 COUNT**
 - Scoring a knockdown or standing 8 count is not as easy as giving one fighter 10 and the other 8. For example;
 - If the round was even or the fighter who was not given the standing 8 count was dominating the round, at the end, the round should be scored 10-8. 10 for the fighter who did not get the standing 8 count or knockdown and 8 for the counted fighter. This is the easiest example of judging the standing 8 count or knockdown.
 - If the above fighter who was knocked down was dominating the bout prior to the knockdown or standing 8 count, he will still NOT receive a score of 10. However, he/she "MAY" not receive an 8 either. If the judge feels the fighter who was knocked down was dominating "THE ENTIRE BOUT" other than the "1" knockdown, the judge has the "CHOICE" to score it a 10-9 round rather than a 10-8 round.
- **SCORING A ROUND WITH MULTIPLE KNOCKDOWNS OR 8 COUNTS.**
 - **If BOTH fighters score standing 8 counts** or knockdowns, in the judges mind, the round score goes back to being even. NO Fighter will be given an 8 in the round if there are no other standing 8 counts or knockdowns in the round..

- **IN A CLOSE ROUND**, if one fighter is given a standing 8 count and the other scores a **HARD KNOCKDOWN**, the judge may give more credit to the **HARD KNOCKDOWN**.
- **If one fighter is dominating the round** and he forces the referee to give more than 1 standing 8 count on a fighter, the judge shall score the round as follows;
 - 10-8, for 1 standing 8 count or knockdown.
 - 10-7, for 2 standing 8 count or knockdown.
 - If a fighter is ready to be given his/her 3rd standing 8 count, the referee will **STOP** the bout. The bout is over if 3 knockdowns or 3 standing 8 counts occur due to fighter dominance.
- Sweeps are not counted as knockdowns and in scoring, shall not be given the same evaluation as a knockdown. An effective sweep would be the same as an effective strike.

3. **CLOSE ROUNDS**

- Although we would rather see a scored winner of a round, "IF" a judge **TRULY** feels both fighters appear to have evenly matched skill we would rather see a judge score the bout even at 10-10 instead of simply "Picking" a winner like the toss of a coin.
- As noted above, **ONE** good hard punch or a short flurry does not win a round! unless the punch or flurry resulted in the referee administering a standing 8 count or counting over a fighter that was knocked down or the bout was even and in the end, one fighter landed one or several decisive blows that separated his "Dominance" of the round from the other fighter.
- If both fighters seemed close, the fighter with the better **KICKING** skill should be awarded 10 and the other fighter 9. Remember, this is **KICK**boxing.

4. **POINT DEDUCTIONS**

- The **REFEREE** or the **IKF** Ringside Representative are the **ONLY** Officials with the authority to give a point deduction to a fighter. In doing so the Referee will stop the bout, hold the fighters wrist/hand who will be given the deduction, face each judge and announce his point deduction(s).
- In deducting points, each judge will score the round as they saw it. **AFTER** they score the round, **THEN** they will deduct the point from the fighter.
- Knockdowns, standing 8 counts, these **ARE NOT POINT DEDUCTIONS**. They are scored techniques as noted above in **SCORING**.
- Examples of point deductions "That **MAY** be given by the referee" are;

- **Fouls:** One fighter hits the other with an illegal blow or to an illegal target area.
- SOME point deductions may be made by the referee without holding the fighters wrist/hand. If so, he will come to each judge to inform them personally of the point deduction as well as each fighters corner. Here are some examples of such;
 - In a Full Contact Rules Bout, the first round in which a fighter does not kick the required minimum number of kicks (Am-6, Pros-8) , the referee will announce to each judge that there is a -1- point deduction to the fighter who did not meet their minimum kick requirement.
 - If the ringside representative or the referee sees the fighters cornermen/women not following the **IKF** Cornerman/women rules and regulations, the fighter could be deducted 1 or more points or even be disqualified from the bout.

5. SCORE EXAMPLES

- **10-10** round, indicates that according to the judge, BOTH fighters showed even or equal skill and no clear winner could be determined by the judge.
- **10-9** round, indicates one fighter was somewhat more effective than the other or even dominated the round without a knockdown or standing 8 count. A 10-9 could also be given in a round where the dominating fighter was knocked down once in the round.
- **10-8** round indicates one fighter was in constant control and clearly out fought his opponent as far as technique within the ring "AND" scored a standing 8 count or a knockdown on his/her opponent. The 10 score would be given to the fighter who forced the knockdown or a standing 8 count.
- **10-7** round indicates total domination by one fighter in all aspects to the point that the referee nearly stopped the fight. There should have been at least 2 standing 8 counts and or 2 clear knockdowns.
- **9-9** score indicates one or both fighters scored 10, but a point deduction brought the score down to 9-9. Again, these are just some EXAMPLES. There are many other possibilities in final scoring, especially when point deduction, standing 8 counts and knockdowns all intermix together in a single round.

BOUT DECISION ANNOUNCEMENTS

1. **NO CONTEST:** When a no fault foul happens in the first round and 1 or both cannot continue.

2. **WINNER, LOSER:** Unanimous Decision, Majority Decision or Split Decision.
3. **DRAW:** When all 3 score cards show equal points to each fighter.
4. **MAJORITY DRAW:** When 2 out of the 3 judges score equal amount of points to both fighters.
5. **UNANIMOUS DECISION:** When all 3 judges score the same winner.
6. **SPLIT DECISION:** When 2 judges score one fighter a winner and the third judge scores the other fighter a winner.
7. **MAJORITY DECISION:** When 2 judges score one fighter a winner and the third judge scores both fighters EVEN, as a draw.
8. **TECHNICAL WIN (TW): TECHNICAL LOSE (TL), TECHNICAL DRAW:** Usually resulting from a Foul. The outcome of this event was judged by the scorecards of the previous rounds.
9. **TECHNICAL FORFEIT, TECHNICAL WIN:** Usually from a pre-event disqualification or from invalid fight experience: not giving actual experience to the matchmaker prior to the event.)
10. **TECHNICAL KNOCKOUT:** A fighter has been stopped from fighting from taking too many blows or maybe knocked down 3 times in one round, but can still stand or is not knocked "OUT". This is a fighter who is obviously hurt and the referee feels he/she cannot continue any longer. Any fighter who loses their bout by TECHNICAL KNOCKOUT will be suspended from Fighting for 45 days.
 - If the TKO (TECHNICAL KNOCKOUT) stop was not due to a headblow the fighter, trainer and or manager may make a request in Writing to the **IKF** Headquarters for a "Suspension Waiver". Examples of bouts that end with a TKO decision that "Could" be accepted for "Suspension Waiver". are:
 - A stop from an injury, except broken bones. (*EX: Pulled muscle, twisted ankle etc.*)
 - Stop from a body blow that did not do any internal damage or break any bones.
 - Fighter was simply too tired to continue.
11. **KNOCKOUT:** A fighter shall be awarded a knockout if he knocks his opponent to the ring floor and the opponent is OUT COLD by the count of 10. In the **IKF**, a "KNOCKOUT" indicates that a fighter was "OUT COLD" after a strike. Any fighter who loses their bout by KO, or KNOCKOUT will be suspended from Fighting for 45 days. It is the responsibility of the

fighter, trainer and manager to respect and abide by this rule for the personal safety of their own fighter.

- Their are no "Suspension Waivers" allowed for true KNOCKOUT loses. This is for the protection of the fighters.

12. **DISQUALIFICATION:** Usually the decision after an excessive Foul (*or 1 harsh Foul.*). The **IKF** Referee and **IKF** Ringside Representative shall make such a decision.

- **FOR EXAMPLE:** If a fighter is injured from a foul, and the fight continues, but is later stopped because of additional injury to the fouled area, the score cards will be tallied. If the fighter fouling is ahead on the score cards a TECHNICAL DRAW will be the result of the fight. If the fighter not fouling is ahead, he will be awarded a TW (*Technical Win*) and the fighter fouling will be awarded a TL (*Technical Los*) or DISQUALIFICATION.

IKF **RULES REGARDING EVENT** **KICK JUDGES**

- **JULY 2009: KICK JUDGES ARE NO LONGER REQUIRED FOR FULL CONTACT RULES BOUTS**
- **FCR KICK REQUIREMENT RULES:** Fighters are **STRONGLY URGED** to do a Minimum number of kicks per round. However, as of July, 2009, there is no longer a "Mandatory Kick Count requirement" for Full Contact rules bouts. Still, the bout referee may choose to give a "Warning" or even a "Point Deduction" for a fighter who does not appear to be kicking enough for this style of fighting. What the referee will be looking for is a minimum number of kicks:
 - Amateurs - 6.
 - Professionals - 8.

IKF

RULES REGARDING EVENT

TIMEKEEPER

- **TIMEKEEPER EQUIPMENT**

- All necessary equipment shall be provided by the Promoter or Official Timekeeper. This includes A Whistle, An **IKF** approved Stop Watch, and **IKF** approved Round Bell. The bell will be no higher than the floor level of the ring. The bell or gong shall be of clear tone so that the fighters and assistants may easily hear it.

- **ROUND LENGTHS**

- All Amateur non title Bouts are scheduled for 3, 2 minute rounds.
- All Amateur title Bouts will be 4 (*State/Regional*) or 5 (*National/Continental, World*), 2 minute rounds.
- Pro FCR & IR Bouts are 2 minute rounds.
- Pro MuayThai Rule Bouts can be either 2 or 3 minute rounds.
- All Pro Bouts shall range from 5 to 12 rounds, 5 being the minimum.
- All Pro IR & FCR Title Bouts will range from 7-12 rounds.
- All Pro MTR Title Bouts are 5 rounds.

- **REST PERIODS**

- *Nearly All matches will have a 1 minute rest between rounds.
- (*) Some "PRO" MuayThai bouts will have 2 minute rest periods.

- **TIMEKEEPERS DUTIES**

- To keep official time of each bout.
 - To give a 10 second warning to fighters before the start of each round by a blow of a whistle or yelling "Seconds Out".
 - To warn fighters when there is only 10 seconds remaining in a round by firmly and loudly slapping his/her hand on the ring floor 3 times or slapping a stick to a table or the ring floor 3 times.
 - To assist the referee in counting over a downed fighter in the case of a knockdown. When a fighter is knocked down or purposely falls down without the will to stand, the Timekeeper must begin the count of the downed fighter once the fallen fighter touches the ring floor. When ready, the referee will pick up the actual count from the timekeeper who shall make the count clear and visible by counting with his/her fingers over his/her head.
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IKF
RULES REGARDING EVENT
PHYSICIANS - MEDICAL STAFF

As a Promoter of an **IKF** Sanctioned Event you will be required to follow all Rules and Regulations of the State Athletic/Boxing Commission that will oversee your event. If there is no State Athletic/Boxing Commission to oversee your event you will be required to follow the Medical and Emergency Staff Guidelines of the **IKF** as required below. You will be required to have a minimum of one of the two at every **IKF** Sanctioned Event.

1. **Licensed Medical Doctor.** Not Chiropractors or Dentists as some try to get by with, "MEDICAL DOCTOR, MD". Not a physicians assistant, A MEDICAL DOCTOR. If the ring doctor is forced to attend to a fighter who was just injured in a bout whether at ringside or in the locker room, NO BOUTS may take place until he is back at ringside. To avoid down time in such a case, a promoter may choose to have 2 MD's present at their event.
 2. **An Ambulance with a minimum of 2 Ambulance personnel.** The ambulance and paramedics must remain at the building at all times. If the need to transport someone to a hospital arises, an additional ambulance must be called for transportation. This way the event will always be staffed with at least 1 Ambulance and the Ambulance Paramedic crew. HOWEVER: If a fighter receives such injuries that they need to be taken to a Hospital immediately, the Ambulance on scene shall do so, which will force a stop of the event until they return.
 3. **BEST SCENARIO:** Have BOTH at ringside.
- **The Event Ringside Physician or your event Paramedics Shall:**
 1. Give a thorough physical and eye examination to each contestant no more than *1 hour prior to the start of the event. This can also be done by a Paramedic or Nurse. They will check:
 - Blood Pressure
 - Respiration
 - Pulse
 - General Physical Appearance.
 - (*) When a Tournament event is conducted, fighters may attain physicals far prior to their first scheduled bout.
 2. Referees shall also be given physical examinations before officiating at any match.
 3. Paramedics and or Physician, MD (s) shall sit at ringside during an **IKF** sanctioned event close to a set of ring entree stairs they can access quickly and easily.

4. No bout shall be allowed to proceed until the Paramedics and or Physician, MD (s) are in their seat at Ringside.
 5. Paramedics and or Physician, MD (s) shall not leave the arena until after the decision in the final bout.
 6. Paramedics and or Physician, MD (s) shall be prepared to assist if any serious emergency arises, and shall render temporary or emergency care for cuts and minor injuries sustained by any fighter.
 7. The Chief Event Paramedics and or Physician, MD (s) shall ALWAYS climb the ring stairs and meet any fighter who was stopped due to blows.
 8. If a fighter is called out by the bout referee and remains down, the Paramedics and or Physician, MD (s) shall ALWAYS ENTER the ring and see directly to the downed fighter for medical reasons.
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IKF
RULES REGARDING EVENT
ANNOUNCERS, DJ's, MUSIC

1. **ANNOUNCER:** There shall be NO TALKING by the event Announcer or ANYONE over a Microphone during a "REAL" bout. Talking is allowed during "EXHIBITION" bouts and of course during the round breaks.
2. **MUSIC:** There shall be NO MUSIC played during a bout.
 - o However, some MuayThai bouts, the fighters may request it during their bout which is acceptable if BOTH FIGHTERS agree to it.
3. Fighter or Event Music with abusive lyrics and or foul language will NOT BE TOLERATED! DJ's" Please review ALL "UNKNOWN" fight music BEFORE the event.
4. Fighters are required to request music that would be suitable for "FAMILY - PRIME TIME - NETWORK" Television viewing. NOT Cable TV!

NO MUSIC Played At ANYTIME During An IKF Sanctioned Event Shall Have "ANY" FOUL or ABUSIVE Language Spoken!

IKF
RULES REGARDING EVENT
RINGSIDE RULES

- ALL **IKF** Event Representatives are required to make sure all these rules are abided to at the events they oversee.

1. Event Officials and Event Personnel ONLY are allowed to sit at the Ringside Tables. This is NOT a Spectator Area and NO GUESTS of Officials will be allowed to sit at Ringside. all at ringside must be 18 years of age or older. The event Officials shall include;
 - **IKF** Event Representative
 - **IKF** Scorekeeper (*This could be the Ringside Representative as well*)
 - **IKF** Judges as approved by the **IKF** Event Representative. There must be a minimum of "2 FEET" between each Judge and anyone else at the table they are sitting at.
 - **IKF** Referee(s) as approved by the **IKF** Event Representative.
 - **IKF** Timekeeper as approved by the **IKF** Event Representative.
 - Ringside Physician(s) as approved by the **IKF** Event Representative.
 - Event Photographers as approved by the **IKF** Event Representative. NO Flash Photography at Ringside or within 10 feet of the edge of the fighting ring. Flashes can temporarily blind a fighter which could lead to serious injury of the blinded fighter.
 - ***IKF** Event Video Crew as approved by the **IKF** Event Representative.
 - (*) ALL Video Crew used on an **IKF** Sanctioned event can only be approved by the **IKF** Event Representative.
 - Event Ring Announcer
 - Event DJ (*MC - Music*)
 - Event Ring Girls & Assistant (*Best to be kept in seats between the first audience row and the ring itself instead of at the ringside tables.*)
 - Fighters Trainers and or Cornermen when their fighter is fighting.
 - ANY other individuals allowed at Ringside must be approved by the **IKF** Event Representative. Event Promoter and family members over 18 are allowed.
2. **NO Flash Photography** at Ringside or within 10 feet of the edge of the fighting ring. Flashes can temporarily blind a fighter which could lead to serious injury of the blinded fighter.
3. **No "CHEERING"** by those sitting at the ringside tables. Those seated at the ringside tables are suppose to be "*Event Officials*" who are suppose to be neutral to each and every fighter. For this reason, Cheering of a fighter while sitting at a ringside table is prohibited.

4. **No Sharp Objects** are allowed at Ringside that point upward such as trophies. These items may cause serious injury if a fighter falls out of a ring.
 5. **No ALCOHOLIC** Beverages of ANY kind are allowed at ANY of the Ringside Tables.
 6. **All drinks must be in an enclosed bottle** or, if an open cup, be placed under the table at all times. This avoids any drinks splashing or spilling on important paperwork if a fighter falls out or steps out of the ring onto a ringside table and to avoid any fluids splashing in the drinks. (*Blood for example*)
 7. **NO GLASS Containers, drink containers, plates, trays etc.** at all are allowed at ringside. We had a fighter get cut on a water container when he slipped out of the ring and this should have never happened.
 8. **ALL FOOD**, if any, at or on any of the ringside tables must be covered when a bout is in progress to avoid any fluids splashing on the food. (*Blood for example*)
 9. **There must be a minimum of "5 Feet"** from the edge of each ringside table to the edge of the first spectator chair at ringside so event officials can move freely around the ring during an event.
 10. **It is BEST if the promoter places a restrictive barrier** between the first row of ringside seats and the event officials area. This prevents the crowd from confronting any event official and also keeps the crowd away from the ring to avoid any incidents or safety issues with the officials as well as the fighters and trainers.
 11. **NO ONE may sit by an event judge** while a bout is taking place UNLESS one judge is training another as approved by the **IKF** Event Representative.
 12. **No "VOICED COMMENTATING"** with a microphone to the event audience by ANYONE when a bout is in progress. Commentating for TV is of course allowed.
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IKF WEIGHT CLASSES

17 PRO & AMATEUR WEIGHT CLASSES
Our lower weight classes (Below Welterweight) were adjusted to 5 lb spreads
on 1-14-04

| WEIGHT CLASS | WEIGHT in lbs. | WEIGHT in kg. | MAXIMUM WEIGHT SPREAD | GLOVE SIZES P= PRO, A=AMATEUR | AMATEUR TOURNAMENT GLOVE SIZES |
|----------------------------|-----------------------|----------------------|------------------------------|--|---------------------------------------|
| Atomweight | 112. lbs. - & Below | 50.9 & Below | 5 lbs. - 2.27 kg | P: 8-10 oz. - A: 8-10-12 oz. | 10 oz. |
| Flyweight | 112.1 lbs. - 117 lbs. | 50.95 kg - 53.18 kg | 5 lbs. - 2.27 kg | P: 8-10 oz. - A: 8-10-12 oz. | 10 oz. |
| Bantamweight | 117.1 lbs. - 122 lbs. | 53.22 kg - 55.45 kg | 5 lbs. - 2.27 kg | P: 8-10 oz. - A: 8-10-12 oz. | 10 oz. |
| Featherweight | 122.1 lbs. - 127 lbs. | 55.50 kg - 57.72 kg | 5 lbs. - 2.27 kg | P: 8-10 oz. - A: 8-10-12 oz. | 10 oz. |
| Lightweight | 127.1 lbs. - 132 lbs. | 57.77 kg - 60 kg | 5 lbs. - 2.27 kg | P: 8-10 oz. - A: 8-10-12 oz. | 10 oz. |
| Super Lightweight | 132.1 lbs. - 137 lbs. | 60.04 kg - 62.27 kg | 5 lbs. - 2.27 kg | P: 8-10 oz. - A: 8-10-12 oz. | 10 oz. |
| Light Welterweight | 137.1 lbs. - 142 lbs. | 62.31 kg - 64.54 kg | 5 lbs. - 2.27 kg | P: 8-10 oz. - A: 8-10-12 oz. | 10 oz. |
| Welterweight | 142.1 lbs. - 147 lbs. | 64.59 kg - 66.8 kg | 7 lbs. - 3.2 kg | P: 8-10 oz. - A: 8-10-12 oz. | 10 oz. |
| Super Welterweight | 147.1 lbs. - 153 lbs. | 66.9 kg - 69.5 kg | 7 lbs. - 3.2 kg | P: 10 oz. - A: 10-12 oz. | 12 oz. |
| Light Middleweight | 153.1 lbs. - 159 lbs. | 69.6 kg - 72.3 kg | 7 lbs. - 3.2 kg | P: 10 oz. - A: 10-12 oz. | 12 oz. |
| Middleweight | 159.1 lbs. - 165 lbs. | 72.4 kg - 75 kg | 7 lbs. - 3.2 kg | P: 10 oz. - A: 10-12 oz. | 12 oz. |
| Super Middleweight | 165.1 lbs. - 172 lbs. | 75.1 kg - 78.2 kg | 7 lbs. - 3.2 kg | P: 10 oz. - A: 10-12 oz. | 12 oz. |
| Light Heavyweight | 172.1 lbs. - 179 lbs. | 78.3 kg - 81.4 kg | 7 lbs. - 3.2 kg | P: 10 oz. - A: 10-12 oz. | 12 oz. |
| Light Cruiserweight | 179.1 lbs. - 186 lbs. | 81.5 kg - 84.5 kg | 7 lbs. - 3.2 kg | P: 10 oz. - A: 10-12 oz. | 12 oz. |
| Cruiserweight | 186.1 lbs. - 195 lbs. | 84.6 kg - 88.6 kg | 12 lbs. - 5.5 kg | P: 10 oz. - A: 10-12 oz. | 12 oz. |
| Heavyweight | 195.1 lbs. - 215 lbs. | 88.7 kg - 97.7 kg | 20 lbs. 9.1 kg | P: 10 oz. - A: 10-12 oz. | 12 oz. |
| Super Heavyweight | 215.1 lbs. and above | 97.8 kg And Up | No Limit | P: 10 oz. - A: 10-12 oz. | 12 oz. |

29 JUNIOR AMATEURS RULES WEIGHT CLASSES

(Ages 8 - 17)

| WEIGHTCLASS | WEIGHT | MAXIMUM WEIGHT SPREAD | GLOVE SIZES |
|-----------------------------------|-----------------------|----------------------------------|--------------------|
| Junior Atomweight | 50 and below | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Junior Flyweight | 50.1-55 lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Junior Bantamweight | 55.1-60 lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Junior Featherweight | 60.1-65 lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Junior Lightweight | 65.1-70 lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Junior Welterweight | 70.1-75 lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Junior Middleweight | 75.1-80 lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Junior Light Heavyweight | 80.1-85 lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Junior Light Cruiserweight | 85.1-90 lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Junior Cruiserweight | 90.1-95 lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Junior Heavyweight | 95.1-100 lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Straw-weight | 100.1 - 106 lbs | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Atomweight | 106.1 lbs - 112. lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Flyweight | 112.1 lbs. - 117 lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Bantamweight | 117.1 lbs. - 122 lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Featherweight | 122.1 lbs. - 127 lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Lightweight | 127.1 lbs. - 132 lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Super Lightweight | 132.1 lbs. - 137 lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Light Welterweight | 137.1 lbs. - 142 lbs. | 5 lbs. - 2.27 kg | 10 - 12 oz. |
| Welterweight | 142.1 lbs. - 147 lbs. | 7 lbs. - 3.2 kg | 10 - 12 oz. |
| Super Welterweight | 147.1 lbs - 153 lbs. | 7 lbs. - 3.2 kg | 12 oz. |
| Light Middleweight | 153.1 lbs. - 159 lbs. | 7 lbs. - 3.2 kg | 12 oz. |
| Middleweight | 159.1 - 165 lbs. | 7 lbs. - 3.2 kg | 12 oz. |
| Super Middleweight | 165.1-172 lbs. | 7 lbs. - 3.2 kg | 12 oz. |
| Light Heavyweight | 172.1-179 lbs. | 7 lbs. - 3.2 kg | 12 oz. |
| Light Cruiserweight | 179.1-186 lbs. | 7 lbs. - 3.2 kg | 12 oz. |
| Cruiserweight | 186.1-195 lbs. | 12 lbs. - 5.5 kg | 12 oz. |
| Heavyweight | 195.1-215 lbs. | 20 lbs. 9.1 kg | 12 oz. |
| Super Heavyweight | 215 lbs. & UP | No Limit | 12 oz. |

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